



Spring 2024

CCDBG TIMES

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



What's Inside:

Resources
2-3

**Healthy Habits
for Kids**
4 - 5

**Kid's Corner
Activity Pages**
6 - 7

**CCDBG Program
Information**
8

Hello Spring!

With the arrival of spring, it's the perfect time to pick up forgotten goals or start fresh new ones. Spring represents new beginnings, change and growth. It's the perfect opportunity to implement small changes in our lives that can make huge positive impacts.

Even the smallest changes can have a significant effect on our overall health. Whether it's taking a walk after dinner, swapping out sugary drinks for water, or simply taking a few deep breaths to reduce stress, every little bit counts. It's never too late to prioritize the health of ourselves and our families.

Remember, the most important thing is taking that first step and keep pushing forward. So, let's take advantage of this season's new energy and make positive changes. Together we can achieve a happy and healthy spring season!

-The CIMC CCDBG Staff





LIVING STRONG

WITHOUT COMMERCIAL TOBACCO

Smokefree.gov

text NATIVE to
47848

SmokefreeNATIVE was developed by and for Native people to offer a culturally aligned, digital resource to improve access to evidence-based smoking cessation support.



 NATIVE FIRST NUTRITION



VITAMINS & SUPPLEMENTS

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

 **CONDOR** 

SUCCESS AND CAREER ACADEMY

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/>

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 **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!

 **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!

 **United States CONSUMER PRODUCT SAFETY COMMISSION** 

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.

www.cpsc.gov/Recalls



National Maternal Mental Health Hotline



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

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

Native American Children experience PTSD at the same rate as combat veterans.



We are Resilient.

Healing from intergenerational trauma is possible.



STRONGHEARTS
Native Helpline

strongheartshelpline.org
1-844-7NATIVE (762-8483)

Learn the Signs. Act Early.

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free Milestone Tracker app to find fun and easy activities for each age.



Track & Share Milestones | Get Tips & Activities | Learn When to Act Early
Learn more at: cdc.gov/MilestoneTracker



<https://www.chhs.ca.gov/youthresources/>

"California's Children and Youth Behavioral Health Initiative aims to reimagine mental health and emotional well-being for ALL children, youth, and families in California by delivering equitable, appropriate, timely and accessible behavioral health services and support, including **FREE** Youth Mental Health Resources."

FOR QUESTIONS ABOUT THE CCDBG PROGRAM



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(800) 593-5273 | (916) 925-3582 | TTY: (800) 748-5259



Help your kids get more physical activity
Use this tool to find ways to fit more activity into their day



To learn more, scan the QR code or visit the link below.

<https://health.gov/moveyourway/get-kids-active>



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 today!



Healthy Daily Habits for Children

Oral Hygiene



For Babies

- Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.
- When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.

For Children

- Brush their teeth for two minutes twice a day.
- Help your child brush their teeth until they have good brushing skills.
- If your child is younger than 6, watch them brush. Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow.

<https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>

Body Hygiene

- **Bathing** - Regular baths or showers should be a part of a child's routine.
- **Wearing clean clothes** - While children might have a favorite t-shirt or dress-up costume, wearing clean clothes is a key part of good hygiene.
- **Hand washing** - Teach kids the [five easy steps for handwashing](#) - wet, lather, scrub, rinse and dry and the key times to wash hands, such as after using the bathroom or before eating.
- **Covering their mouths** - Help your children stop the spread of infections by teaching them to cover their mouth and nose when they feel a cough or sneeze coming.
- **Trimming Nails** - Because fingernails can harbor dirt and germs, they should be trimmed and kept short. Fingernails should also be cleaned frequently with soap and water.



<https://www.cdc.gov/hygiene/personal-hygiene> <https://www.nm.org/healthbeat/healthy-tips/emotional-health/Personal-Hygiene-for-Kids>

Sleep



- **Consistent sleep schedule** - Establish a routine that has your children going to bed at the same time each night and getting up at the same time each morning during the school week and weekends.
- **Limiting electronic devices** - Enforce when and where your children may use electronic devices (for example, no electronic in your child's bedroom 1 hour before bedtime).
- **Create a bedtime routine** - Try implementing a predictable routine that includes screen free activities such as reading to help children wind down. Not only is predictability soothing, the built-in warning of a routine gives them a chance to get sleepy on their own, before it's abruptly "bedtime."
- **Beds should only be used for sleeping** - Often, children use their beds for activities such as homework or watching tv. Children should only associate their beds with sleep, that way when they're in bed they know why they're there - and they don't feel like they could be doing something else.

<https://www.cdc.gov/chronicdisease/resources/infographic/children-sleep.htm> <https://childmind.org/article/encouraging-good-sleep-habits/>

Physical Activity

- **Be active as a family** - Make physical activity part of your family's daily routine, children are more likely to want to be active when other family members are active too.
- **Make physical activity fun** - Fun activities can be anything your child enjoys. Activities can range from team or individual sports to recreational activities - such as walking, running, skating, bicycling, swimming, playground activities, or free-time play.
- **Include routine activity** - Have your child participate in chores that involve physical activity such as cleaning, gardening or walking the dog.
- **Encourage your child** - Children should be physically active for 60 minutes or more each day. Be positive and encourage your child to try new activities. Try taking them to places where they can be active, such as public parks, community baseball fields, or basketball courts.

<https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-children.html>



Nutrition

- **Get your children involved** - Occasionally let kids decide which veggie to serve for dinner. Children can participate in age-appropriate kitchen responsibilities, like measuring, mixing ingredients, and washing fruits and veggies.
- **Connect at mealtime** - Eat meals together whenever possible. Turn off the TV and put away electronics so you can "unplug" and focus on healthy foods and each other.
- **Think about their drinks** - Make water a priority, being well hydrated improves mood, memory and attention in children. Limit sugary drinks by making low-fat or fat-free dairy milk and fortified soy alternatives easy options to grab.
- **Make small but significant swaps** - Eating healthy with your kids doesn't mean you can never eat out — even at fast food restaurants. But look for opportunities to balance your unhealthy food choices with smarter, healthier ones. "Everything in moderation," as another old saying goes.

<https://health.clevelandclinic.org/healthy-eating-for-kids> <https://www.myplate.gov/tip-sheet/healthy-eating-kids>



Wild Rice Muffins

These flavorful and nutty wild rice muffins come together as part of a healthy breakfast or snack.



Ingredients

- cooking spray
- 1 1/2 cups bakery mix
- 1/4 cup sugar
- 2 teaspoons cinnamon
- 2 bananas, mashed
- 3/4 cup milk
- 1/4 cup applesauce
- 1 cup wild rice, cooked
- walnuts, chopped (optional)

Directions

- Wash hands with soap and water.
- Preheat the oven to 400 °F. Spray a 12-cup muffin pan with cooking spray.
- In a medium bowl, mix bakery mix, sugar, and cinnamon.
- In a separate bowl, mix bananas, milk, and applesauce.
- Add banana mixture to dry mixture and stir.
- Fold in wild rice and nuts.
- Spoon 1/4 cup of the batter into each muffin cup. Bake for 20 to 25 minutes.



Nutrition Information

Nutrients	Amount
Total Calories	121
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	199 mg
Carbohydrates	23 g
Dietary Fiber	1 g
Total Sugars	10 g
Added Sugars included	5 g
Protein	2 g
Vitamin D	0 mcg
Calcium	52 mg
Iron	1 mg
Potassium	137 mg

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated.

<https://www.myplate.gov/recipes/myplate-cnpp/wild-rice-muffins>

RECIPE





FRUIT CROSSWORD PUZZLE

Use the numbered clues to fill in the words below.
Words can go across → or down ↓.

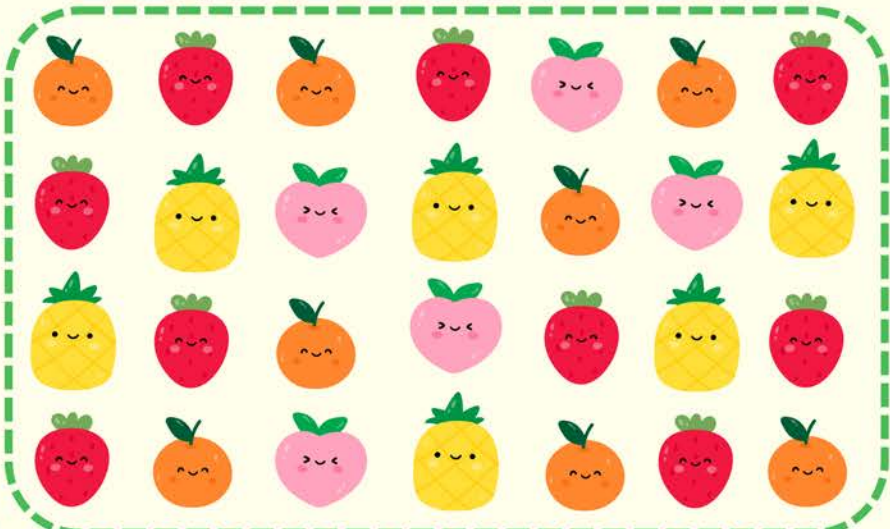


1.			2.							
						3.			4.	
		5.								
				6.						
7.										

WORD BANK

- Apple
- Banana
- Cherry
- Grapes
- Lemon
- Strawberry
- Watermelon

HOW MANY DO YOU SEE?



Count how many of each fruit you see and write your answer in each box.















CIMC CCDBG PROGRAM

DO YOU NEED HELP PAYING FOR YOUR CHILD CARE?

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!

CALL (916) 925-3582 OR (800) 593-5273 TO HAVE AN APPLICATION SENT TO YOU!

