

## LOOKING FOR THE BEST CHILD CARE PROVIDER

Raising children requires making many decisions and choices. You can consult Consumer Reports for information about the safest child seat or your pediatrician for the best diet but where do you get reliable information to guide you in finding the best child care for your infant or toddler when you or your partner head back to work?

The decision to include people other than family in the care of your infant or toddler can be an overwhelming one. There are many choices: family or friends, in home childcare and childcare centers. Each has its benefits and drawbacks. There are several indicators to use when evaluating potential childcare options. Obviously, you will want to ask about hours, rates, what is provided, etc. Here some other questions to ask:

1. How many children is each adult responsible for? You want to know the ratio of children to caregivers because the lower the ratio the more individual the activities will be for your child.
2. How many children are in the group that your child will be joining? For example, how many infants are there in each classroom. Lower group sizes ensure that each child will have their needs met promptly.
3. What kind of education does caregiver have in the field of early childhood? Does s/he have a degree from an accredited institution? Knowing the caregiver's education background can give you a sense of his/her competence and their ability to create a developmentally appropriate learning environment for your child.
4. What kinds of ongoing training are teachers/caregivers required to complete? Are they current on such items as First Aid/CPR training and food handling? This is often an indication of the quality of health and safety in their environment.
5. How stable is the staffing? Is there frequent turnover in caregiver staff? You will want your child to have a stable caregiver-child relationship. Experts agree that having one primary care giver for more than a year and optimally from entry into child care until the child is at least 3 years of age, is critical for an infants emotional development
6. How are the caregivers/teachers compensated? Are they making a living wage? Do they receive benefits? Are the caregivers/teachers worried about paying bills or are they able to focus on the needs

of your child? Teachers with a stable income will be more likely to stay in the same center for longer periods of time. The quality of the relationship between the child care provider and the child influences every aspect of young children's development.

Child care providers should be early childhood educators for both the parents and the children in their care. They are not just babysitters, they facilitate learning and as such many strive to be well educated, trained and certified. And parents should want and expect these high standards from the people with whom they are leaving their most precious beings.

For more assistance in finding child care in Lane and Douglas Counties, please contact us at 541-463-3954 or [www.lanecc.edu/lfc](http://www.lanecc.edu/lfc)

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## Federal Child and Dependent Care Tax Credit

The federal child and dependent care tax credit reduces the income tax liability of working families with employment-related care expenses. Families at all income levels are eligible for the credit. The credit amount cannot exceed a family's tax liability. To find out if your family is eligible, contact the Internal Revenue Service, [www.irs.gov](http://www.irs.gov).

State Child and Dependent Care Credit Oregon offers two child care credits (eligible tax filers may claim both). Both credits have income eligibility limits. For more information, contact the Oregon Department of Revenue, [www.oregon.gov/DOR/](http://www.oregon.gov/DOR/)



## BIRD NESTING BAG



Send out a cordial invitation to wildlife, and you won't have to travel far to discover the joys of the natural world.

Materials

- Onion bag
- Nesting materials such as raffia, nonmetallic ribbon, small sticks, and pet hair

Time Needed: 1 Hour

Instructions

1. Fill an onion bag with nesting materials, such as raffia, nonmetallic ribbon, small sticks, and pet hair.
2. Hang from a tree, then eagerly watch for the birds to begin construction

[www.familyfun.go.com/](http://www.familyfun.go.com/)

## DOUGLAS COUNTY EVENTS

### Parenting Classes



**NURTURING PARENTING**

Jan. 11 to March 15, 2011—Tuesdays  
6:00 to 8:00 p.m. at Brockway Elementary School, Winston

**NURTURING PARENTING**

Jan. 12 to March 16, 2011—Wednesdays  
6:00 to 8:00 p.m. at Winchester Elementary, Winchester

**MAKE PARENTING A PLEASURE**

Jan. 13 to March 17, 2011—Thursdays  
6:00 to 8:00 p.m. at Sutherlin West Intermediate, Sutherlin

**MAKE PARENTING A PLEASURE**

Jan. 13 to March 17, 2011—Thursdays  
6:00 to 8:00 p.m. at Family Resource Center, Reedsport

**Do you want to learn more about your child's development?**

Use the ASQ questionnaires at [www.asqoregon.com](http://www.asqoregon.com) to check your child's development between the ages of birth and 5 years. The results help determine if a child's development is on schedule. This is a free service and also included resources on games and activities that you can do at home with your child.

Contact Anna @ 541.672.7955 for more details on these and other events in Douglas Counties

## LANE COUNTY ASSISTANCE

CATHOLIC COMMUNITY SERVICES  
EUGENE COMMUNITY SERVICE CENTER  
(541) 345-3642  
<http://www.ccslc.org>

CENTRO LATINO AMERICANO  
(541) 687-2667  
<http://centrolatinoamericano.org>

LANE COUNTY  
SENIOR & ADULT PROGRAM CAMPBELL COMMUNITY CENTER  
(541) 682-5318  
(800) 441-4038  
<http://www.eugene-or.gov/recsenior>

EPUD  
HELPING HANDS  
(541) 746-1583  
<http://www.EPUD.org>

EUGENE WATER AND ELECTRIC BOARD - EWEB CUSTOMER CARE  
(541) 682-3378  
<http://www.eweb.org>

LANE COUNTY  
LOW INCOME ENERGY ASSISTANCE PROGRAM  
(541) 682-3378

LANE ELECTRIC COOPERATIVE  
MEMBER ASSISTANCE PROGRAM  
(541) 484-1151

SALVATION ARMY - FAMILY SERVICES - EUGENE  
(541) 343-3328  
<http://www.tsacascade.org>

ST. VINCENT DE PAUL  
(541) 689-6747  
<http://www.svdp.us>

**Project Homeless Connection March 17, 2010**

Project Homeless Connect is a one-day, "one-stop shop" event serving people who are homeless or at risk of becoming homeless. This includes people who are in unsafe housing; those are living with a friend or family member; or people living in a car or hotel. This unique event connects people with essential services such as housing, employment, government benefits, veteran's benefits, and legal services. The event also seeks to help people meet their basic needs by providing a hot meal, access to medical and dental check-ups; and many other services. Click to learn more about how you can volunteer or donate and help Lane County's most vulnerable citizens.

[www.homelessconnect.org](http://www.homelessconnect.org)

## GREAT WEBSITE TO VISIT

Lane County 21: [www.211lane.org](http://www.211lane.org)

Lane Ice Center: [www.laneeventscenter.org/IceCenter/](http://www.laneeventscenter.org/IceCenter/)

Science Factory: [www.sciencefactory.org/programs](http://www.sciencefactory.org/programs)

Willamlane Lane: [www.willamalane.org/](http://www.willamalane.org/)

Spark Plug Dance: [www.sparkplugdance.org/](http://www.sparkplugdance.org/)

Family Connections of Lane & Douglas Counties

4000 East 30th AVE Eugene, OR 97405

541-463-3954 OR 1-800-222-3290 Fax: 541-463-4724

Parent Consultant Katy Fuller @ [FullerK@lanec.org](mailto:FullerK@lanec.org)