

Smalltalk

Serving Providers & Families in Yolo County

Volume XXV, Number 2

Dear Friends:

I m writing this just as the Childhood Miniconference is wrapping up. As always, it was an exciting event. Keynote presenter, Clare Norelle provided warmth and enthusiasm to start off the day with her presentation on Multicultural Education using Art and Music. One hundred and forty (140) people attended up to three workshops out of 20 options. It was exciting to see people from all over the county enjoying the variety of vendors in the commercial exhibit area. If you missed this years event, plan to attend next time. We anticipate that this will become a biannual event.

We are excited to announce that Child Care Services will be receiving a new grant to provide infant and toddler training for child care providers. The funding begins March 1999 and will continue through June 2000. We are also working with the Yolo County Department of Social Services to provide training for license-exempt child care providers who are serving CalWORKS clients. Additionally, we are coordinating with the UC Extension to advertise and promote their family child care provider trainings in Yolo County.

The Local Child Care Planning Council is busy working on compiling data to update information on the child care needs in the county. Also at the county level, look for the formation of the Proposition 10 committee. This group will be charged with the responsibility to set priorities for spending the funds received from a 50 cent tax on cigarettes. More information on this committee can be found in this issue of SMALLTALK. The Davis Child Care Commission is compiling information on the new fingerprint licensing requirements and looking into ways to assist child care providers through this new requirement. Anyone in the county interested in these issues is urged to join in these public meetings. A lot is happening and we need community involvement to develop programs to meet the needs of the community.

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25 years ago: UCD provided \$12,000 for student parent child care needs.

UCD provides \$27,408 to support Child Care Resource & Referral services and \$86,000 for partial subsidies for UCD student parents.

Donita Stromgren
Community Services Supervisor

Meetings/Events/Support Groups

DAVIS CHILD CARE COMMISSION

April 22, Quarterly; 4th Thursdays, 7:30 p.m.
Public welcome. Call 757-5691 for location.

FAMILY CHILD CARE LICENSING ORIENTATIONS

March 16, April 20, 9:30 a.m.-12:30 p.m.
VMC Game Room
For information call 757-5691

WESTERN YOLO COLLABORATIVE FOR HEALTHY CHILDREN AND FAMILIES

Every 1st Thursday at 5:30 p.m.
Head Start, 310 Main St. Winters
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 Tuesday of the month, 7:00-9:00 p.m.
Senior Center, Lincoln and 2nd Streets, Woodland
3rd Tuesday will be a social night out
Call Myra at 668-1003 for topics and location

VMC = Veterans' Memorial Center
203 E. 14th Street, (14th & B), Davis

YCSSL = Yolo County Social Services
120 West Main Street, Woodland

2/SMALL TALK/JF99

GRANDPARENTS RAISING GRANDCHILDREN

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;;
Karen 753-6986; Lonna 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 Rm, 412 C St
Call Mental Health Assoc. of Yolo County at 756-8181

THE PARENTS PLACE

A free 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)
Call 756-MAMA or Anna at 758-8602

WOODLAND SPECIAL EDUCATION LINKS

Support for parents of children in K-12 special ed.
4th Thursday of month, 7:00 p.m.
WJUSD Office, 630 Cottonwood St.
For information call Sue at 666-0246

Community News

Compiled by Carrie Shepard

Calendar

March 20	Family Child Care At Its Best; training for family child providers*
26	Provider Recognition Dinner*
29-4/2	Spring Break; West Sacramento schools
29-4/9	Spring Break; Winters schools
April 5-9	Spring Break; Davis, Woodland schools
5-9	Native American Cultural Days***
10,11	Native American Pow Wow***
12	Free Pre-School Screening**
17	Family Child Care At Its Best*
17	UCD Picnic Day***
18-24	Week of the Young Child, Davis
19-24	National Infant Immunization Week**
22	Take Your Daughter to Work Day
24	The Davis Children's Fair
25-5/1	Asian Pacific Culture Week***
28, 29	Playgroup Orientations**
May 7-9	Whole Earth Festival***
10-15	La Raza Culture Days***
17-21	African American Family Week***

* See Family Child Care Section for more information.

** See Community News for more information.

*** For more information, call 752-2027

Share Your Expertise

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 articles. 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.

Blockbuster Offers Free Child Care Video

Children's Home Society of California (CHS), a non-profit child welfare agency, is pleased to announce that vital information about safe, quality child care is now available to a nationwide audience of parents through the CHS video, *Selecting Child Care for Your Baby* which is now available at all Blockbuster Video stores. The Spanish language version of the video is available at selected Blockbuster locations.

The videos are available for loan free of charge and can be found on the Community Service displays in Blockbuster stores.

Selecting Child Care for Your Baby assists parents and others to make informed decisions in choosing safe, quality child care for their children.

Earned Income Tax Credit: Are You Eligible?

Don't forget to check into the Earned Income Tax Credit (EITC). You may be eligible to get up to \$3,756 back from the government, depending on your household income and the number of children that you are raising. You do not have to have worked all year, as long as you worked some part of the year. Be sure to have your tax preparer look into whether you can receive the EITC. If you prepare your own taxes, call the IRS at 1(800)TAX-1040 for more information.

Community News

Prop. 10 Committee Forming to Distribute Funds

As many of you know, California passed Proposition 10 in November 1998. Proposition 10 is the Initiative that places a 50 cents tax on each package of cigarettes. The proceeds are to be spent on programs serving children birth to three years of age. In order to appropriate the funds at the county level, the Board of Supervisors were required to pass an ordinance developing a committee. Yolo County held the first reading of the Ordinance in December 1998 and the second required reading the first week of January. It now has a 30 day public hearing period, and then it will be effective dating back to the initial December reading. The Yolo County Committee will consist of seven members. Four will represent county offices and three will be from the general public. The State committee is currently being formed as well.

It is estimated that Yolo County could receive as much as \$1 million during the period of January 1999 - June 1999. Double that amount is expected for next fiscal year. The State committee will have general oversight of the use of the funds, but the county committee is responsible for setting priorities and distributing the funds. It will be very important that interested community members and groups provide input into the plan to distribute these new tax dollars.

Additionally, there has been a lawsuit filed by a group of retail tobacconists who are seeking to halt the implementation of Proposition 10. It is unknown at this time how the lawsuit will effect the collection and distribution of funds.



Got A Question About Your Kids?

The Parent Information & Referral Center is a free community service of Lucille Packard Children's Health Services -- because there are times when every parent wonders...*Am I doing the right thing? Is my child okay? Should I contact my doctor?*

Seven days a week, from 7:00 a.m. to 11:00 p.m., specially trained nurses can answer questions about children's health, development, behavior or safety, help you find a doctor, and tell you about special resources for children.

Whether you're a parent, a teacher, or anyone who cares for children, when you have questions call **(650)498-KIDS or 1-800-690-2282** or e-mail to **pirc@lpch.stanford.edu**

Fabric Infant Carrier Recalled

Regal Lager of Marietta, GA., is recalling about 240,000 fabric infant carriers for repair, citing reports of infants who have fallen through the carriers and fractured their skulls. Infants who are under 2 months of age are at greatest risk.

The Baby Bjorn Infant Carrier is a soft-fabric, front carrier sold in navy-blue, black, denim, green and other colors. The name Baby Bjorn is printed on the front and strap of the carrier. The carriers were sold nationwide by juvenile specialty stores and mail-order catalogs from January 1991 through December 1998 for about \$75.00

Consumers should immediately stop using these carriers for children under 2 months of age. All carriers need to be repaired. The company is offering consumers a free repair kit to attach to the carrier.

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, Winters) 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)

Confused About Immunizations?

Since the new regulations on immunization record-keeping arrived in 1998, many child care providers have contacted Child Care Services with questions, and with requests for the blue California School Immunization Record forms, and the pink Windows for Immunizations forms. Reading the immunization records, being able to identify whether a child is up-to-date, and knowing when to notify a parent that a child needs another dose, are complicated and often confusing requirements. Yet child care providers are required to do these things.

If you have problems or questions with the immunization record-keeping, all you have to do to get help is to make a phone call. There are four places that you can call for assistance: Carrie at Child Care Services at 757-5691 or (800)378-5044; Davis Community Clinic at 758-2060, Salud Clinic at 375-6400, or Peterson Clinic at 666-8960, ask for Karen Kwok at all three locations; Department of Public Health at 666-8645; or call the California Child Care Healthline at (800)333-3212.

Sign up for Annual Pre-School Vision Screening

Vision screening of preschool children assists in the early detection of potential vision problems. One condition which is very important to identify in the young child is amblyopia or "lazy eye." If left untreated, amblyopia will lead to a loss of the use of the affected eye. However, early treatment can restore the eye to its normal functioning. Children with possible vision problems are referred to specialists for more detailed diagnoses and possible treatment.

If you have or know of a preschool child who may be experiencing vision difficulties, or if you just want to have a child screened, this free opportunity is available to you. The city of Davis Child Care Services, in coordination with the California-Hawaii Elks Club, is sponsoring a vision screening for children ages 2 1/2 to 6 years.

The screening will be held in Davis on April 12, from 9:30 a.m. to 12:30 p.m. at the Veteran's Memorial Center Game Room, 203 E. 14th Street. Advanced registration is required. To set up an appointment, call Carrie at (530)757-5691 or 1(800)378-5044 if calling from West Sacramento or rural Yolo County.

For further information, call Carrie at (530)757-5691.

Community News

Playgroup Orientations



Are you looking for new playmates for your young children? Do you wonder how you can meet other parents for support and companionship? If so, come to the Playgroup Orientation on April 28, from 10:00-11:00 a.m. at the Veteran's Memorial Center Game Room, 14th and B Streets in Davis. Learn how to set up a group that will best meet your needs, and join other parents

in forming a playgroup. While parents are talking, children can play with toys provided from the Toy Closet. No fee or pre-registration is required. For more information, call 757-5691.

On Thursday, April 29 at 10:00 a.m., a playgroup orientation will be held for interested Woodland families at the Woodland Toy Library, 1017 Main Street. This will be an opportunity to meet other children and parents and sign up for a playgroup. The orientation is sponsored by Woodland Parks, Recreation and Community Services, FEMALE, and the Woodland Toy Library. Children are welcome. For more information call Chris at 666-3783.

Your Local Library: A Great Place to Be

The Yolo County libraries are a wonderful resource for their communities. Many of them have free story times and special programs throughout the year. All of them offer a place for your children to hold, look at, read, and borrow books. You can also borrow audio and video tapes for yourself and your children, and borrow materials from other Yolo County branch libraries through interlibrary loans. So take advantage of your local library and make reading a part of your child's life.

DAVIS AREA:

Young at Art

Experience the exuberance of youth and art at *Young at Art*, a Festival of the Arts and the Child, on Sunday, March 7, from 11:00 a.m. to 5:00 p.m. at the Davis Art Center at the corner of Covell and F Streets in Davis.

This year's festival includes a Davis elementary schools art exhibition showcasing artwork produced by children throughout the district. Music, dance and drama will be on-stage throughout the day, and an array of art happenings or workshops will be available for hands-on play by the entire family.

Highlighting this year's festival is *Young at Art's* first silent auction, featuring original works of art. All members of the community are invited to donate works for consideration in the silent auction.

Food and drink will once again be available for purchase throughout the day and ticket prices are just \$5 per person at the door, with children under two free.

Teachers are invited to loan works of art from your students for the exhibition. Phone DSAF volunteer Alan Anderson at 756-8579 for information. We are happy to pick-up and return your art.

Hands-On Environmental Education Program Offered

The UCD Arboretum is offering an education program on the natural history of the Sacramento Valley region. Participants walk along the Arboretum waterway to investigate seasonal changes in plants and plant adaptations to their environments. Discover trees as habitats and learn about local animals and food webs. This program is for children in grades 1 through 5, and will be held on Tuesday or Thursdays from March 16 to May 20. The time is 9:30 - 11:00 a.m. with a \$2 fee per student. For more information, please call Sarah at 752-4880.

In addition, the Arboretum offers a series of natural history programs for the whole family. These are scheduled for one evening each month at 7:00 p.m. at the Putah Creek Lodge at UC Davis. There is no charge for these events. For more information, call 752-2498.

Community News

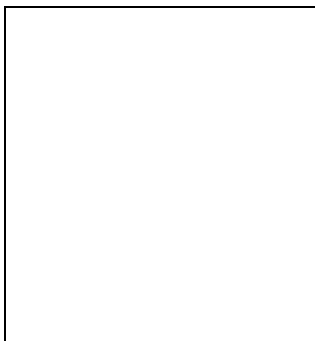
Spring Parade and Eggstravaganza

On Saturday, March 27 enjoy breakfast with the Bunny, a parade and a variety of activities and entertainment, including visits with costumed characters. Line up for the parade at 10:00 a.m. in front of the Davis Senior Center. Kids of all ages are invited to dress up in costumes, decorate their bikes or wagons and march through the streets of Davis. At the end of the route is the Eggstravaganza, a festival of fun with activities such as cookie decorating, face painting, egg decorating, games and more. Passports to the Eggstravaganza are \$5 each and are available at the event.

Week of the Young Child & Davis Children's Fair

This year the theme for the Week of the Young Child is Early Years are Learning Years; Make Them Count. In Davis, the week will be celebrated from April 18-24, with the annual Children's Fair set for Saturday, April 24, from 9:30 a.m. to 12:30 p.m. at Central Park. Keep your eyes open for information on the events and resources available during the week and at the Fair. For information, call Elaine at 753-4928.

Fun for Ones



Twelve months old and no place to go? Well, now there is! Davis Community Church Nursery School's new Early Explorers program offers fun and exciting interactive experiences for children ages 10-24 months and their parents. Beyond a playgroup, children enjoy

various activities including free play with developmental toys, music, art play, and circle time. Parents find support, share friendship, and obtain information relevant to parenting the young toddler. EEI is for children ages 10-18 months, and EEII is designed for children 16-24 months. The next session begins on April 6. For more information, please call Jeanne at 757-2083.

WEST SACRAMENTO AREA:

Free After-School Programs Available

The City of West Sacramento offers numerous after-school programs for children ages 5 through 13. These programs are designed to offer children a fun and healthy after-school environment in which to build self-esteem, socialization skills and pride in the community. Activities include sports, arts & crafts, music, life skills, cultural activities, homework assistance, field trips and a daily snack.

Locations for these programs are:

West Capitol Courtyards Community Room, Washington Courtyards Community Room, and the Holly Courts Apartments Community Room. These three programs run from 3:00-5:00 p.m. To register, call, 373-5860.

In addition to the three above programs, Parks and Community Services offers The After-School Adventure, located in the school cafeterias of three West Sacramento elementary schools: Westmore Oaks, Westfield, and Elkhorn. For the first three weeks of each month, children can go directly to the cafeteria after school dismissal, and join in the fun until 5:30 p.m. A nutritious snack is provided. The programs are free to registered participants. To register, complete a permission form available at the site or from the Department of Parks and Community Services. There is no program on holidays or non-student days.

After-School Program at Southport

The Southport After-School Fun Club is open from dismissal time to 5:30 p.m. for children ages 5-11. Cost for one month of this fun program is \$102 for children who attend five days per week. However, children may register to attend fewer days per week. Because Southport is a year-round school, the Fun Club also offers a program for children who are off-track. For more information or to register, call Parks and Community Services at 373-5860.

Community News

Club West Teen Center in West Sacramento

The Club West Teen Center is open on Monday from 2:30-5:00 p.m., and Tuesday through Friday from 2:30-6:00 p.m., and is located on the campus of Golden State Middle School. Students in grades 6-9 may attend. The programs include cooking class, arts & crafts class, and photography. There s even an automotive class (at the High School) on Monday and Wednesday evenings. The daily program includes pool, pinball, arts & crafts, table and board games, a snack bar and more. There are also special events, dances and trips scheduled throughout the year. For additional information, please call 373-5877 or 373-5860.

Club West Express is a free bus services for 6th-8th graders, available on Tuesdays, Wednesdays, and Thursdays. The bus leaves Club West at 5:00 p.m. and follows the bus route of the 2:30 and 3:30 activity bus.

ESPARTO AREA:

Esparto School District Aims for Healthy Start Grant

The Esparto School District (EUSD) is applying for a state-funded grant called Healthy Start, aimed at making health, mental health, social, educational, and other support services easily accessible for children and families in the community. Through the objectives of improving the health and well-being of children in the district, the grant strives to ultimately show an improvement in the educational performance of the students that it is serving. If the application is successful, EUSD will receive a \$400,000 operational grant to be used over a three to five year period to bring services to Esparto and the surrounding communities.

WOODLAND AREA:

Yuba College Offers Child Care

At the Woodland Campus of Yuba College a new child care center will begin providing services in time for the 1999 Spring Semester. The center is open from 7:30 a.m. to 10:00 p.m. for children 3 to 5 years of age. The primary focus of the center is to address the needs of Yuba College students and CalWORKS recipients. For more information call Karen at (530)661-5773.

The Woodland Campus of Yuba College has also hired a CalWORKS Child Care Technician. This person can provide funding for on and off campus childcare for all eligible Yuba College CalWORKS students. For more information, call Laney at 661-5770.

Spring Holiday Camp

The City of Woodland Parks and Recreation will hold its Spring Holiday Camp for school-age children from April 5-9. The camp will meet at the Whitehead School from 7:00 a.m. to 6:00 p.m. Call 661-5880 for information.

Family Fun Day Celebration

In honor of the Month of the Young Child, Woodland offers its annual Family Fun Day on April 17 from 10:00 a.m. to 2:00 p.m. at Freeman Park. There will be hands-on activities for children, prizes and food. This event offers Woodland families an opportunity to shop for child care and summer youth activities, as well as to learn about the variety of child care providers and youth organizations in the Woodland community. For further information, contact Yvette at 661-5880.

Future of FEMALE Uncertain

FEMALE is looking for individuals interested in becoming the new leaders of the Woodland chapter of FEMALE. According to present board members, without a show of renewed interest and a willingness to take over the leadership roles, the Woodland chapter will be closing at the end of March. For information, call Angie at 662-8945.

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.

The Not-So-Terrible Twos (PC8)

Sponsored by City of Davis Child Care Services

For parents of children 12 to 36 months

Thursdays, April 22 - May 13; 7:15 - 9:15 p.m.

Senior Center Activity Room, 646 A Street, Davis

No fee but pre-registration is required at Parks & Com. Services, 23 Russell Blvd. or by calling 757-5626.

Brown Bag Workshops

Sponsored by city of Davis Child Care Services

These free noontime workshops for parents will be held from 12:10 to 12:50 at the Senior Center in the Game Room. No registration is necessary. For more information, contact Chris at 757-5691.

Temperament and Birth Order

Presented by Toni Rey

Wednesday, March 31

Parents Caring for Medically Challenged Children

Presented by Dori Anderson

Wednesday, April 14

Ready or Not, Here Comes Adolescence!

Presented by Shirley Auman

Wednesday, April 28

Active Parenting Class

Sponsored by Winters School District

For parents of children K-6 grades.

Mondays, April 12-May 17; 6:00 - 8:00 p.m.

Wagner Elementary School, Room 1,

500 West Edwards, Winters

No cost for class; free child care is offered. This class is in Spanish. For more information or to register call Esteban at 795-6121 or register the first night of class.

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 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:

In Davis: Saturdays, March 20 - May 22;
10:00 a.m. - 12:00 noon

Discovery Preschool, 1020 F Street, Davis

In Winters: Tuesdays, June 1 - July 27;
7:00 - 9:00 p.m.

Headstart, 310 Main St., Winters

In Woodland: Thurs., June 3 - July 29
Headstart, 635 California St., Woodland
Times to be arranged.

Classes for Parents

Sponsored by Washington Unified School District

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

Thursdays, April 8 - May 27; 7:00 - 9:00 p.m.

Yolo High, Room 20 (the first class meets in the Yolo High Auditorium), 920 West Acres Rd. West Sac.

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

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:

Age Appropriate Child Development

March 11, 18 & 25

Teens Moving Toward Independence

April 8, 15 & 22

Special Parenting Issues

May 13, 20 & 27

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 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.

Workshops, Conferences & Classes

Passages

Sponsored by Yolo Family Service Agency

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

Mondays, March 15-May 24

6:00-7:30 p.m.

Merry Hill Country Day Preschool

222 LaVeda Way, Davis

Cost: \$100 per child

To register call 662-2211, 753-8674 or 375-1254

Parent-to-Parent

Sponsored by WJUSD

For parents of children and young teens

Tuesdays, 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

Conferences:

Family Child Care Associations of California Annual Conference:

Child Care 2000: Reflections on the Past, Stepping Into the Future

March 19-21, 1999

Asilomar Conference Center

Pacific Grove, CA

Contact: (510)658-7582

1999 Association for Childhood Education, Intl. Conference: Claiming Our Future

April 7-10; San Antonio, Texas

Contact: 1(800)423-3563

17th Annual School-Age Care & Recreation Training Conference:

Quantum Leap in Quality School-Age Care

April 9 - 10; The Westin Hotel, Santa Clara, CA

Contact: CSAC at (415)957-9775

22nd Annual Save the Children National Family Child Care Conference:

Our Place At The Table

May 20-23; Sheraton Hotel, Atlanta, Georgia

Contact: (404)479-4200

Especially for Parents

Help! It's Another Tantrum

By Sue Dinwiddie

You hear screams and howls! You watch fists flail and feet kick. Overwhelmed by tension, confusion or helplessness you think, *Oh no! Another temper tantrum! What do I do now?*

You may be relieved to learn that you are not alone in being bombarded with temper tantrums. Great fury from small beings is common from the second year of life through age four. There is good news! Some simple techniques can help during this period of development.

Types of Tantrums

The first step is to understand which kind of tantrum is in force.

Is the tantrum **manipulative, verbal frustration, or temperamental?**

Manipulative tantrums occur when the child does not get her own way. It will stop when it is ignored. The child erupts, the parent calmly walks away. Before long the tantrum subsides, and the child sobs into contrition. Some parents prefer to remove the child to her room saying, *When you are through with your tantrum, you may come back and join us.*

Young children don't actually plot out, *Okay, I'm not getting my own way, so I'll throw a fit.* They fall apart without thinking. But if the parent gives in to stop the tantrum, the behavior is rewarded and reinforced, leading to tantrum blackmail. Unless the child is hurting himself or another, explain why you cannot satisfy your child's desire and offer an alternative. Beyond that, grit your teeth, breathe deeply, and try to think of something pleasant, while occupying yourself with an activity.

Ignoring is difficult if you are on an outing. If you are at the park or a friend's house, explain why you

couldn't satisfy the request, and bring the child home. *Climbing the spiral slide is not safe. You could get hurt. When you scream and yell, we have to go home. We'll come again another day.*

The grocery store is the most challenging time to deal with a manipulative tantrum. Step out of the checkout line temporarily with your child, *Excuse me, I need to deal with this. Go ahead of me please.* Ignore the looks of others. If they haven't been through this ordeal, they've never had children. Their approval is irrelevant. Try offering your child another alternative; if that fails, explain that you will wait with the child until she is back in control. Unless you want to replay this scenario on each shopping trip, do not give in to the demand. As you plan your next shopping trip, let your child know that you will be going alone. After your child has missed one shopping excursion, try again. Before departing, explain your expectations, *I am going to the grocery store. You may go with me, but we won't be buying you anything. However, you may push the basket.*

A second type of tantrum is the verbal **frustration tantrum**. These tantrums occur when the child knows what she wants but lacks the verbal skills to communicate clearly. Frustration boils over, and the drama begins. Ignoring these tantrums makes the child even more frustrated. Validate the anger by helping your child label her feelings. Then problem-solve: *You are feeling mad and pulling at your stomach. I wonder if that belt is too tight?* If you are lucky, your child will nod yes, and you can offer help. *We can loosen that belt* If you guessed wrong, ask the child to show you what is bothering her or to point to the problem. Verbal frustration tantrums subside as children's communication skills improve.

A third type of tantrum occurs when the child's frustration level reaches the rage stage, and he becomes totally out of control, falling apart emotionally. This is the **temperamental tantrum**. The child may be too tired or tremendously disappointed. As with verbal frustration tantrums, temperamental tantrums are seldom cured by ignoring. The child can rarely gain control alone.

Regaining Control

Feeling irritable, cross and excitable is scary, confusing and disorienting for children. It is difficult to concentrate and to regain control. Even if they don't

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ask for help, these children need it. The following techniques can help your child regain composure.

- Take a deep breath and try to remain calm yourself.
- Always validate that your child is indeed angry.
That makes you very angry, doesn't it?
- Encourage your child to verbalize her feelings and desires. *Use your words to tell me you are angry. Tell me what you want.* Putting feelings and desires into words is empowering for children and helps them to understand their frustration.
- Acknowledge what your child does or does not want. *You are ripping off that sweater. You can tell me*
- *with words that you don't want to wear it.* Nothing escalates anger faster than having it discounted. *Of course, you don't hate the sweater that Grandma knit for you. See how pretty it is!*
- Offer an acceptable alternative choice: *I won't buy candy, but you can decide on whether you want fish crackers or a banana.*

Additional Handy Strategies

- Find a way to say *yes!* Avoid *No!* *You may not have candy!* Try *Yes, you may have something to eat as soon as we get in the car. You decide if you want fish crackers or a banana.*
- Hold your child and give loving hugs.
- Offer verbal reassurance: *You are upset, but you will recover. When you calm down, we can think of something to make you feel better.*
- If your child cannot stand being touched when upset, remain close while uttering reassuring phrases. *Your anger has gotten out of control. I will help you calm down.*
- If your child is being aggressive, restrain her gently but firmly. *You are feeling angry but you don't need to hit. Use words to say you are mad.*
- Encourage your child to take some deep breaths:
Take a big breath and blow all your mad into this pretend balloon. Expand your hands to emulate a swelling balloon. Repeat this a few times, blowing more pretend balloons.
- Help your child find a means of comfort. A special blanket or toy brings comfort to some children, while others seek out a favorite person. *You are upset that I must leave. I know you would like to come with me, but my job is to go to work, while your job is to stay at school. Let's take your blanket and find Teacher Jill to be with you.*

- Use a distraction such as a song, a book, or a favorite activity. One teacher has success by singing a song to the child on her lap as she draws a *Feel Better Picture*: *I am drawing a feel better picture for Joshua. Here's a green dot on Joshua's picture. A yellow dot goes here.* As Joshua begins to show some interest, she sings, *Now where shall I put my red dot?* Before long Joshua is directing where the dots go by pointing to the page. When the teacher senses the time is right, she encourages Joshua to draw the dots himself.

Tantrums can be as hard on parents as they are on children. Evaluating the situation at a nontemper time can strengthen coping skills.

- Analyze the outbursts to find some patterns: Are the tantrums occurring at a special time of day? Do they occur more in certain locations or when a particular person is around? What has happened right before the tantrum?
- Take preventative steps based on your analysis. If your child frequently has a fit leaving school, arrive early to spend some time with her in an activity. Since children react negatively to rushing, prepare your child for transitions and allow adequate time. *In five minutes it will be time to gather up your things and go home. This is the time to finish your project.* If your child is often irrational before dinner, decide if she is hungry or wants your attention. Offer a wholesome snack while you are fixing the meal, or let her help you fix the meal. If tantrums occur often at bedtime, consider whether she is getting enough rest. Perhaps bedtime should be earlier before total exhaustion is reached. Are activities before bed over stimulating.
- Evaluate honestly how you react when your child goes into tantrum mode? Do you lose your cool and become angry?
- Plan your most effective means of controlling your own reactions to the tantrums. It is not easy to stay calm when your child is carrying on forcefully. Try talking silently to yourself. *I don't like this outburst; it makes me feel angry, but I don't have to lose my temper, too. I can model calmness for my child. We can get through this.* Some parents count to ten or twenty, some parents sing or whistle to gain control; some parents take a few deep breaths. Experiment until you find a technique that works for you.
- Talk to other parents and get tips from them.
- Remember that when you lose control, it is doubly hard for your child to gain composure.

If your child's tantrums are extreme and frequent, if you are finding it difficult to control your own anger, or

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if abuse is involved or even a temptation, get some outside help. A few sessions with a therapist can give you a fresh perspective with some successful coping methods.

Sue Dinwiddie, M.A. Human Development, teaches parent education and trains staffs throughout the Bay Area. A former Head Teacher at Bing Nursery School at Stanford University, she has taught classes through Stanford University, Pacific Oaks College, and local community colleges and agencies. She has published two books: I Want It My Way! Problem-Solving Techniques with Children Two to Eight and Let Me Think! Activities to Develop Problem-Solving Abilities in Young Children. Both may be ordered from Better World Press 650-325-3033.

Parenting Handouts

Expressing Anger with Children: A Developmental Look and To Yell or Not to Yell? by Laura Davis and Janis Keyser are the parenting handouts for March. The authors discuss how children at various ages might experience expressions of anger and what are appropriate ways to express anger to them.

In the April parenting handout, Feeding Your 2 to 6 Year Old, Jill West, a nutrition consultant in Davis discusses the different responsibilities parents and children have in the eating process, what children need to be healthy and what it means to be healthy.

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.

Creative Corner

Growing into Music with Two, Three, and Four Year Olds

By Bonnie Lockhart

I don't know what's wrong with my son, signs the young mother who approaches me apologetically after pre-school music time. At home--in the bathtub, in the car, in his bed--he sings constantly. But when we come here, I can't get him to sing a word!

I frequently hear concerns like this from parents and teachers eager to bring the life-long rewards of music making to their young children. I tried to assure this mother, as I'd like to reassure all parents and teachers, that this little boy's response to a group singing experience wasn't wrong. In fact, he was entirely all right. After nearly three decades of leading children, parents, and teachers in song, I'd like to share some of my observations about how children form the kinds of relationships to music that can bring those life-long rewards, and about how we, as adults, can nurture such relationships.

Taking a While to Get Comfortable

For many children, singing along with a group is an acquired taste. More often than not, a two year old--even one who is very verbal and does a lot of private singing--will need some time listening and watching in a group setting before she's ready to sing along. Nor is it atypical for older children, not to mention adults, to study the scene, to get socially and physically comfortable before opening their mouths to join in group signing.

I encourage everyone to sing, but I don't assume that a non-singing three year old is a non-participant. Children find many different ways to relate to music. While some kids jump into active participation right away, others may take a little while. Or a long while.

Lenny eyed me with apparent suspicion when I first showed up to lead a music circle at his pre-school. He stayed separate from the group and became upset and resistant if directly encouraged to join us. And so he sat about five scoots apart from the circle for the first week. And about four scoots apart for the first month.

For many months, Lenny didn't join the circle. His attention was riveted on our activities, though he avoided direct eye contact with me. I continued to invite him to join in, but made it clear that his way was OK with me, too. For his entire three-year-old year, Lenny sat outside the group, rarely opening his mouth or lifting his hands for finger plays. When I returned to the school after summer break, I came to Lenny's class, now a group of mostly four year olds. Lenny flashed me a smile, dashed over to join the group at the rug, and sang along with every song. He'd memorized all the words during his year of studying the scene from a distance. I think he'd decided he now knew what this singing deal was all about and it was OK to commit himself to it. He remained an enthusiastic participant for the rest of his preschool career.

Lenny's story is unusual. He needed an especially long time to get comfortable. But every child needs to find his or her own way into the music and to take his or her own time to get there. While I'll be the first to admit that Lenny's eventual lusty singing was a very satisfying sound indeed, I want to remember that all he'd done before--the growth and development that took place as he watched, listened and got ready in his own way--was perhaps more important for him than the moment that pleased the grown ups. Children who hang back may, like Lenny, be learning the music. They may well be imagining the stories and characters that the songs evoke. They may be feeling the rhythms in their bodies. They may be studying the social dynamics and imagining how they fit in with the other children and adults. I want every child to sing along, and I try to design activities that will inspire the sing-along participation that I value. But the time that it takes each child to get ready for singing can be filled with valuable work as well.

Focusing on the Process

In the culture where art is likely to be a professionally made product, something that most of us buy and admire rather than make and do, it's easy to forget the importance of the creative process apart from its outcomes. Yet the process is all important for the developing child. Children need freedom to interact with songs and music games, with instruments and rhythmic movement, and with each other. That interaction won't look anything like a musical performance.

Creative Corner

Although no finished product, no perfectly sung song or expertly executed dance, may emerge from this kind of preschool music activity, a great deal of development is occurring. Through moving, singing, playing, listening and storytelling to music, children grow intellectually. They remember a sequence in a story line of a song, or in a pattern of movements. They build vocabulary and experience the power of words to evoke images and feelings. They learn to focus their attention and they feel the rewards of sustained interest. Bouncing on your knee, manipulating hands in a finger play, marching around the ring, children develop coordination and confidence in their bodies. Folksongs from the child's own traditions help nurture a secure and authentic identity. Sharing songs from traditions outside their own, children lay the groundwork for respect and empathy. Singing, playing, moving, and sharing instruments together, children negotiate dozens of social relationships and practice cooperation. There's a lot going on in that circle of song. We serve children well when we observe their immediate engagement in all that and resist the temptation to judge their performance.

How Can We Help? Participating and Observing

While children need time and freedom to develop their own relationships to music, there's a lot that parents and teachers can do to nurture that development.

Children find their way into the house of music through a variety of doors, windows, cracks, and crannies. We can invite them, lead them in, and demonstrate all the ways to get comfortable in that accommodating home. A child who appears absent during a sit-down-sing-along may sing her heart out during an active singing game. Some children will find rhythm instruments irresistible. Some may be silent until you ask them to make up the words, naming animals, family members, or foods to fit an improvised lyric. Sometimes it's a catchy, repetitive refrain, sometimes it's a long dramatic ballad that first calls a child into that rich residence of music. Look for programs that suggest lots of openings and allow room to meet the music with a variety of responses.

Adult presence, especially that of a parent or tightly bonded teacher, serves as a powerful magnet for children, drawing them to follow the cues of the adult. Children will notice and often copy our heartfelt

enthusiasm, focused attention, and active participation. Each additional adult joining in the ring, acting out the finger play, and singing along is an additional invitation for the child to join in too. Children learn your attitude—positive or negative—even more quickly than they'll learn lyrics and hand motions. If you can't find the enthusiasm in your heart, if you don't really want to sing along or concentrate, it may be time to re-evaluate the program. If the songs and activities aren't worthy of your time and attention, are they worthy of your child's? I don't want to judge the performance of young children, but I do encourage critical evaluation of the content and quality of the music we bring to youngsters.

Even with the most wonderful music for children, busy parents and teachers may find it hard to stay mentally and emotionally present for the umpty-umpty repetition of a beloved song. As you feel your own grocery list overtaking the planting of Oats, Peas, Beans and Barley, I encourage you to stay in the moment by refining your skills of observation.

With our bookshelves sagging under the weight of volumes of expert advice on what to expect from children at every age and stage of their development, we often forget the wealth of knowledge, and even wisdom, we can gain from our own observations. Train your eye to notice the different ways that children engage—moving, clapping, singing, listening, and watching. See how individual children display a variety of responses to the activities. Notice how they express their interests and preferences. Observe how they struggle and strategize with physical and social puzzles—how do I hold these bells? How can I get that drum? Looking in this way we learn when and how to intervene in order to help children become patient and fair-minded problem solvers. We learn how to recognize and encourage the particular gifts that each child is beginning to display. And we delight in the courage, humor, persistence, resilience and serious commitment that children continually offer to teach us through music, and in life.

*Bonnie Lockhart is an Oakland based singer/songwriter with more than twenty years of experience making music with children, their families and their teachers. She performs a solo show, **Songs and Music Games from Around the World**, and also appears and records with the song and story troupe, **The Plum City Players**.*

Family Child Care News

Contracts, Small Claims Court and Other Facts of Life

Unfortunately, some providers in Yolo County have had problems with parents not paying for their child care. This has many variations, but probably the most common is the parent who withdraws the child without sufficient notice, then refuses to pay the required amount (often two weeks of care). When providers have gone to Small Claims Court to get the parents to pay, only some have met with success.

In response to this, Child Care Services has compiled a number of suggestions for child care providers.

1) Screen parents before you accept their child into your care. If they have used child care before, you may ask for the names and phone numbers of previous caregivers. You may also call Kathy Parsons at the Credit Bureau Association at 1(800)564-6440 and run a credit check on the parents. In order to do this, you must have their social security numbers. It is a good idea to include the parents social security numbers on the contract in case you have a payment issue at a later date.

2) Be sure to enforce your entire contract, since you may invalidate your own contract by bending the rules. Also, you can require payment in advance. You may even want to require a deposit which can be used to pay the last two weeks of care, for example.

3) Make sure that you have a comprehensive and legally binding contract signed by both parents (except in the case of a single parent). *At the very least*, take advantage of the many resources available through Child Care Services on contracts and policies. If possible, have a contract lawyer review your contract.

4) If you are having trouble with a parent not paying, consider *mediation* as an option before filing a claim at Small Claims Court. There is a mediation service available to Yolo County residents free of charge. Call (530)757-5623 for information.

5) Another option is to put the collection in the hands of the Credit Bureau Associates. You can try this instead of going to Small Claims Court, or you can do this if you

are awarded payment by Small Claims Court. (Once you are awarded payment through the court, it is up to you to collect what is owed to you.) To find out about the Credit Bureau Associates, call Kathy Parsons at (800)564-6440 ext. 712.

6) If you are going to take the parents to Small Claims Court, prepare well. *Before* you file a claim, take advantage of the free services available to you: There is a free legal advisor specifically for Small Claims Court in Yolo County. Her name is Bonnie McFarland, and her toll-free number is 1(888)683-6707.

Do your best to make sure that you can win your suit. Let the legal advisor assess how likely it is that your contract, and your arguments, will stand up in court. Is your contract clear and reasonable? What arguments will the parents be using to show that they shouldn't have to pay you?

You can also call the Yolo County Bar Association's Lawyer Referral Service at (530)662-0219 for access to a lawyer who can provide a 30 minute consultation for \$15.

If you have questions about this information, call Carrie at 757-5691 or 1(800)378-5044.

Record-Keeping Software Available

During the January Tax Preparation training, there was some discussion about the availability of computer software to help family child care providers maintain their records. Three programs that are available are *Lullaby Management* (<http://www.childcare-directory.com/lullaby/>), *Kask Software's Childcare Professional* (<http://www.kasksoftware.com>), and *Calendar-Keeper Software* (Redleaf Press, 1(800)423-8309). There are probably others available through an internet search. Child Care Services has a trial copy of the Kask Software available through our lending library.

Annual Children's Fair

Davis Family Child Care Providers who would like to sponsor an activity booth at the annual Children's Fair, Saturday, April 24, should contact Stacey Sizemore at 757-5691. Providers can sponsor a booth individually or collectively with other providers.

Family Child Care News

It s Your Party! Come to the Provider Recognition Dinner

By now you should have received your invitation to the Family Child Care Providers Recognition Dinner on March 26. This is an evening to honor and celebrate the important work that all of you do for the families and communities of Yolo County. We look forward to having a chance to talk with you in person, and in some cases, to meet you for the first time. This event also gives you a chance to meet others who share your profession.

We ll have good food, entertainment, and lots of door prizes, so please join the staff of Child Care Services on March 26, at 6:45 p.m. at the Veterans Memorial Center in Davis. Please call Donita at 757-5691 if you have any questions.

Do You Care for Infants or Toddlers? Don t Miss This Opportunity!

If you are caring for infants or toddlers then sign up for the Family Child Care At Its Best classes. This is a series of *free* classes presented by the University of California at Davis Extension. Participants receive .4 continuing education units from UCD for each class attended. You may sign up for one or both of the remaining classes.

The last two classes of the series will be *Giving Children a Healthy Start* on March 20, and *Making the Connection with Infants and Toddlers* on April 17. They will both be held at the Davis Senior Center Multi-Purpose Room, 646 A Street. There is a class limit of 30 participants, so sign up soon. To register, call Carrie at Child Care Services, 757-5691 or 1(800)378-5044 from West Sacramento or rural Yolo County

Providers Invited to Vision Screening

Child care providers are invited to bring their children aged 2 1/2 to 6 years to the free vision screening on Monday, April 12, 9:30-12:30 p.m. at the Davis Veterans Memorial Center. The only information needed for the screening is the child s name and birthdate. For more information on the screening, see page 5 of the Community News Section.

Yolo County Family Child Care Provider Associations

If you are a provider in Woodland or West Sacramento, and you would like to meet other providers for support, friendship, ideas, or help, then you may want to call your local provider network. In Woodland, you may call Julie at 666-7630 or Mary at 666-6579. West Sacramento providers can call Denise at 373-1358 or Brenda at 375-0849.

Any general questions about family child care associations or networks can be directed to Carrie at 757-5691.

Need a Substitute?

Lydia Callo is interested in working as a substitute aide in a family child car home in Davis. Call her at 756-6887 to find out more about her experience and interests.

Family Child Care News

Davis Licensed Family Day Care Association

In case you weren't there, the Mini-Conference (right here in Davis) was well worth attending. Plan to go next year!

The tax meeting was also enlightening, but those of you who attended our February meeting already benefited from our shared knowledge. We don't have a date for the next meeting, but it will probably be at the end of April. Please call 758-3097 if you are interested in coming.

Our association is still in the process of trying to obtain a list of people interested in subbing. One of the people who called in last time got hooked up with a regular job! Again, please call if you know anyone interested. We also still have books (and tapes) to loan and a discounted First Aid reference.

Dave Bakay, President
Davis Licensed Family Day Care Association

FAMILY CHILD CARE CONNECTION

Home Visits

Linda Paz will be scheduling home visits to participating family child care providers during March and April. If you would like more information on this fun, free program, call Linda at 757-5691.

Morning Out

Mornings Out will be held from 9:30 to 11:00 a.m. at the Chestnut Park Round House on March 12, 19, and 26, and on April 16, 23, and 30.

Adventures

UCD Barn Tour

Check out what Old MacDonald has down at the UCD Barns. We will be riding the open air tram to the various barns to see horses, cows, and pigs.

Date: Thursday, May 20

Time: 10:00 a.m.

Place: Parking Lot 30 (west end of the lot by the Rec Pool)

Cost: \$3.00 per car for parking

Limit: 35 children and adults

Call Chris at 757-5691 to sign up starting on Wednesday, March 3.

Smalltalk

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CITY OF DAVIS
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