

Lake County Family Resource Guide

- Child Care
- Health & Social Services
- Fun things to do with your kids
- And More!



Published by The Lake County Child Care Planning Council,
an agency of the Lake County Office of Education.
This guide is intended as a quick reference for families.
It does not seek to promote or endorse the organizations or services mentioned.



Finding the best child care for your family, is one of the most important decisions you will make for your child.

What are some elements of a high quality program?
What should you look for?



High Quality

RESEARCH

Research reveals that children who attend high quality early childhood programs are happier, more confident and successful the rest of their lives. These children enter Kindergarten more focused, more comfortable in a school setting, and ready to learn. It is often easier for them to form friendships, cooperate, resolve conflict and express themselves clearly and effectively. In addition, they are more likely to graduate from high school, earn higher salaries and avoid juvenile delinquency.

THE CHILD CARE PROVIDER/TEACHER

Look for someone who is warm and caring, attentive to and respectful of children's individual needs. Does the teacher seem to enjoy being with children? Is the provider culturally sensitive and accepting of differences? Are children redirected/disciplined in positive ways rather than blamed, criticized, or punished? Are positive social behavior and conflict resolution encouraged? Does the provider understand child development, and excite children about learning? Does the teacher provide a print-rich environment and often read to the children? What specific training or education does the provider possess?

STAFFING

Are there enough adults for the number of children?

ENVIRONMENT

Is the environment orderly and organized into interesting activity areas? Are there enough developmentally appropriate materials and equipment available throughout the day (both indoors and outdoors)? Do the children seem involved in constructive activities? Do the children have opportunities to choose their own activities, play, introduce new concepts and experiences?

HEALTH AND SAFETY

Are the indoor and outdoor areas clean, safe and free from hazards? Are teachers trained in CPR and first aid? Are healthy meals and snacks served? What is the health policy?

PARENT INVOLVEMENT

Are parents welcome to drop in and visit the center at any time? Does the staff respect the parent's role as first teacher and most important person in the child's life? Do parents feel comfortable in talking with staff, asking questions and expressing concerns?

What we are teaches the child far more than what we say,
so we must be what we want
our children to become. –Joseph Chilton Pearce

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A listing of Lake County child care resources and programs to help your family find care you need!

FYI!

Do you need help paying for child care?

You can find assistance through the Centralized Eligibility List (CEL)

Who is eligible for the CEL?

Your family may qualify for publicly funded child care if any of the following apply:

You Are:

- Working
- Looking for work
- Attending school or in training
- Homeless
- Medically incapacitated
- Receiving Child Protective Services

You Have:

- Children under the age of 13

Your Income:

- Falls at or below 75% of the median income

The CEL is a single, countywide list of all children from income eligible families who are waiting for subsidized child care. Getting on the CEL puts you on the one list that is used by all the State subsidized programs in the county.

For more information:
lakecountychildcareplanning.com
707-994-4647
707-263-4688



Child Care Programs, Providers and Assistance

Lake County Office of Education After School Programs 707-994-7908

LCOE offers ten Kid Connection Programs throughout Lake County. All are located on elementary school campuses. These programs are open every day after school until 6:00 pm. Programs and offerings vary among locations, so call for detailed information. Enrollment is limited to need and income eligible families, serving children five to eleven years old.

Under the supervision of a caring staff, these programs provide homework hour, enrichment and recreation activities, crafts, games, team building, and more.

Burns Valley
707-245-4233

Kelseyville
707-279-8458
707-245-7947

Lower Lake
707-245-7947
707-245-4233

Lucerne
707-274-8953

Middletown
707-245-4025

Pomo
707-994-6744

Riviera
707-277-6075

Upper Lake
707-245-8361

Teen Connection Middle School After-School Programs 707-279-4607

Serving Upper Lake 6th-8th graders.



Children learning about science at Yuba Child Development Center.

Child Care Programs, Providers and Assistance continued

Lake County Office of Education Child Care and Preschool Programs 707-994-7908

LCOE provides 14 preschool programs throughout Lake County. All are located on elementary school campuses. A variety of programs are available, including morning, afternoon, and full day programs.

LCOE Early Connection programs are dedicated to offering children ages three to five years the perfect balance of learning and play in a safe, nurturing environment. Children in our preschools are inspired to explore, experience and make valuable learning connections with their world. Our highly trained and caring teachers work closely with each child, creating a solid foundation for life-long learning and a focus on early literacy skills to prepare each child for Kindergarten.



FYI!

How to Help Your
Child Transition into
Kindergarten

Enthusiasm is Contagious. If you convey confidence and anticipation, your child is more likely to be comfortable.

Survey New Territory. Visit the school with your child before the first official day and try to arrange a meeting with the new teacher.

Create Continuity. Start a daily routine a few weeks before school begins and involve your child in the process of packing his/her lunch or choosing clothes.

Help Your Child Ease In. If the teacher encourages parents to spend some time in the classroom the first day, you can look around with your child. But remember to back off and let him/her get involved.

Always Say Goodbye. Be loving but firm as you leave, and never make a child feel foolish about being upset to see you go.

Burns Valley Preschool
707-994-4137

East Lake Preschool
707-245-4187

Kelseyville Preschool
707-279-6745

Lakeport Preschool
707-994-7908

Lower Lake Preschool
707-994-5787

Lucerne Preschool
707-284-7723

Middletown Preschool
707-987-9749

Pomo Preschool
707-994-1960

Teen Parenting Programs

ASPIRE
707-263-8918

Carle Kid Center
707-994-1760

Child Care Programs, Providers and Assistance continued

FYI!

California Childcare Healthline

Are you a child care provider? Did you know there is a toll-free telephone consultation service for the California child care community?

Find answers to questions about:

- Prevention & Control of Infectious Disease
- Safety Promotion & Injury Prevention
- Infant & Toddler Needs
- Health & Safety Training Resources
- Caring for Children with Special Needs
- Child Growth, Development & Behavior
- Disaster Preparedness
- Child Abuse & Violence Prevention

California
Childcare
Healthline
800-333-3212
www.childcarehealth.org



North Coast Opportunities/ Resource and Referral

North Coast Opportunities, Inc. pledges to be a leader in developing and providing human services that strengthen our community. We are a Community Action Agency and we envision a healthy and self-sustaining community that inspires individuals to reach their highest potential.

If your family is in need of child care, one phone call to NCO/Resource and Referral will give you a list of child care providers that ideally suit your family's unique needs.

NCO also provides ongoing training and support to providers throughout Lake County to help constantly improve the quality of care for our county's children.

Lakeport
707-263-4688

Lower Lake
707-994-4647

Head Start

Head Start is a comprehensive, family-focused, child enrichment program serving families from pregnancy through Kindergarten eligibility. Center-based services are provided to preschool aged children and their families in five locations in Lake County. Services are provided at no cost to eligible families. Eligibility is based on Federal Poverty Guidelines and/or special needs.

Meadowbrook Center
707-994-0854

Pearl Center
707-994-6045

Lakeport Center
707-263-8213

Upper Lake Half Day Center
707-275-9441

Upper Lake Full Day Center
707-275-2721

Centralized Eligibility List (CEL)

See Page 2 for information.
707-263-4688
707-994-4647



Happy children at Head Start.

Child Care Programs, Providers and Assistance continued

Easter Seals

707-263-3949

www.noca.easterseals.com

Easter Seals provides individualized services that enable children and adults with disabilities to gain the skills, access and support they need to reach their full potential. Easter Seals programs include:

- Early Intervention
- Child Find Linkages
- Transportation Services
- Child Care Consulting
- Early Head Start Coordination

Early Head Start

Lake Family Resource Center

707-262-1611

Our program serves pregnant women and children 0-3. There are two options, a child development center in Lakeport, and a home based program. The center is a full-day year round program. The home based program includes weekly home visits from a Family Advocate. Services are provided at no cost to eligible families. Eligibility is based on Federal Poverty Guidelines and/or special needs. There is no fee, and to qualify, parent/guardian must meet need requirements.

Robinson Rancheria Child Development Center

707-275-8745

Open Monday — Friday, 7:30-5:30
Ages 2.6-5.6, year round. Kindergarten can do part day. Sliding scale.



The Learning House The Hillcrest House The Toddler House 707-995-2076

The Hillcrest House children's program consists of meeting the individual physical and emotional needs of your infant through care routines and appropriate early educational activities.

The Toddler House children's program is designed to meet your toddler's growing need for independence in a safe and comfortable environment.

The Learning House offers a program of learning activities designed for the preschool child.

Includes State subsidized general child care, State preschool and non-subsidized care. General child care available for children 0-5 whose families meet state income and need requirements; State preschool available for children at least 3 by Dec. 2nd of current school year who have not entered Kindergarten. Eligibility based on family size and income; non-subsidized care available for children of families who do not meet eligibility criteria, fees charged by state reimbursement rates.

FYI!

Three Reasons Why It Pays for Family Child Care Providers to Join the Child Care Food Program

Reason #1. The program means better nutrition for healthy bodies and growing minds. By reimbursing food costs, the program lets you buy higher-quality food while charging competitive rates.

Reason #2. When you join the program, you win access to a full range of nutrition services. Information, training and support helps keep food costs down while providing higher quality meals. Being on the food program is a sign of professionalism and shows your concern for the nutritional health of the children.

Reason #3. All child care providers can boost their cash flow by participating. Child care providers are earning between \$500-\$3000 a year just by participating.

Call the NCO Food Program and Start Benefiting Today!
707-994-4647

Child Care Programs, Providers and Assistance continued

FYI!

Yuba College —
Your Community
Training Source

Yuba College Clear
Lake Campus offers
several options for
students interested in a
career in Early
Childhood Education:

Early Childhood
Education-A.S. Degree

Certificate Programs

Child Development
Teacher

Child Development
Associate Teacher

Infant and Toddler

School Age Children

Now is a great time to
take the next step in
your career!

Call Today and
Register!

707-995-7900

15880 Dam Road Ext.
Clearlake
yccd.edu/clearlake



Yuba College Child Development Center

707-995-7909

The Yuba College Child Development Center focuses on meeting the needs of the “whole child”. The Child Development Center values each individual (child, parent, adult student and adult staff) as both a learner and a teacher. Our goal is to provide a nurturing environment that leads to competence for both the child and the adult (year round program).

Family Child Care Providers Privately Owned Child Care Centers

Lake County also has a number of quality licensed family child care providers and privately owned child care centers. We cannot list all available programs here; however, for a complete listing of all providers serving your area and your child’s age, please call our local Resource and Referral Agency.

North Coast Opportunities
Resource and Referral
Lakeport
707-263-4688
Lower Lake
707-994-4647



Lake County
Child Care
Planning
Council

707-994-4795

lakecountychildcareplanning.com

The purpose of the Child Care Planning Council is to collaborate with all segments of the early care and education community to ensure:

Capacity—There must be enough child care spaces available for Lake County Children.

Quality—The quality of early care and education in Lake County must be high quality.

Affordability—The early care and education available must be affordable for Lake County families.

Information—Our community must be informed of the importance of early quality care and education.



Children learning about science at
Yuba Child Development Center.

Healthy children lead to healthy families and communities.
Read on to find many sources of health information and social services in Lake County, where you can find the support you need for what's going on in your life.

Family Health and Social Services



FYI!

AIDS/HIV Information

**Community Care
HIV/AIDS Project (CCHAP)**
707-995-1606

Lakeside Health Center
707-263-7725

California Aids Hotline
800-367-2437

Public Health Services
707-263-1090
707-994-9433

Alcohol and Drug Services

Alcoholics Anonymous
707-995-3316
www.lakecountyAA.org

Alcohol and Drug Services
707-994-6494
707-263-8162

New Beginnings
707-995-3235

ALANON
707-262-1721

12-Step Center
707-263-8545

**National Alcohol and
Substance Abuse
Information Center**
800-784-6776

Child and Family Support Services

**Department of Social
Services Temporary
Assistance for Needy
Families (TANF)**
707-995-4200
800-628-5288

CalWorks—Provides cash subsistence benefit and Medi-Cal to income eligible families with dependent children.

Food Stamps — Food supplementation program for income eligible persons using an electronic benefit card for food items.

Medi-Cal — Federal and State funded health care insurance for low income families and children.

Women Infant Children (WIC)

707-263-5233
707-994-1151
877-942-2220
See page 18 for more information.

La Leche League

707-277-0846
Le Leche League is dedicated to helping mothers who want to breastfeed their babies. They meet regularly. Call for meeting information. Babies Welcome.

Alcohol and Pregnancy: A Bad Mix

Drinking alcohol during pregnancy can cause physical and mental birth defects. Each year, up to 40,000 babies are born with some degree of alcohol-related damage.

What are the hazards of drinking alcohol during pregnancy?

- Mental disability
- Learning, emotional and behavioral problems
- Defects involving the heart, face and other organs
 - Miscarriage
 - Low birthweight
 - Stillbirth
 - Lifelong psychological and behavioral problems

If you're pregnant, you owe it to your baby — stop drinking. The organizations listed on this page are ready to help, if you need it.

Family Health and Social Services continued

FYI!

Never Shake a Baby. Ever.

Infants and young children up to age five are susceptible to head trauma because their neck muscles are weak and can't always support the size of their heads.

Sudden shaking motion causes the baby's fragile brain to slam against the skull wall — causing damage or death. It's so deadly, in fact, almost 25 percent of victims die.

Damage to a child's brain from shaking can affect many different parts of the child's body. And these effects can be devastating. They include:

- Death
- Cerebral Palsy
- Severe Motor Dysfunction
- Communication Impairment
- Dyslexia
- Attention Deficit Disorder
- Mental Disabilities



Child and Family Support Services continued

Child Protective Services

707-262-0235

Teen Lifeline

888-485-7733

MendoLake Alternative Services

707-263-6966

Nurturing Parenting Program

707-279-6738

See page 13 for more information.

Lake Center for Support and Youth Drop In Center

707-994-5486

LCS is a youth drop in center located in Clearlake serving ages 16-24. Therapy services are offered to those who qualify. We have activities on a daily basis, and we offer snacks and drinks to those who choose to drop in. Come check us out!

Safe Schools/Healthy Students Program

707-279-4607 x18

Joyce Elmer, Program Director
Our goal is a safe and healthy school environment for all Lake County students. We provide school based counseling services, prevention curriculum, support groups, community and parent support.

Healthy Start

707-994-0669

Healthy Start offers school-based services and family support services to help children succeed in school. Healthy Start is a partnership of local schools, families, communities and agency partners working together. Services may include health clinics, substance abuse prevention and treatment programs, family support and parenting education, dental health services, and transportation assistance. Additional services may include, academic support, safety and violence prevention, and more.

Burns Valley

707-994-2272, x2548

East Lake

707-994-5787, x2122

Kelseyville

707-279-6738

Lakeport

707-262-3015

Lower Lake Elementary

707-994-5787, x2613

Lower Lake High School

707-994-6471, x2725

Lucerne

707-275-9076

Middletown

707-987-4130

Oak Hill

707-994-0694, x2205

Pomo

707-994-0669

Upper Lake

707-275-9076

PAL Anti-Lice Team

707-994-0669

Support and Services for Children and Families with Special Needs

Easter Seals

877-263-3994

707-263-3949

See Page 5 for more information

Special Education Local Plan Area (SELPA)

707-262-4131

The Lake County Local Education Agencies (LEAs) collaborate to offer free appropriate public education (FAPE) to every individual with exceptional needs.

Redwood Coast Regional Center

808-909-0470

707-262-0470

www.redwoodcoastrc.org

Redwood Coast Regional Center (RCRC) serves people with developmental disabilities. RCRC helps those with developmental disabilities and their families obtain community supports and services. Our goal is to create a community in which all people live, learn, work, travel and play in the best, most inclusive environments.

Braille and Talking Book Library

800-952-5666

library.ca.gov/services/btbl.html

The California State Library loans braille, cassette and talking books, magazines and playback equipment to northern Californians unable to read conventional print.



FYI!

Lake Family Resource Center

Lake Family Resource Center is committed to strengthening Lake County families.

Following is a partial list of programs and services:

- Lake Domestic Violence Prevention Council
- Healthy Families Insurance Program
 - Rape Crisis Center
- Community Crisis Line (Domestic Violence, Sexual Assault, Suicide) **888-486-7733**
- Behavioral Health Services-Programs for groups, individuals and families
- Early Head Start
 - Tobacco Education & Control
- Domestic Violence Assistance Program
- Adolescent Family Life for pregnant and parenting teens

707-262-1611

888-486-7733

Kids Konected

800-899-2866

www.kidskonected.org

Kids Konected's mission is to provide friendship, understanding, education, and support for the children who have a parent with cancer, or have lost a parent to cancer. When a parent gets cancer, the entire family is affected. Children facing the same fears and similar experiences can be helped by others in a similar situation. Kids helping Kids is what we're all about. With "Kids Konected" you don't have to be alone anymore!

Candlelighters Childhood Cancer Foundation

800-366-2223

www.candlelighters.org

Our mission is to provide information and awareness for children and adolescents with cancer and their families, to advocate for their needs, and to support research so every child survives and leads a long and healthy life.

Dream Street Foundation

310-274-7227

www.dreamstreetfoundation.org

Our purpose is to provide a unique camping program, free of charge, to children with chronic or life-threatening diseases.

Family Health and Social Services continued

FYI!



Tips on how to Poison Proof Your Home

- Keep all medicines and hazardous products locked and out of reach.
- If you are interrupted when using a hazardous material, take it with you.
- Call medicine by its proper name. Never suggest it is "candy". Avoid taking medications in the presence of children since they like to imitate adults, especially their parents.
- Dispose properly of old and unused medications.
- Do not transfer hazardous substances into food or beverage containers.
- Use child-resistant containers for all medications.

Clothing

Lake County Community Action Agency

707-995-0495

LCCAA provides directly or coordinates an array of services addressing critical hunger and shelter needs, as well as enhancing the quality of life for persons of all ages. These services include, but are not limited to the following:

- Food Pantries
- Clothing Closet
- Transitional Homeless Shelter
- Emergency Motel and Food Accommodations.
- Commodity Supplemental Food Program (C.S.F.P.)
- Domestic Violence Education
- Information & Referral
- Home Care Alliance
- Alcoholics Anonymous
- Food Stamp Outreach
- Nutrition Education Classes
- Farmer's Markets
- Christmas Program - Toy Drive and Food Boxes

St. Vincent de Paul

707-995-1724

Hospice Thrift Shop

707-994-8830

707-263-6223

First Baptist Church

707-994-5148

Domestic Violence/Child Abuse Prevention and Treatment

Freedom House Domestic Violence Shelter for Women and Children

707-262-1611

Lake FRC provides child abuse prevention/intervention services, child abuse treatment services, and domestic violence prevention programs. The Freedom House is a domestic violence shelter for women and children.

24-Hour Community Crisis Line

888-485-7733

Child Protection Services

707-262-0235

800-399-9339

Victim Witness

707-262-4284

National Domestic Violence Hotline

800-799-SAFE

Children's Council

707-262-4146

The goals of the Children Council:

- Distribute child abuse prevention information and resources
- Facilitate training to professional and community members in the detection, treatment, and prevention of child abuse and neglect
- Promote public awareness of the abuse and neglect of children

Family Health and Social Services continued

Education, Job Training and Employment Services

Lake County One Stop

707-263-0630

Lake County One-Stop is a partnership of public and private service providers working in cooperation to support business and workforce development. Services and programs offered include career assessments, on-the-job training, vocational training, independent job searching, resume writing, business planning and development, business workshops, computer training, and more.

Adult and Family Literacy Program

707-263-7633

We train volunteer tutors in methods of reading instruction to assist their students. Literacy Program staff match tutors and students.

We provide free, basic literacy instruction to adult learners through confidential one-to-one study sessions that are geared to what the student wants to learn.

CA Conservation Corp

800-952-5627

Student Programs & Services

707-262-3499

Offering classes for adults on a variety of subjects including medical assistant, phlebotomy, certified nurse assistant and computer. Also operates ROP program at local high schools.



FYI!

Mendocino
College
Lake County
Campus

Mendocino College offers a full selection of Child Development courses in Lake County. Prepare for all levels of the Child Development permit in order to teach preschool children. Most courses also transfer to four year colleges and universities.

Our Lake Center offers a variety of degrees, certificates and occupational trainings:

- Associate of Arts degrees: art, general studies, liberal arts, psychology, social science and speech
- Associate of Science degrees: administrative assistant, business, child development
 - Certificates of Achievement: business accounting, management, office technology, child development
 - Special Occupational training: EMT, lifeguard, fire personnel

707-263-4944

www.mendocino.edu

Americorps

707-262-4145

AmeriCorps helps communities meet needs in the areas of education through direct service. Members develop professional skills, gain invaluable experience, receive a living allowance and qualify for an education award. Through service and civic education, members become agents of community solutions and develop an ethic of lifelong service.

Job Corps

800-733-5627

Job Corps is a no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives.

Unemployment, Disability and Job Services

800-300-5616

First 5 Lake County

707-263-6169

Voters passed Prop 10 in 1998, adding a .50 cent tax on cigarettes to support programs for expectant parents and children age 0-5. First 5 Lake distributes Prop 10 revenues to programs and services that meet local needs.

Family Health and Social Services continued

FYI!

When to put the plug on the juice jug.

Did you know that water is the best fluid for your children when they are thirsty?

Juice and sweet drinks are NOT needed every time children are thirsty.

Children need five servings of fruit and vegetables everyday to get vitamins, minerals, and fiber for good health. One small serving (4-6 oz.) of 100% juice can count as one of the five servings of fruits and vegetables per day.

Drinking too much juice or sweet drinks can make your child overweight. It can also slow down growth because they fill up on juice and may have less room for the other healthy foods that can help them grow.

Remember, never put your baby to bed with a bottle of juice. It can decay your baby's teeth!



Medical Care, Hospitals and Insurance

AIM

800-433-2611

Low cost health coverage for pregnant women with income too high for Medi-cal or with deductible or co-pay for maternity services greater than \$500.

Comprehensive Perinatal Services Program

707-262-5088, extension 5596

Lakeside Health Center

707-263-7725

Redbud Family Health Center (OB Care)

707-995-4500

Sutter Lakeside Community Health Center-Upper Lake

707-275-9066

Middletown Clinic

707-987-3311

Kelsey Creek Clinic

707-279-3311

Sutter Lakeside Family Medical Clinic (OB Care)

707-262-5088

Public Health Services

707-263-1090

707-994-9433

800-794-9291

Mental Health Services

707-263-4338

707-994-7090

Tribal Health

707-263-8322

Adventist Health Redbud Hospital

707-994-6486

Sutter Lakeside Hospital

707-262-5000

Healthy Families

707-262-1611

Affordable health care for families who are not covered by no-cost Medi-Cal and who do not have private insurance.

Medi-Cal Applications

707-995-4200

Shriners' Hospitals for Children

800-237-5055

916-453-2352

www.shrinershq.org

Food, Housing and Utilities Programs

Lake County Community Action Agency

707-995-0495

North Lake Community Action Agency

707-263-3760

Clearlake Gleaners Food Bank

707-263-8082

Family Health and Social Services continued

Food, Housing and Utilities Programs continued

Member Agency Food Bank
707-995-0495

St. Vincent de Paul
707-995-1724

Free Kitchen Project
707-263-MEAL

Calvary Chapel
707-994-5683

First Baptist Church
707-994-5148

Lower Lake United Methodist Church
707-994-2507

Lake County Housing-Section 8
707-995-7120
First time home buyer program, owner occupied rehabilitation.

Habitat for Humanity
707-994-1100

Home Energy Assistance
866-675-6623

REACH Program
800-933-9677

HEAP
800-233-4480

PG&E CARE Program
866-743-2273

Native American Programs

Tribal Health
707-263-8322



FYI!

Learn how to be the best parent you can be!

Parenting is a challenging endeavor! Nurturing Parenting is ready to help. If you are a parent, you can participate in this free program!

Sessions include:

- Nurturing as a lifestyle
- Identifying family morals and values
 - Family rules
 - Empowering children's self-worth
- Power struggles and positive self-talk
- Guidance, limits and boundaries
 - Behavior encouragement
- Understanding feelings
 - Parenting strengths

Call today!
707-279-6738

Tribal TANF
707-274-9445

Bureau of Indian Affairs
202-208-3710
General information for Indian affairs, including the BIA, office of the assistant secretary for Indian affairs and the Bureau of Indian Education.

California Indian Legal Services
800-829-0284

Hispanic American Programs

Migrant Head Start
707-279-1022

California Human Development Corporation
707-262-0440

Latino Coalition for Healthy CA
916-448-3234

Migrant Education
707-279-4152

Foster Home Programs

Environmental Alternatives
707-263-5501
Provides a variety of residential services to neglected and delinquent children.

Family Health and Social Services continued

FYI!



Online Tobacco Cessation Resources

American Cancer Society
www.cancer.org

American Heart Association
www.americanheart.org

American Legacy Foundation
www.americanlegacy.org

Campaign for Tobacco Free Kids
www.tobaccofreekids.org

National Cancer Institute
www.cancer.org

National Spit Tobacco Education
www.nstep.org

Office of Smoking and Health
www.dcd.gov/tobacco

Partnership for Smoke-free Families
www.smokefreefamilies.org

QuitNet
www.quitnet.org

Quit Smoking Support
www.quitsmokingsupport.com

Secondhand Smoke
www.epa.gov/smokefree

Surgeon General
www.surgeongeneral.gov/tobacco

Foster Home Programs continued

Families United, Inc.
707-263-9553

Redwood Children's Services
707-467-2010

Missing Children/Runaways

California Youth Crisis Line
800-843-5200
www.youthcrisisline.org

Child Quest International
888-818-4673

National Center for Missing and Exploited Children
800-843-5678

Polly Klaas Foundation
800-587-4357

National Runaway Hotline
800-RUNAWAY

Teen Parent Programs

Aspire
707-263-5819

Teen Parenting Program
707-262-1611

Transportation

Lake Transit/Dial-A-Ride
707-994-3334
707-263-3334
www.laketransit.org

Veterans' Services

County Veterans' Services
707-263-2384

Youth Programs

Youth Anger Management
707-262-1611

Lake Center for Support & Youth Drop In Center
707-994-5486

Additional Services

Tobacco Education
707-262-1611

Rape Crisis Center
707-262-1611
Crisis Line: 888-485-7733

Poison Control
800-222-1222

Asthma and Allergy Foundation
800-727-8462

American Diabetes Association
800-342-2383

Epilepsy Foundation
800-332-1000

National Down's Syndrome Society
800-221-4602

Brain Injury Association of America
800-444-6443

Red Cross
263-8451

Youth groups and organizations can be very rewarding for children of all ages. Group activities help children learn social skills, learn new things and enjoy life. Check out the multitude of programs offered by these organizations.

Youth Organizations



FYI!

Youth Organizations

4-H Clubs

707-263-6838

celake.ucdavis.edu

4-H is the world's largest youth-serving organization open to ages 5-19. Kids have fun while running the show! 4-H Youth become great leaders, model citizens, and are prepared for life's challenges. 4-H participants pledge their heads to clear thinking, their hearts to greater loyalty, their hands to larger service and their health to better living. 4-H grows strong kids, strong families, strong communities and strong countries.

Lake County Sheriff Activity League

707-279-1050

Girl Scouts of Northern California Council

707-279-4689

888-726-8850

www.konoctigirlscouts.org

Boy Scouts of Northern California Council

707-994-9523

bsalakedistrict@yahoo.com

Lake Center for Support and Youth Drop In Center

707-994-5486

See page 8 for more information.

Check with your child's school for information on school sports, school clubs and organizations, Little League, Soccer, Youth Basketball, Pop Warner Football, and other extra-curricular activities available in your community. Your child's school is a wonderful resource for what is happening in your area.



Head Lice — Help for this common problem!

The PAL Program provides lice eradication assistance. Pediculosis (or lice) represents one of the most common communicable childhood diseases.

Having head lice does not mean that you, your child, or your house are dirty. If your child is exposed to someone with head lice, there is a chance for transmission.

Simple Rules:

- Never share hair-brushes, combs, hats, bicycle helmets, coats or other personal items.
- Store coats and hats in backpacks or individual cubbies if possible.
- Have your child take his/her own pillow and sleeping bag to sleepovers.
- Keep long hair tied back while at school.

PAL
707-994-0669

What do you want to do? What do you want to learn? From horseback riding to birdwatching, to art and hiking, there's no shortage of things to do in Lake County!

FYI!



Things to Learn, Fun Activities and Recreation

Child Seats are Life Savers!

Auto accidents are the number one killer andcripler of children under the age of 4.

The best way to protect your child is to use an approved car safety seat EVERY TIME you travel with your child!

Facts you should know:

- Holding your child in your arms will not protect your child. A 15-pound infant will suddenly weigh 450 pounds because of the forces unleashed in just a 30 mph collision.
- An unrestrained adult can crush a child held in their arms during an accident.
- The safest seating location for a child's car seat is in the center position of the rear seat.

For more information:
www.aap.org/family/Carseatguide.htm

Dance

Lakeport Dance Center
707-263-5617

Konocti Dance Academy
707-995-0481
Konoctidanceacademy.com

Expressive Motion Dance Studio
707-987-8197

PACK
707-987-8230

Antoinette's School of Dance
707-263-5440

Ballet Folklorico Azteca Sangria
707-279-2381

**Clearlake Klikkers
Konocti Klogging Kids**
707-277-9317

Cobb Mtn. Dance Studio
707-928-6664

Country Fantasy Dancers
707-274-1645

The Jazz Factory
707-263-7068

Line Dance with Shari Koch
707-263-7344
www.linedancing.com

Southshore Sunshine Cloggers
707-994-2354

Traditional Hawaiian Hula
707-987-8230

Music Lessons

Bandbox Music
707-263-4747

Strings and Things
707-262-0622

Jim Williams Guitar
707-263-7713

Skelton's Music
707-279-4336
Fiddle & Violin Instruction, sales and repair.

Yoga

Lakeport Yoga Center
707-263-9400
www.lakeportyoga.com

Yoga with Dawn
707-928-9885

Bikram Yoga Lake County
707-994-7500
www.bikramyogalakecounty.com

Yoga for Kids
707-262-5171
Sutter Lakeside Wellness Center

Things to Learn, Fun Activities and Recreation continued

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Bicycling

The Bicycle Rack—Group Rides

707-263-1200

Boggs Mountain — Single Track Riding

707-928-4378

Mendocino Nat'l Forest, Upper Lake District— Back County Discovery Trail

707-275-2361

Clearlake State Park

800-444-7275

Arts/Art Galleries

Lake County Arts Council

Explore the vast wealth of
creativity within Lake County!
www.lakecountyartscouncil.com

Middletown County Park

www.ecoartsoflakecounty.org

Clayton Creek Studios

707-994-6529

One Earth!

Clay Studio, Classes
707-467-0200

Pat Hopper

Drawing, Painting & Collage
classes
707-263-9112

Soper-Reese Community Theatre

Performing arts center
707-263-0577
www.sopertheatre.com



FYI!

**Use your head...
Use your helmet.**

Here are five helpful
tips to encourage
your child to develop
a helmet habit.

1. Have your child help pick out the helmet. He or she will be more likely to wear it.
2. Never allow your child to ride without wearing a helmet. The majority of serious bicycle accidents occur close to home.
3. Praise and reward your child every time he or she wears the helmet.
4. Begin the helmet habit early. Insist that your child wear a helmet beginning with the very first ride.
5. Always set a good example by wearing your own helmet when you ride.

Bicycling is healthy and enjoyable for the entire family. Make it a sport to last a lifetime by developing a healthy habit today!

Main Street Gallery

Art Classes, Art Shows
707-263-6658

Bowling

Lakeside Lanes

872 Lakeport Blvd.
Lakeport
707-263-4828

Libraries

Lakeport

707-263-8817

Middletown

707-987-3674

Redbud

707-994-5115

Upper Lake

707-275-2049

Movie Theaters

Lakeport Cinema 5

707-263-4215
www.lakeportcinema.com

Lakeport Auto Movies

707-263-5011
www.lakeportcinema.com

Things to Learn, Fun Activities and Recreation continued

FYI!



WIC Works Wonders for You and Your Child

What is WIC?
WIC, the Women, Infants and Children program, is a nutrition program that helps pregnant women, new mothers and young children eat well and stay healthy.

What Can You Get at WIC?

- Special checks called vouchers to buy healthy foods such as milk, juice, eggs, cheese, cereal, dry beans and peas, and peanut butter.
- Information about nutrition and health to help you and your family eat well and be healthy.
- Support and information about breastfeeding your baby.
- Help in finding health care and other community services.

If you are pregnant, breastfeed or just had a baby, or if you have children under 5 years old, you may qualify!

**Call today!
888-WIC-WORKS**

Museums and Observatories

Lake County Historic Courthouse Museum
255 North Main Street
Lakeport
707-263-4555

Lower Lake Historical Schoolhouse Museum
16435 Morgan Valley Road
Lower Lake
707-995-4555

Taylor Planetarium and Observatory
707-279-8372
www.taylorobservatory.org

Stone House Museum
Hidden Valley Lake
707-987-3535

Tours

Eleven Roses Ranch
707-998-4471
www.elevenrosesranch.com

Calpine Geothermal Visitor Center
15500 Central Park Road
866-GEYSERS

The Limousine Connection
9781 Pt. Lakeview Road
Kelseyville
707-277-1000

The Clearlake Queen
Sightseeing Cruises
707-994-5432

Tennis Lessons and Tennis Courts

Konocti Harbor Resort and Spa
707-279-4281

Konocti Jr. Tennis League
707-279-9652

Austin Park
707-994-8201

Middletown County Park
707-262-1618

Upper Lake County Park
707-262-1618

Quail Run Fitness Center
707-263-6565

Other Groups

Jr. Rangers Program
Clear Lake State Park
707-279-2267

Lake County Moms and Kids Playgroup
707-277-0846

Races

Lakeport Speedway
707-274-2844
www.lakeportspeedway.com

Things to Learn, Fun Activities and Recreation continued

Bird Watching

Clearlake State Park
707-279-2267

Junior Ranger Program
707-279-2267

Lakeside County Park
707-262-1618

Highlands Springs Reservoir
707-262-2341

Boggs Mountain
707-928-4378

Boggs Lake Preserve
800-525-3743

Anderson Marsh
707-994-0688

BLM Cache Creek
707-468-4000

Audubon Society
www.redbudaudubon.org
707-994-8860

Hiking

Anderson Marsh
707-994-0688

Boggs Mountain
707-928-4378

Cache Creek Basin
707-468-4000

Cow Mountain
707-468-4000

Rodman Slough Preserve
707-279-0923
Saturday morning hikes year round
www.lakecountylandtrust.org



FYI!

Wildlife Rescue

Wild animals and birds are just that: wild! They are by no means safe to touch, handle or play with. But sometimes animals need our help, such as when they are sick or injured. If you should find a critter in trouble, follow these guidelines:

Find an adult willing to help and call one of the agencies below. Follow their directions.

Only if it is safe to do so, put the animal in a large cardboard box cushioned with some old towels at the bottom. Wash hands thoroughly with soap and water after touching the animal.

Put the box in a warm, dark, quiet place out of direct sunlight.

Handle the animal as little as possible to prevent upsetting it or injuring it further.

**Lake County
Wildlife Rescue**
707-928-6665
www.spiritwild.org

**Lake County
Animal Control**
707-263-0278

Indian Valley Reservoir
707-468-4000

Clearlake State Park
707-279-2267

Hidden Valley Lake Stables
707-987-4075

Rancho Del Ur
707-987-3157

Highlands Springs Reservoir
707-263-2341

**Middletown Trailside Park
Nature Preserve**
707-262-1618

Mendocino National Forest
707-275-2361

Walker Ridge
707-468-4000

Lake County Visitor Information

**Lake County Visitor
Information Center**
800-525-3743
707-274-5652
www.lakecounty.com

**City of Clearlake
Chamber of Commerce**
707-994-8201
www.clearlake.ca.us

**Lakeport Regional
Chamber of Commerce**
707-263-5092
www.lakeportchamber.com

Things to Learn, Fun Activities and Recreation continued

FYI!

Help your child eat well and be active!

- Eat meals together as a family; it is a great time to connect with your child.
- Offer a variety of healthy foods. It may take repeated exposures before your child accepts new food.
- Remember that you decide when and where to serve meals and which foods to serve. Let your child decide whether or not to eat and how much to eat.
- Provide a healthy breakfast every day to get your child off to a good start.
- Make family times active times; go for family walks or bike rides.
- Set a good example with your eating and physical activity habits. Be a positive role model.



Horseback Riding Lessons and Locations

Rancho Del Ur
707-987-3157

Hidden Valley Lake Stables
707-987-4075

BLM Cache Creek
707-468-4000

Boggs Mountain
707-928-4378

Cow Mountain
707-468-4000

Glen Eden Trail
707-468-4000

Mendocino National Forest
707-275-2361

Clearlake Equine Enterprises
707-279-9388
707-928-4322

Wiloth Equine
707-994-5887

Hobbies and Crafts

Lakeport Hobbies
www.lakeporthobbies.com
707-263-1500
Lake County Radio Control Club and raceway.

Perlz Beads & Yarns
707-279-2080

Shelley's Quilted Treasures
707-279-0324
www.shelleysQT.com

Kerrie's Quilting
707-263-8500

Yankee Rose Woolworks
707-987-0117

Home Sweet Home Crafts
707-262-1962

Martial Arts

Lake County Martial Arts
707-263-0706

Guangxi Martial Arts
707-290-5273

Mixed Martial Arts Classes
707-263-6565

Golf

Miniature Golf — Konocti Harbor Resort and Spa
707-279-4281

Adams Springs Golf Course
707-928-9992

Buckingham Country Club
707-279-4863

Hidden Valley Lake Golf Course
707-987-3035
www.hvla.com

Riviera Hills Golf Course
707-277-7575

Things to Learn, Fun Activities, and Recreation continued

Golf Continued

Rob Roy Golf Course
707-928-0121

Konocti Hills Country Club
707-277-7575

Highland Springs Disc Golf Course
707-263-2341

Skate Parks

Austin Park
707-994-8201

Swimming Pools

Middletown Pool
20962 Big Canyon Road
Middletown
707-262-1618

Westshore Pool
250 Lange St.
Lakeport
707-263-3077

Konocti Harbor Resort & Spa
8727 Soda Bay Road
Kelseyville
707-279-4281

Pine Grove Resort
15969 Bottle Road Rd
Cobb
707-928-5222

Quail Run Fitness Center
1279 Craig Avenue
Lakeport
707-263-6565



Rowing and Sculling

Clearlake Scullers
707-349-9779
www.clearlakescullers.org

Water Sports and Rentals

Buckingham Park
Braito's Buckingham Marina
707-279-4868

Clearlake
Mike's Watersports
707-994-6267

Clearlake Oaks
Blue Fish Cove
707-998-1769
Lake Marina Resort
707-998-3787

Eastern Lake County
Indian Valley Reservoir
530-662-0265

Konocti Bay
Konocti Harbor Resort Marina
707-279-6628

Lakeport
Disney's Water Sports
707-263-0969
On the Waterfront
707-263-6789

Soda Bay
Ferndale Resort & Marina
707-279-0208
Blue Heron Kayaks
707-272-0419

FYI!

Grandparents
Raising
Grandchildren

Grandparents or nonparent relatives care for over 673,000 California children.

If you are caring for a grandchild, support groups can give you help in coping with the new responsibilities of being a parent to your grandchild. Call for Lake County support group information.

Grandparents as Parents (GAP)
310-924-3996

Grandparents Offering Love & Direction (GOLD)
619-238-2361

Grandparents Warmline
510-568-7786

Grandparents Who Care
415-664-4757

Community parks and playgrounds large and small are tucked throughout Lake County. Area parks are ideal for picnicking, and others have playgrounds and swimming. Area campgrounds are great for overnight stays or day use. Exploring our local geography can be fun and educational!
Get out and have some fun!

FYI!



State and Local Parks

Let's Be Lead Free!

Lead is a highly toxic metal that at one time was an ingredient in many household products, including lead-based paints manufactured before 1978.

Lead poisoning is the most preventable environmental disease of young children, yet an estimated 310,000 U.S. children have elevated blood lead levels. A simple blood test can prevent a lifetime spoiled by the irreversible damage caused by lead poisoning.

Find out more about lead poisoning:

Center for Disease Control
cdc.gov/nceh/lead

CA Poison Control
leadinmexicancandy.com

Easter Seals, Northern California
877-263-3994
707-263-3949
easterseals.com

Alpine County Park

5985 East Highway 20
Lucerne
707-262-1618
Playground, Swimming

Anderson Marsh State Historic Park

8853 Hwy 53
Lowerlake
707-994-0688
History, Nature Trails, Bird Watching, Park Events

Austin Park

14077 Lakeshore Drive
Clearlake
707-994-8201
Picnic, Lake Swimming, Playground, Skate Park, Tennis courts, Ball Fields

Boggs Demonstration State Forest

Forestry Road & Hwy 175
Cobb
707-928-4378
Camping, Hiking, Picnic, Mountain Biking, Horseback Riding, CDF Heliport

Clearlake State Park

5300 Soda Bay Road
Kelseyville
707-279-4293
Camping, Picnic, Fishing, Hiking, Lake Swimming, Visitor Center, Day Use Fee

Highland Springs Reservoir County Park

3600 E. Highland Springs Rd.
Lakeport
707-263-2341
Picnic, Disc Golf Course

Highlands Park

14365 Lakeshore Drive
Clearlake
707-994-8201
Picnic, Pier

Hinman County Park

3494 East Highway 20
Nice
707-262-1618
Playground, Ball Field

Keeling County Park

3000 Lakeshore Blvd.
Nice
707-262-1618
Picnic, Beach, Boat Ramp, Pier, Lake Swimming

Kelseyville Community County Park

5270 State Street
Kelseyville
707-262-1618
Playground, Picnic

State and Local Parks continued

Lake Pillsbury Resort

www.lakecounty.com/lakes
Picnic, Beach, Marina, Use Fees

Lakeside County Park

1985 Park Drive
Kelseyville
707-262-1618
Picnic, Playground, Beach, Ramps,
Lake Swimming, Ball Fields

Library Park

1st and 3rd Street
Lakeport
707-263-5615
Picnic, Beach, Ramps, Lake
Swimming, Docks, Playground

Lower Lake County Park

16375 2nd Street
Lower Lake
707-262-1618
Picnic, Playground

Lucerne Clubhouse County Park

6319 East Hwy 20
Lucerne
707-262-1618
Picnic, Swimming

Middletown Trailside Park Nature Preserve

21435 Dry Creek Cutoff/Hwy 175
Middletown
707-262-1618
Walking, Horseback Riding Trails

Nice Community Park

3647 Lakeshore Drive
Nice
707-262-1618
Picnic, Beach, Pier, Lake Swimming,
Fishing



FYI!

Water Safety:
How to keep your child safe around swimming pools.

An adult should actively watch children at all times. Use “touch supervision”. This means an adult is never more than an arm’s length away.

Pool Rules:

- Keep toys away from the pool when not in use.
- Empty blow-up pools after each use.
- No tricycles or other riding toys at poolside.
- No electrical appliances near the pool.
- No diving in a pool that is not deep enough.
- No running on the pool deck.
 - Pool fences should completely surround the pool.
 - Pool fences should be at least 4 feet high.

Nylander Park

12586 Acorn Street
Clearlake Oaks
707-262-1618
Picnic, Playground

Pioneer County Mini Park

5250 3rd Street
Kelseyville
707-262-1618
Picnic

Redbud Park

14655 Ballpark Avenue
Clearlake
707-994-8201
Picnic, Ramp, Pier, Fishing, Ball Fields

Upper Lake County Park

575 East Hwy 20
Upper Lake
707-262-1618
Playground, Ball Field

Westside Community Park

Lakeport
707-263-5615
Soccer, Baseball, Softball,
Playgrounds, Youth Facilities

**Call Lake County Public
Service Department
Recreation at 707-262-1618
for more information.**

What types of child care are available to my family in Lake County?

You have many choices in selecting the very best care for your child. Do your homework, and find the program that best suits your child and your family!

Remember to always use the Quality Child Care List at the back of this Resource Guide when interviewing any prospective provider.



LICENSED

Does not ensure quality but does set minimum health, safety, and training requirements. All child care homes are required to be licensed.

Family Child Care Homes

Licensed care is offered in the provider's home. There are small and large family child care homes.

Exempt Providers

Exempt providers are not required to be licensed. This category may include relatives, friends, neighbors, in-home care, cooperative arrangements or those who care for children from only one family besides their own.

Child Care Centers

Licensed care is offered at sites designed exclusively for children.

Accredited

Accredited family child care homes and centers voluntarily measure up to standards of quality established by national child care organizations. Accredited programs go far beyond minimum standards and make a commitment to high quality, developmentally appropriate care and higher levels of staff training. These programs undergo in-depth self-assessment, independent observation and approval by professional experts. To find accredited programs in Lake County, call your Resource and Referral Agency at 707-994-4647 or 707-263-4688.



STATE AND FEDERALLY FUNDED PROGRAMS

Early Head Start/Head Start

An inclusive, comprehensive child development program, which is center based. These federally funded programs are free to income eligible families.

State Preschool

These nurturing and educational programs provide developmentally appropriate curriculum that supports cognitive, physical, creative, and social/emotional development and encourages parent participation. Follows state-mandated Learning Guidelines. Funded through CDE. Free to income qualified families.



Quality Child Care Checklist

Take this checklist with you when you interview prospective caregivers and programs for your child!. The importance of quality care in your child's development cannot be overstated.

The Provider

- 0 Can the provider supply references? (Be sure to check them.)
- 0 Is the provider licensed?
- 0 Are providers patient with parents who find it difficult to separate from their children?
- 0 Does the provider enjoy being with children? Does he or she hug, rock, cradle, talk and sing to the children?
- 0 Is the provider knowledgeable about child development stages and trained in early childhood education?
- 0 Does the provider regularly inform you about how your child is doing?
- 0 Are you comfortable communicating with the provider about your child's needs?

The Program

- 0 What is the adult-to-child ratio?
- 0 Does the center have a high staff turnover?
- 0 Are there opportunities for staff to learn more about early childhood education?
- 0 Are there opportunities for parents to get involved?
- 0 Is information shared about how you can support your child's learning at home?
- 0 Are the rates affordable and the hours convenient?
- 0 Is transportation to and from school provided?
- 0 Do the provider's discipline methods match yours?
- 0 What is the daily routine? Is it too strict? Too relaxed?
- 0 Are the activities and toys right for your child's age?
- 0 Are there plenty of materials and a variety of items for your child to play with?
- 0 When applicable, how does the provider accommodate children with special needs?



The Environment

- 0 Is the home or facility clean and safe?
- 0 Is the home or facility cheerful and interesting but not over-stimulating?
- 0 Are there separate areas for diapering, sleeping, resting, and exploring?
- 0 Is there adequate indoor and outdoor play space for children?

Ask the following questions if your child is or will be in a family child care home:

- 0 Are firearms kept in the house? If so, are they kept in a safe place away from children?
- 0 Are cleaning supplies and medications locked in a high cupboard?
- 0 If the provider has a swimming pool, is there a four-sided fence with a locking gate?

About Your Child's Progress

After you select a provider, drop in unannounced or call to find out how things are going. Consider the following:

- 0 Ask your child about his or her day. Is he or she happy and adjusting well?
- 0 Does your child look forward to being with the provider?
- 0 Are you visiting at different times throughout the day, and do you feel comfortable with the routines?
- 0 Is your child learning anything new?



Superhero Dreams.

Every child has them.

**Every child deserves the
chance to follow them.**

**Quality early care and education
gives them that chance.**

**For more information, contact your
Lake County
Child Care Planning Council.
707-994-4795
www.lakecountychildcareplanning.com**