
Smalltalk

Serving Providers & Families in Yolo County

Volume XXV, Number 1

Dear Friends:

level

It's the start of a new year, we are only one year away from the start of a new century and the SMALLTALK newsletter begins its twenty-fifth year. As a way of celebrating these births and our silver anniversary, look for flashbacks in this issue and every issue this year.

Having been a part of Child Care Services for 20 of the 25 years, it has been exciting to observe and participate in the growth and transitions that have occurred. Despite the progress that has been made, there are still goals that were envisioned 25 years ago which, unfortunately, have not yet come to fruition.

25 years ago: The Committee for Early Childhood Needs presented a report to the city of Davis, county of Yolo and the University of California, Davis. It recommended the formation of a pilot program in Davis to coordinate information on available programs for young children.

Child Care Services provides coordination of child care resources and referrals countywide. Services include: child care referrals; technical support and assistance to parents and child care providers; workshops and trainings for parents and providers; parenting information; collaboration with numerous community groups; toy, video and book lending libraries; and the administration of over \$3 million in child care subsidies.

While we may flashback to the past, we have work to do in the future. Thank you to everyone who exercised their right to vote in November. You came out in record numbers. With the election came the passage of Proposition 10. This proposition will go into effect this month, barring any obstacles. The result will be a 50 cent tax on a pack of cigarettes. The money will be used at the discretion of the county within state developed guidelines and parameters. A state commission will be formed, and at the county level, the Board of Supervisors will appoint members to a local

advisory committee. Look for more information to come on this topic.

On a final note, it's not too late to sign up for the annual Tots to Teens Miniconference scheduled on Saturday, January 30. Registration is limited to 250 people. Pre-registration is advised (use enclosed form) as there may not be many spaces available at the door. Don't miss out! For information, contact me at (530) 757-5691 or 1(800) 378-5044.

Have a Happy and Healthy NEW YEAR!

Donita Stromgren
Community Services Supervisor

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Meetings/Events/Support Groups

DAVIS CHILD CARE COMMISSION

Jan. 28, Quarterly; 4th Thursdays, 7:30 p.m.
Public welcome. Call 757-5691 for location.

FAMILY CHILD CARE LICENSING ORIENTATIONS

Jan. 19, Feb. 16, 9:00 a.m.-12:00 p.m.
VMC Game Room
For information call 757-5691

WESTERN YOLO COLLABORATIVE FOR HEALTHY CHILDREN AND FAMILIES

Every 1st Thursday at 6:00 p.m.
Call Shirley at 795-2377 for more information.

WOODLAND PARKS, RECREATION & COMMUNITY SERVICES COMMISSION

4th Monday of the month, 7:00 p.m.
City Council Chambers, City Hall, Woodland
Public welcome. Youth and children's issues discussed.

YOLO CHILD CARE PLANNING COUNCIL

For dates, times and locations of meetings call 757-5691
or (800)378-5044

YOLO COUNTY YOUTH SERVICE TASK FORCE

To confirm meeting dates and location call Jan at
668-3701.

BRIDGES

Support for parents of children in K-12 special ed.
3rd Wednesday of the month, 7:30-9:00 p.m.
Learning Center, Davis High School
Call Inger at 756-8791 for information

CH.A.D.D.

(Children & Adults with Attention Deficit Disorders)
Third Thursdays, 7:00 p.m.
Call Martha at 750-3929 for locations and information

FEMALE

A support group for mothers
and sponsors of Woodland Toy Library
1st and 3rd Tuesdays of the month, 7:00-9:00 p.m.
Senior Center, Lincoln and 2nd Streets, Woodland
Call Myra at 668-1003 for topics

VMC = Veterans' Memorial Center

203 E. 14th Street, (14th & B), Davis

YCSSL = Yolo County Social Services

120 West Main Street, Woodland

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

2nd Tuesday of month, 7:30 p.m.
Genealogy Library, Davis Senior Center, 646 A Street
Call 757-5696 for information

LA LECHE LEAGUE

2nd Thursday of month, 10:00 a.m. and 7:00 p.m.
345 L Street, Davis; For phone support/meeting topics:
Cindy 753-8011; Lana 756-3551; or Eve 756-6464

MOMS TOGETHER

For moms and babies under 1 year
Thursdays, 1:00-2:30 p.m.; VMC Game Room
For information call Jody at 758-5494

PARENT NETWORK

For parents of children 6th grade and up
Thursdays, 7:00 - 8:30 p.m.
Woodland High School Library, Room E
21 N. West Street, Woodland
Call Kenton Keithly 661-1485 for information

PARENT SUPPORT GROUP

For Spanish speaking parents of children K-6
Wednesdays, 8:30-10:30 a.m.
Beamer Park Elementary, Woodland
For information call Reyna at 661-0647

PREGNANCY AND INFANT LOSS SUPPORT GROUP

3rd Monday of the month, 7:30-9:00 p.m.
Davis Community Church Fireside Room
412 C Street
Call Mental Health Assoc. of Yolo County at 756-8181

THE PRIMARY CAREGIVERS GROUP

A support group for moms and dads
Mondays, 8:30-10:00 a.m.
231 G Street, Suite 7 (A Mother's Place)
For information, call 756-MAMA

TWINS PLACE

Parents of Twins Support Group
2nd Sunday of the month, 4:00-6:00 p.m.
231 G Street, Suite 7 (A Mother's Place)
For more information, call 756-MAMA
or Anna at 756-8602

Community News

Calendar

| | | |
|----------|----|---|
| January | 1 | New Year's Day - All cities' offices closed |
| | 4 | Schools reopen |
| | 9 | Training for Family Child Care Providers * |
| February | 18 | Martin Luther King Jr. Day - All cities' offices closed |
| | 30 | The Early Childhood Mini- Conference: Tots to Teens** |
| | 9 | Active Parenting Today series begins** |
| March | 15 | Washington's Birthday - All cities' offices closed |
| | 20 | Training for Family Child Care Providers* |
| | 26 | Provider Recognition Dinner |

* See Family Child Care News (only available for family child care providers)

** See Workshops, Conferences & Classes section for details.

Compiled by Carrie Shepard

Looking for Job?

Child Care Services is seeking two qualified individuals to assist with countywide programs.

Child Care Program Connections Specialist,
CSSV (Starting salary \$7.70 /hr, 25-40 hrs/month- Feb. June)

This person will make home visits to licensed family child care providers to offer planned activities in the provider's home. Art/Science and circle time activities are primarily geared toward toddlers and preschool age children. Most providers to be visited reside in Woodland and West Sacramento. The providers have participated in a special Yuba College training course. Applicants must have own car. Mileage will be reimbursed.

Community Services Specialist III
(Starting salary \$6.34/hr, 10 - 20 hrs/month)

This person will assist with processing mailings for monthly parenting handouts (not in summer) and this bimonthly newsletter. Also, will process delinquent notices for lending libraries, do a weekly check of toy lending library, catalog new library items and assist with biannual lending library inventory.

For additional information on either position contact Donita Stromgren at 757-5691 or 1(800)378-5044.

AIM: Health Insurance for Pregnant Women

Access for Infants and Mothers (AIM) is a state program which provides subsidized private health insurance to pregnant women who either have no health insurance, or who have insurance with a separate pregnancy clause carrying high deductibles.

AIM covers working families which are 200 - 300% above the poverty level. For example, for a family of three, the income could be from \$27,301 to \$40,950 to qualify for this program. The stipend for the insurance is set at 2% of the family's income. Families below the 200% level should seek free pregnancy-related MediCal services.

The services covered by AIM include prenatal and postnatal care as well as care of the child for up to two years. For more information, call 1(800)300-1031.

Insuring Our Uninsured Children

California's Healthy Families Program provides money to cover uninsured children in low-wage, working families. To qualify, children must be:

- 1) without private insurance
- 2) ages 1 through 18 years
- 3) in a family with an income too high to qualify for Medi-Cal, but below 200% of federal poverty level
- 4) without employer coverage during the last three months unless coverage was lost because a parent was laid off or changed jobs
- 5) U.S. citizens or legal immigrants in U.S. prior to August, 1996

To find out more about California's Healthy Families Program, call 1(800)880-5305 or 1(888)747-1222.

Community News

Preconception Planning Workshops

The most crucial stages in a baby's development occur before a woman may even realize she is pregnant. Many women do not begin to think about changing their health habits until some time after they discover they are pregnant. Planning for pregnancy and making lifestyle changes before conception can have a direct relationship to the health of the baby. It also provides an opportunity for men and women to schedule a preconception visit with their health care provider and identify known potential risks to the health of the baby.

The Pregnancy Outreach and Education (POE) Project of the Yolo County Health Department is providing preconception planning workshops. Care Before Conception will encourage men and women to make healthy lifestyle changes before conception to build strong support networks of friends and families, and will assist attendees in accessing the health care system in their communities.

Care Before Conception workshops include a variety of topics: personal readiness for parenting, the importance of early and continuous prenatal care, nutrition, exercise, the father's health and health habits, and resource and referral assistance.

To arrange a workshop at your home, office, church, etc. call Karen McNeal, POE Project Coordinator at the Yolo County Health Department, (916)375-6380.

What the Ads Don't Tell You About Antibiotic Soaps

Every time you turn on the T.V. these days it seems like they're telling about some new place where those evil germs abound---your face, your hands, your toothbrush, your cutting board, and your telephone for starters. In response, the soap manufacturers have come to save us all by developing antibiotic hand and body soaps.

Lots of us have been caught hook, line and sinker. We're protecting ourselves and our families by having our kids wash with these soaps. When we're out and about, we bring along some of the alcohol-based, waterless soaps for washing. If a child sneezes, get out the Purell!

However, the word is now spreading about the problems and the risks involved in using antibiotic soaps in our daily hygiene:

First, the germs that we are most concerned with killing are viruses, and harmful bacteria. The illnesses that most often are passed around are colds, flu's, and other viral diseases. Antibiotic soaps don't kill viruses.

Secondly, antibiotic soaps may work by killing bacteria, but the object of handwashing is to *remove* germs from the skin, and a mild soap and water do that quite well. In fact, if soap isn't available, even running water will do pretty well.

Thirdly, by using antibiotic soaps we are both helping to create resistant bacteria, and we are killing the important bacteria that reside on our skin's surface. We need certain bacteria on our skin, in our mouths, and in our stomachs, to protect us from the bad bacteria. If we damage the good bacteria through the repeated use of antibiotics, we unwittingly open ourselves to just the thing that we think that we are protecting ourselves from---harmful bacteria.

What's a mother to do? Nothing is better than good handwashing technique with mild soap and water. And in place of those drying alcohol soaps, bring along some wet paper towels or wash cloths and scrub those little hands. Their skin will thank you.

If you have questions about this topic, call the Child Care HealthLine at 1(800)333-3212.

Community News

Community Resources

FEDERAL FOOD DISTRIBUTION PROGRAM

Eligibility is based on income.

Last Wednesday of the month, 12:30-1:30 p.m.

Senior Center, 646 A Street, Davis, 757-5696

Last Friday of month:

Winters Community Center, 12:00 noon-2:00 p.m.

Yolo Housing Community Cntr, 10:45-11:30 a.m.

Call (530)758-6821 for information

IMMUNIZATION CLINIC

Immunizations conducted by Yolo County Health Dept.

Call (530)666-8645 (Woodland) or (916)375-6380 (West

Sacramento) for times & countywide locations

WELL AND SICK CARE CLINICS

for Women s Health Care & general medical information

Davis Community Clinic, 2040 Sutter Place,

Call (530)758-2060

Peterson Clinic, 8 N. Cottonwood, Woodland,

Call (530)666-8960

Salud Clinic, 500B Jefferson Blvd. #180, West

Sacramento, call (916)375-6400

YOLO COUNTY CHILDREN S

MEDICAL SERVICES

Child Health &

Disability Prevention Program

Free health check-ups for children through 20 years of age on MediCal and for low-to-medium income children through 18 years of age.

California Children s Services

Case management and financial assistance for children through 20 years of age with serious or chronic medical conditions.

For information and appointments call (530)666-8640

YOLO COUNTY WIC PROGRAM

Nutrition program for women, infants & children.

Clinics in Davis, West Sacramento, Winters &

Woodland. Phone hours 8:30 a.m.-4:30 p.m.

MWF: (530)666-8445 (Woodland), (916)375-6390 (West Sacramento)

Writers Wanted

Child Care Services is seeking articles on topics directed towards parents and child care providers. The articles will be used as parenting handouts or newsletter articles during FY 1999-2000. They will be distributed for free to residents of Yolo County in paper form and possibly via the Internet.

Articles should be approximately 1000-1500 words in length and have the author's name, address, and daytime phone number on the front. A simple graphic or line drawing may be included for possible use with the article.

Authors of selected articles will be contacted prior to June 30. Payment will be in the range of \$50.00-\$70.00 per article. Articles not selected will be returned. Completed articles must be received by Friday, April 30, 1999. Send them to: Chris Weber-Johnson, Parks & Community Services, 23 Russell Blvd., Davis, CA 95616

For more information or a list of commonly requested topics, call Chris at 757-5691 or 1(800)378-5044.

CAPAY VALLEY AREA:

Don t Miss the 84th Annual Capay Valley Almond Festival

On Sunday, February 28, the lovely Capay Valley will once again be the scene of the annual Almond Festival. The day-long festival provides a hometown country fair atmosphere for the entire family. Along the scenic 24 miles of State Route 16, the historic towns from Madison to Rumsey will entertain visitors. The festival will feature live entertainment, crafts booths, local artisans, produce, home-cooked specialties, petting zoos, and many other wonderful activities. Kick-off to the festival will be a pancake and custom omelet breakfast in Esparto at 7:00 a.m. Later, don t miss Chef Ricky s famous Rumsey Ribs barbecue. For further information, contact the Esparto Chamber of Commerce at 787-3242.

Community News

DAVIS AREA:

Single Parent and a UCD Student?

Downtime is an electronic support and discussion group by, for, and about students who are single parents. It's a place where you can ask for advice or information, share your experiences, and learn about the strategies and concerns of others. And you can do it anytime using your computer. To subscribe:

1. Open a new email message. Address the message to: listserv@listproc.ucdavis.edu
2. In the message section, write: Subscribe
SINGLEPARENT [your first name][your last name]
3. If your computer has a signature block that automatically adds your signature, make sure that it's turned off.
4. Send your message and wait for a welcome message from Downtime .

La Leche League of Yolo County

If you are pregnant or a new mom, and you would like some ideas or support about breastfeeding your baby, then La Leche League may be the resource for you. Meetings, held the second Thursday of every month at 10:00 a.m. and 7:00 p.m., will connect you with other nursing mothers.

Leaders are volunteers who have nursed their own babies and have learned to help other mothers with their breastfeeding questions and problems. The group meets at 345 L Street in Davis. If you have further questions, check the second page of this Small Talk under La Leche League for numbers to call.

WEST SACRAMENTO AREA:

Father/Daughter Night

Enjoy a very special evening for fathers and daughters of all ages on Friday, February 5, from 6:30 to 9:30 p.m., at the VFW Hall Post 8762, 905 Drever Street. This will be a semiformal occasion complete with a gourmet catered dinner, a D.J. for dancing to the oldies, and fun activities! A professional photographer will be available that evening for an additional fee. The deadline to register is Monday, February 1. For more information or to register, call West Sacramento Parks and Community Services at 373-5860

WOODLAND AREA:

Moms Support Group

F.E.M.A.L.E., a group for moms in Woodland invites you to come to its meetings to share support and make friends. Regular meetings are held on the first Tuesday of each month from 7:00 to 9:00 p.m. at the Woodland Senior Center, on the corner of Lincoln and 2nd Street. The third Tuesday of the month is a social night out at varying locations! Some upcoming events include a speaker on Reflexology, a bowling night, a speaker on relaxation through yoga, a dinner social, and more. For more information, call Myra at 668-1003.

Looking for a playgroup? Call Patty at 662-7144 for the location of the Wednesday morning playgroup which meets from 9:30 to 11:00 a.m. For connection to other Woodland playgroups call Chris at 666-3783.

Whitehead Afterschool Recreation Program Continuing

All school-age children throughout the Woodland community are eligible for the Whitehead Afterschool Program. Participants do not have to be students at Whitehead School. Activities include: arts and crafts, cooperative games, quiet reading and homework areas, organized outdoor play and much more.

The program runs Monday from 1:35 to 5:45 p.m., and Tuesday through Friday from 2:45 to 5:45 p.m. The fee is \$50 per month (\$25 for June). Each participant needs to be registered through the Parks, Recreation & Community Services Department. For information, call Yvette at 661-5880.

Yolo Housing Recreation Center After-School Program

Children ages 5 to 14 years old may join in the fun at the Yolo Housing Recreation Center, 1285B Lemen Avenue and Donnelly Circle. This drop-in program offers games, music, pool, new people to meet, crafts, or just a place to hang out with friends. Participants must register at the Yolo Housing Recreation Center. The program hours are Monday, Wednesday, and Friday from 3:30 to 6:30 p.m. For further information, call 661-5880.

Workshops, Conferences & Classes

The following classes are being offered by various agencies in Yolo County. Some of the classes are repeated when sufficient enrollment is reached so call the sponsoring agency if a class interests you but has already started. For information on other classes that may have not been planned in time to get on this list, call city of Davis Child Care Services at 757-5691 or 1(800)378-5044.

Active Parenting Today (PC9)

Sponsored by Child Care Services

This six week video-based series will be facilitated by Joanne Haller. It will cover issues of interest to parents of children 3 through 10 years of age.

Tuesdays, February 9 - March 16;

7:00-9:00 p.m.

East Conference Room, DJUSD Office,
526 B Street, Davis (Entrance to East Conference Room is on C Street)

No fee but pre-registration is required at Parks & Community Services, 23 Russell Blvd. A limited number child care spaces are offered for children 2-10 years. Care is free but donations are accepted. If care needed, contact Chris at 757-5691 before registering.

Parenting Class

Taught by Sexual Assault and Domestic Violence Center

On-going drop-in parenting classes are held on

Wednesdays from 10:00 a.m. to 12:00.

Classes are free; no child care is provided. Classes may meet CPS requirements.

Broderick Christian Center

110 Sixth Street,

West Sacramento (Broderick area)

Contact: Sharon (916)372-0200

Parenting Classes

Sponsored by the Even Start Program

These classes are limited to participants in the Even Start Family Literacy Program in West Sacramento. For information on the program call (916)375-7630.

Classes for Parents

Sponsored by Washington Unified School District, West Sacramento

To register for either session, contact Julie Vierra at (916)375-7600 x2249:

Session 2: Thursdays, January 7 - February 25;

7:00 - 9:00 p.m.

Yolo High, Room 20 (The first class will meet in the Yolo High Auditorium.)

If a second section is needed, it will meet on Jan. 7 and then on Wednesdays, Jan. 13 through February 24.

Session 3: Thursdays, April 8 - May 27;

Meets at same time and place as above

If second session needed it will meet on April 8 and then on April 14 - May 26.

Video-Based Parenting Classes

Sponsored by the WJUSD

Three classes will be offered:

Active Parenting: For parents of elementary school age children

Thursdays, January 14-February 18

6:30-8:30 p.m., Gibson Elementary School,

312 Gibson Road, Woodland

For information call Mary or Leona at

669-3285

Active Parenting: For parents of elementary school age children

Tuesdays, January 19-February 23

6:30-8:30 p.m.

Woodland Public Library, Leake Room

For information call Lupe at 661-6251

Active Parenting of Teens

Wednesdays, starting January 27

7:00-9:00 p.m.

Woodland High School Library

For information call Pat Dumais at

662-4678 ext. 272

Parent-to-Parent

For parents of children and young teens

Participants may join at any time during this on-going class which will be repeated.

Tuesdays, January 12 - March 2

(Next session is March 16-May 11.)

7:00-8:30 p.m.; Lee Jr. High Library,

520 West Street, Woodland

No fee but optional \$6.00 workbook

Contact: Carrie Ahlgren at 669-4155

Workshops, Conferences & Classes

Yolo Family Service Agency

These classes are repeated when there is sufficient enrollment. To find out starting dates or to sign up, call 662-2211 or 753-8674 or 375-1254.

Passages

Children s Group -Tuesdays, January 12-March 16;
6:00-7:30 p.m.

Parents Group - To be scheduled

Ten-week groups for children 10-14 who live in conflicted divorced or separated families. In addition, there are two group meetings for each parent.

Parenting for Yourself & Your Child

This will be offered starting in January. Learn effective communication skills; how to build your child s self-esteem; appropriate discipline/limit setting; constructive expression of anger. This class meets court ordered mandated requirements.

Living with Your Teen

Thursdays, January 14 - February 18
6:30-8:00 p.m.

Holmes Jr. High Library
1220 Drexel Drive, Davis

No fee but donations are accepted.

To register and for information call Chris Belmer at 662-2211 ext. 19

Foster Care Education Program

Held at Yuba College, Woodland

Conference Room, Building 100

6:30-9:30 p.m. (Arrive early to register at first class.)

No cost unless registering for credit. Call Cherie Schroeder at (707)678-3021 for more information on:

Health Issues in Foster Care

January 14, 21 & 28

Medically Fagile Infants & Toddlers

February 11, 18 & 25

Age Appropriate Child Development

March 11, 18 & 25

Pre-licensing Orientation Class:

(For people who want to get licensed as foster families or who are adopting through the State.) Every 2nd, 3rd, and 4th Tuesday of the month

Parenting Classes

Sponsored by Yolo Connections Sister/Friend Project

These CPS approved classes are open to men and women whether or not they are participating in the Sister/Friend Project. All classes offer free child care. There is no class fee but pre-registration is required. Contact Melinda, Amy or Rebecca at 669-3285 to register for any class:

West Sacramento, English speaking class:

Wednesdays, January 6 - March 3

7:00 - 9:00 p.m.

Trinity Presbyterian Church

1500 Park Blvd., West Sacramento

Woodland, Spanish speaking class:

Tuesdays, February 23 - April 20

7:00 - 9:00 p.m.

Headstart, 635 California Street

Davis, English speaking

Mondays, March 22 - May 17

7:00 - 9:00 p.m.

Children s Center

530 B Street, Davis

Conferences:

22nd Annual Save the Children

National Family Child Care Conference

May 20-23, 1999

Sheraton Hotel

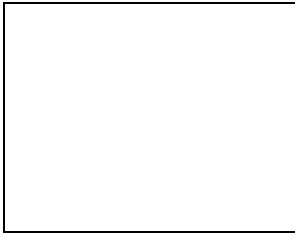
Atlanta, Georgia

Contact: (404)479-4200; FAX (404)479-4166

Especially for Parents

Scary Dreams & Earthquakes in Iowa: What to Do About Your Child's Irrational Night Fears

By Janet Wallace



Mommy! Mommy! From out of a sound sleep, your child's cries pierce the quiet and rip you from slumber. As you stumble into her bedroom, your child's terrified expression tells you she's had another nightmare. Before

you give in to your first impulse, which is to tell her that there's nothing to be afraid of (It was just a dream, Honey.), stop for a moment and reconsider.

In the case of a nightmare, you know from your own experience that bad dreams DO seem quite real at first waking. Your heart is pounding and you feel the presence of the dream intruder in your very bedroom. How many of us have crept unbreathing into the dark, flashlight in hand, in search of the boogie man? As an adult, it takes *you* time to accept the unreality of the dream and *you* may be reluctant to drift back to sleep! So much more so in the case of children, particularly very young ones, for whom fantasy is as real as the car that sits in the driveway.

What's going on? Irrational fears crop up frequently in the lives of young children, and as parents, we worry that these fears will plague them into their adult lives unless we intervene. It will help if we try to understand the psyche of the young child. As she grows and experiments with new feelings of independence, the child becomes aware of a big, scary world out there over which she has little control. Anger and a host of other intense emotions well up inside her. It's too much to acknowledge those hateful, hurtful feelings, so the youngster projects them out, creating scary monsters to house her own inner demons. In helping her deal with those fears, we need to encourage our child to overcome these feelings of powerlessness and experience empowerment.

Active involvement. Simply saying, It's not real, or Don't worry, does nothing to ease the child's anxiety after a nightmare. You need to acknowledge her fear

sympathetically and then tell your child *what to do*. In the case of a nightmare, dream experts suggest a method that works for adults as well as children. After reassuring the child and acknowledging her fear (You are really frightened. But Daddy's here now..), brainstorm with her what she could do differently if she has that dream again. What will you say to that dream monster next time? Gently guide your child if she seems unable to come up with her own ideas:

Since it's a dream, you can do anything you want! How about some magic dust to turn that guy into a friendly monster? Make a game of it, encouraging responses from your child.

Empowerment. Dream experts refer to this technique as dream incubation and report remarkable success in using it with dreamers experiencing nightmares. Since dreams are often the landscape for confronting the fears we have difficulty facing in reality, incubation can help bolster confidence on the subconscious level. The next day you might talk to your child about possible difficulties she may be having during her waking hours: a bully at preschool or fear of losing your love to a new baby, for instance. Her nightmare may signal that she needs help with a stressful situation that is overwhelming her.

Role Playing. A six year-old in Iowa was plagued with a fear of earthquakes. He could not get to sleep at night for weeks after viewing vivid news reports of a California quake on TV. Once asleep, he would often wake up screaming about the floor caving in. It did no good for his parents to reassure him that the odds of their city experiencing such a calamity were next to nil. Finally, on the advice of a local child psychologist, the mother helped her son role play what to do. If we have an earthquake, stand in the doorway like this and you'll be safe, she instructed the child. The child acted it out, over and over again, each night before bedtime. The little boy was not only able to go to sleep after that, but his fearful obsession with earthquakes subsided. He now knew what *to do* and felt empowered. Sleep came easily.

More Tactics. A four year-old boy who was afraid of the monster under my bed who only comes out after I go to sleep, was given a little spray bottle (plant mister) of water. Here's some pretend monster spray, his father told him. We'll be in the next room if you need us. The little fellow never had to use it; he fell asleep feeling safe and armed! Another child felt better when she could take a flashlight to bed. When

she wakened during the night, she flicked it on,
checked out those

Especially for Parents

mysterious shadows and fell back to sleep without disturbing her parents.

Reinforcing fantasy? Some parents worry that brainstorming ways of confronting dream monsters will reinforce the child's belief in the world of fantasy. When we're talking about the pre-rational mind of the young child, remember that there is no distinction between reality and fantasy. What is seen on the television screen, or in the movie theater or in the family room at home are all part of a young child's reality. This is why it is so important as parents that we restrict what our children see on television or at the movies until they are old enough (around seven years of age) to use reason and judgment.

Children think in concrete terms and need concrete ways of dealing with their fears. Empowering children through the technique of dream incubation gives them a concrete solution to their fear.

Night Terrors. Some children, usually under six years of age, experience a phenomenon known as night terrors. These are unique from nightmares and need to be handled differently. The child undergoing a night terror often is terrified and screaming with eyes open, but is not actually awake. No amount of coaxing or reassuring can comfort the child. Experts say to let the night terror run its course (anywhere from a few minutes to a couple of hours!), making sure the child is safe and does not harm himself. When he settles down--usually falling into an exhausted sleep--don't talk about the incident. He won't remember it because he wasn't conscious. If you bring it up the next day, your child may worry about what happens to him while he's sleeping and will develop a fear of going to sleep.

We don't understand this phenomenon completely, but it appears to be a neurological glitch; the child may be temporarily trapped between stages of sleep and is not conscious. We do know that overstimulation, fatigue and stress the day before can increase the likelihood of a night terror happening in those children who are susceptible. Most children naturally outgrow this unpleasant experience as their nervous systems mature, usually by six years of age.

Helping children to confront their fears; whether they role play or brainstorm a better outcome, is a potent elixir and a tool that will serve them well throughout their lives. Besides, it's a sure-fire way to get some sleep yourself!

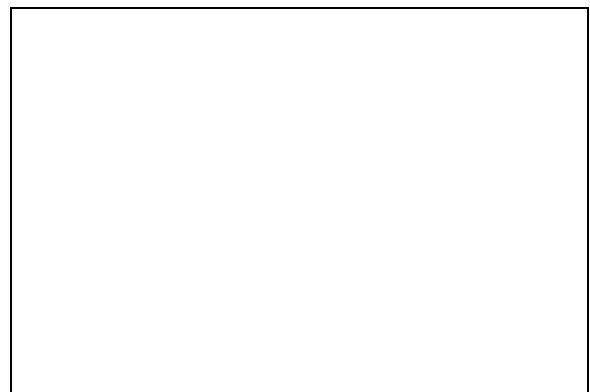
Janet Wallace holds a degree in Elementary Education and has taught for nine years. Currently a teacher in a Parent/Toddler program for San Juan Unified School District, Janet has taught preschool and has facilitated parenting classes and workshops.

Parenting Handouts

Now that the holidays are over, consider taking a moment to slow down and relax. Our January parenting handout, *Mom, Is There a Law Against Wasting Time?* by Laura Davis and Janis Keyser, discusses why it is important for children to have unscheduled time and presents some strategies that parents can use to encourage their children to develop their own ways of entertaining themselves when they do have free time.

What does eating together as a family and serving food family style promote? Gail Kreczkowski offers some ideas in the February parenting handout, *Children Benefit When Served Family Style Meals*.

Parenting Handouts are available at no cost to individuals and at those family child care homes and children's programs that request them for parents. An index of past handouts is also available. To request the index, individual copies of past handouts, or to be put on the mailing list, call City of Davis Child Care Services at 757-5691 or 1(800)378-5044 or stop by the Child Care Services Office at the Hunt Boyer facility, 604 Second Street.



Legislative Update

Compiled by Donita Stromgren

25 years ago: Only a few select counties received Child Care Resource & Referral funding as pilot programs.

Due to the passage of various pieces of legislation over the years, every county in the state of California has at least ONE state and federally funded Child Care Resource & Referral program. California is one of the few states in the country to provide such comprehensive funding.

State Legislation

Governor Wilson has signed the following pieces of legislation (in addition to those noted in the November/December issue):

SB933 (Thompson), Criminal Background Checks *Chapter 311*

Requires fingerprinting of any staff person who has contact with children **before** contact or initial presence in a child care facility. Subject to a \$100 civil penalty per violation. Effective October 17, 1998. FBI clearance required effective January 1, 1999.

SB1524 (Alpert) Health & Safety Training *Chapter 666-*

Requires that any person or program that teaches the health & safety training required of child care providers (in addition to the pediatric CPR & First Aid) be approved by the Emergency Medical Services Authority (EMSA). Training offered by the American Red Cross and the American Heart Association will need to be EMSA approved. Training offered or approved by an accredited college or university will be accepted without prior EMSA approval. Providers only have to complete the health practices training once. First Aid and CPR certifications have to be current.

AB2041 (Bustamante) Instructional Materials *Chapter 312*

Provides funding for the purchase of instructional materials aligned with the current standards adopted by the State Board of Education. Funds will be available over the next three years.

Keep That Art Work Coming!

Children's art work adds a nice sparkle to *Small Talk*. Line drawings done in ink or markers and not larger than 8 1/2 x 11 inches reproduce the best.

Please send a xerox of any drawing along with the child's name, age, and your name, address and phone number to Chris Weber-

Johnson, Child Care
Russell Blvd., Davis, CA

You will receive a copy
Talk when the art is

and

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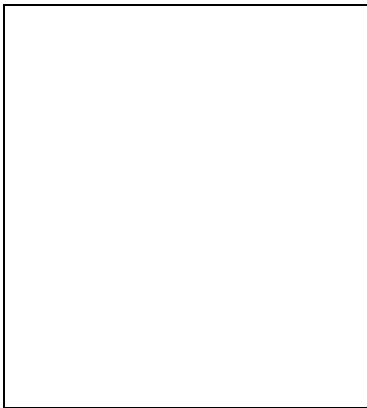
The sailing ship to the left was drawn by Spencer Bowen, 5 years of age.

Creative Corner

Compiled by Chris Weber-Johnson

Thinking Caps

A quick art project that may also get the kids to do their homework!



Materials:

Construction paper,
scissors, tape, glue

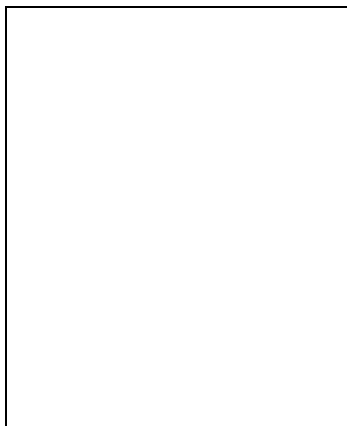
Directions:

1. Cut an assortment of 1- by 12-inch strips from colored construction paper.
2. Select one strip for a head band and fit to each child's head. Secure with tape.
3. Children can add more strips to form a crown and embellish their caps by pleating, curling, fringing, and cutting other strips to glue on as decorations.
4. Children can wear their caps any time they need to think.

Tools for Cleaning Up

Make clean-up time more interesting. Provide your child with three clean-up tools for pickup up clothes and toys:

- tweezers
- a clip style clothes pin
- kitchen tongs



Foot Prints

Transform a pair of socks into no-skid slippers

Materials:

Cotton socks (Ask each child to bring a pair. They don't have to be new but need to be in good condition.)

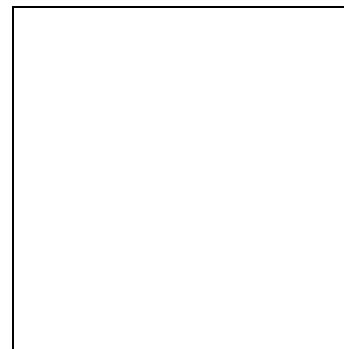
Cardboard

Pencil

Scissors

Non-toxic three dimensional fabric paint

1. Prewash and dry the socks but do not use fabric softener.
2. Set a pair of the child's shoes on top of a piece of cardboard and trace around them with a pencil.
1. Cut out the two shoe shapes.
2. Insert the cardboard shapes into the socks so that they are pressed flat against the soles of the socks.
3. Children can paint stars, fish, letters, squiggles or any other designs they like on the sock bottoms. Most three-dimensional paints can be applied straight from the bottle---just press the nozzle gently against the sock to make sure the paint sticks.
4. Let the paint set overnight before removing the cardboard and wearing the slippers. Wait about 3 days to machine wash and dry them (refer to the bottle for proper heat setting).



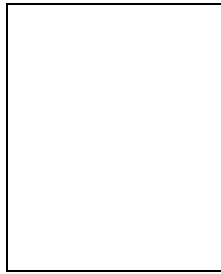
Sources: *Well Centered Child*, October 1998 and *Family Fun*, September 1997

Family Child Care News

Check Your Policies for the New Year

By Lyn Dailey, PHN

How long has it been since you reviewed your policies and parent handbook? How long has it been since a health professional or other provider has looked at them? Medical guidelines and safety regulations can change overnight and you won't stay on top of them if you don't have a regularly scheduled review time. The beginning of a new year is a good time to do this.



Pull out your handbook. Have you changed or added any policies since you wrote it? As with all documents that sit in a drawer, we tend to forget what is in the policies if we don't read them over once in a while. Give parents a spiffy new copy with a current date boldly printed on a new cover. Even if nothing has changed (rather unlikely), ask parents to read and sign the new handbook to refresh their memories.

Think back over the last year. Were there problems with any particular policy which seemed to occur more than once? Maybe it's time to reevaluate that policy to see if there might be a better way to work it or enforce it. Exclusion for illness policies should reflect the most current public health information and medical treatment. Some medications which were only available by prescription after a visit to the doctor may now be available in the grocery store; are you still requiring that parents show you a prescription?

Look at your Community Care Licensing regulations. Do you have the most recent edition? Call your local licensing office to find out. Do you have the new earthquake preparedness checklist, the landlord notification forms, and any other newly required forms?

Check Your CPR and First Aid cards. Have they expired or are they about to expire? It may take a while to find a convenient class, so start making those arrangements now if you will need new cards within the next few months.

How does your facility look? This is the perfect time to conduct a thorough health and safety check. Call the California Child Care Healthline at (800)333-3212 for a checklist if you don't have one you like. Is the one you are using current?

Spending time on these issues now will help your year be healthier, safer and more efficient.

Source: *Child Care Health Connections*, Sep/Oct 1997

Current on Your Health and Safety Requirements?

Don't forget that you can help cover the fees for your Health and Safety courses (including CPR, Pediatric First Aid, and the one-time Health & Safety Issues course) simply by contacting Carrie at (530)757-5691 or 1(800)378-5044, or by sending in your completed application. You can get up to \$50 through this reimbursement! Remember that in order to keep your license, your CPR and First Aid must be current. Check the expiration dates for your certificates.

Tax Preparation Workshop is Coming Up

If you haven't yet signed up for the Tax Preparation Workshop on January 9, give us a call to find out if there's still space available. Two and a half hours is time very well spent when it can help you to increase your income, lower your taxes, and minimize the headaches commonly associated with mid-April. Ok, so we don't guarantee that these things will happen, but we feel confident that you will be glad that you took the time to come hear Meredith Coghlan talking about tax preparation and record-keeping.

The location is the County Fair Mall in Woodland, next to Target. The time is 10:00 a.m.-12:30 p.m., and the cost is FREE. Remember, you must first register by calling Carrie at 757-5691 or 1(800)378-5044.

Even More Free Trainings!

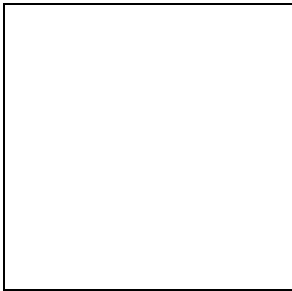
Any day now, you should be receiving a flyer announcing three upcoming trainings being offered by the UCD Extension in coordination with Child Care Services. The trainings are part of the series Family Child Care At Its Best. The first of the four-part series

Family Child Care News

was held last June in Yolo County, and providers who attended were pleased with the training.

The upcoming trainings will be held on February 20, March 20, and April 17 at the Senior Center in Davis. You will receive notification of each training. If you would like to attend any--- or all---of the trainings, please call Carrie at 757-5691 or 1(800)378-5044. Enrollment in the classes is limited to 30 participants.

Provider Tips



In each issue of Small Talk we would like to include a tip that may be helpful to other providers. If you have any ideas you could share that you have found to be particularly useful, please let Chris know by calling 757-5691 or 1(800)378-5044. We will pass it along.

This month's tip comes from Davis providers Elisa and Chris Stone:

Sometimes when the children are going a bit nuts in our child care home, we try the use of music to change the mood. Classical music is a wonderful way to calm down a group of wild children! Mozart, Bach and Mendelson are wonderful composers of calm works that children really respond to. Also, its been proven that children who listen to classical music tend to have high intelligence and do better in school! Try putting on The Cannon while providing the children with paint on a table and see the difference in their painting styles! Music moves, even the littlest of ears and hearts!

West Sacramento Providers Meet

If you are a new family child care provider, or you just haven't gotten around to attending a Providers Association Meeting, start the new year by making some new friends. On January 5, the Association will hold its first meeting of 1999. For information and meeting locations, call Denise at 373-1358 or Brenda at 375-0849.

Providers Get Together in Davis

The Davis Licensed Family Day Care Association (DLFDCA) hopes everyone had some great holiday fun and got re-energized. We encourage providers to:

- 1) go to the Tax Preparation Workshop sponsored by Child Care Services on January 9 (call Carrie at 757-5691 to register)
- 2) go to the January 30th Tots to Teens Mini-conference (see registration form in this issue)
- 3) come to the DLFDCA meeting on Wednesday, February 10 at 7:00 p.m. (Yes, food will be served! RSVP to Dave at 758-3097 to state your preference for Chinese take-out or pizza.) Members will look over the association's purchases, plan future directions, share what we have learned and/or discovered, and brainstorm problems.

FAMILY CHILD CARE CONNECTION

Home Visits

Linda will be calling participants in the Home Visit program at the beginning of January to arrange her visits. There is room for one or two more providers in the program at this time. Home Visits include a circle time, toys from the Toy Closet and an art or science project, all of which are age appropriate for the children for whom you care. Linda calls monthly to arrange a visit at a time that is convenient for you. To find out more about this fun, free program call Chris or Linda at 757-5691.

Morning Out

The New Year will be ushered in at the Round House with Mornings Out held from 9:30 to 11:00 a.m. on Fridays, January 8, 15, and 22 and February 5, 19 and 26. Linda and Chris look forward to seeing all the regulars.

Smalltalk

City of Davis
Parks & Community Services Dept.
23 Russell Blvd.
Davis, CA 95616

CITY OF DAVIS
CHILD CARE SERVICES
757-5691 or 1-800-378-5044

Supervisor: Donita Stromgren

Editor: Chris Weber-Johnson

Staff Writers: Chris Weber-Johnson, Carrie Shepard, Donita Stromgren

Contributing Writers: Janet Wallace, Lyn Dailey

Small Talk is a bi-monthly publication serving families and child care providers in Yolo County. It is produced by the City of Davis, Parks & Community Services, Child Care Services Division which is solely responsible for the content.

Small Talk is funded in part by the California Department of Education