

Smalltalk

Serving Providers & Families in Yolo County

Volume XXV, Number 3

Dear Friends:

Our 16th annual Family Child Care Recognition Dinner was once again a fun filled event. Over 40 child care providers from Davis, West Sacramento and Woodland joined us with their assistants, spouses and other friends to celebrate all the accomplishments of the year. Ninety six people in all attended the event. Dinner this year was catered by Cracciolo's from Woodland and the event was held at the Veterans' Memorial Center in Davis. County Supervisor, Lois Wolk was on hand to thank providers and their families for their important contribution to families and the community. She also encouraged providers to apply to serve on the new Proposition 10 Children and Families First Commission. Following a delightful dinner, everyone was entertained by local songstress, Linda Book and her band, The Dog-Eared Pages. She put on a lively and entertaining performance. Linda shared that her tapes and CD's are available in Davis at Alphabet Moon, Avid Reader for Children and Armadillo Music. They can also be purchased at Barney's Music in Woodland. A song book is available with all her recordings.

Providers also received a copy of the book, *Making Home-Base Child Care Work for You*, a handbook for parents and family child care providers. An assortment of raffle prizes was also presented. If you missed this year's event, remember to join us next year.

The staff of Child Care Services would like to join families and children in thanking all child care providers for the love, attention and hard work that goes into caring for the children in our communities. It is truly a valuable service.

25 years ago: Child Care Services was staffed by One half time employee

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Today: Child Care Services has two components: Resource & Referral is staffed by 1 full time staff member and 6 part time staff. The Child Care Grant Program has 20 full and part time staff members housed at three different locations in the county.

Donita Stromgren
Community Services Supervisor

Meetings/Support Groups

DAVIS CHILD CARE COMMISSION

Quarterly; next meeting in July, 7:30 p.m.
Public welcome. Call 757-5691 for location.

FAMILY CHILD CARE LICENSING ORIENTATIONS

May 18, June 15, 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

May 4, June 9, 7:30-9:30 p.m., call 757-5691
or (800)378-5044 for location

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
3rd Thursday of the month, 7:00 p.m.
Call 750-3929 for locations and information

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; Eve 756-6464;
Angela 757-7105; Pamela 750-0229; Jennifer 753-9824

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-TO-PARENT

For parents of children 6th grade and up
Tues. 7:00-8:00 p.m., English, Lee Jr. High Library
Wed., 7:00-8:30 p.m., Spanish, Lee Jr. High Library,
520 West Street, Woodland
Thurs., 7:00 - 8:30 p.m., English,
Woodland High School Library Room E
21 N. West Street, Woodland
Call Kenton Keithly 661-1485 or 666-7621

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, 9:00-10:30 a.m.
231 G Street, Suite 7 (A Mother's Place)
For information, call 756-MAMA or Anna 758-8602

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.
May 20, 7:00 p.m. (last meeting until September)
WJUSD Office, 630 Cottonwood St.
For information call Sue at 666-0246

VMC = Veterans' Memorial Center

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

YCSS = Yolo County Social Services

120 West Main Street, Woodland

Community News

Calendar

May	3	May Day
	7	4th Annual National Provider Appreciation Day*
	7-9	Whole Earth Festival***
	9	Mother's Day
	10-15	La Raza Culture Days***
	17-21	African American Family Week***
	31	Memorial Day, all cities' offices closed
June	1	Stand for Children Day*
	4	Last day of school; Esparto
	10	Last day of school; Davis, Woodland
	11	Last day of school; Winters, West Sacramento
	20	Father's Day

* See Community News

*** For more information, call 752-2027

resources for child care, health care, neonatal and emergency services. The support line is a service of the Sacramento Crisis Nursery.

Provider Appreciation Day

Child care organizations nationwide have joined together to declare May 7, 1999 as the fourth annual national Provider Appreciation Day.™ This day of recognition is celebrated annually on the Friday before Mother's Day.

According to recent surveys, there are approximately 13 million children in the United States under the age of 6 in child care at least part time. An additional 24 million school age children are in some form of child care outside of school time. The child care profession at large is one of the most under recognized and under paid professions in the country, yet early childhood is the most critical time of development for our children and our future.

A day of national recognition for providers is long overdue. Parents with children in child care are encouraged to take this day to show their child care providers how much they are appreciated. It takes a special person to work in this field. Their contribution to the quality of family life frequently goes unnoticed.

Car Seat Safety Checks

Did you know that 85 % of all car seats are incorrectly installed? "A Mother's Place", in conjunction with the Yolo County Health Department, provides FREE car seat safety inspections on the second Friday of each month *by appointment only*. For more information call "A Mother's Place" (231 G Street) at (530)765-MAMA. To schedule an appointment call the Yolo County Health Department at (530)666-8645.

Stand for Children Day

Stand For Children Day began on June 1, 1996, when more than 300,000 Americans stood for children at the Lincoln Memorial in Washington, D.C. Since then Stand For Children has become a national membership organization with a mission *to organize a powerful citizen voice to give all children the opportunity to grow up educated, healthy, and safe*. To find out more about Stand For Children and about the events planned for 1999, call 1-800-663-4032; email tellstand@stand.org; or go to the website at www.stand.org.

Compiled by Donita Stromgren & Carrie Shepard

Help Line for Parents

Parents who are under stress, feel anxious and need someone to talk to now can call the new 24-hour parent support phone line at 1(916) 394-2005.

Grandparents, teen parents, guardians, foster parents, anyone who needs help or advice on raising a child or handling a situation that could get out of control, are urged to call this confidential telephone line. Volunteers are trained to help and listen without passing judgment and have knowledge in child development, discipline techniques, health and nutrition, cultural issues and community

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.

Woodland, 10 Cottonwood

Monday, 2:00-4:00 p.m. & Friday, 9:00-11:00 a.m.;

West Sacramento, 500 B Jefferson Blvd., Ste 170

Tuesday, 1:00-3:00 p.m.

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

Sacramento) for information

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)

Pertussis in Adults and Immunization

Pertussis, or Whooping Cough, is a serious *preventable* childhood illness.

It is one of the ten childhood diseases that we can immunize for, both preventing the individual from getting the illness, and preventing the spread of the disease to others.

Early immunization is critical for diseases like pertussis because infants are at the highest risk of getting pertussis, pertussis-associated complications (pneumonia, neurologic complications, and others), and of dying from it.

Now that the law requires that all children entering child care or school be current on their immunizations, many more children are getting protection from diseases like pertussis. Some parents, however, either choose not to immunize their children, or they do not get their children immunized fully until they go to child care or school. They may feel that their child is safe because so many other children are immunized.

What many of us don't know about pertussis is that immunity from the disease is probably not permanent. Therefore, adults may develop a pertussis infection with symptoms of a persistent cough, but without the characteristic whoop associated with childhood pertussis. The symptoms are indistinguishable from other upper respiratory infections. Adults with pertussis are unlikely to even be diagnosed by a doctor. These adults, though not suffering from severe symptoms, are just as capable of infecting non- or under-immunized children.

If you are unsure as to whether your children are fully immunized, call their health care provider, or call the Yolo County Department of Public Health at (530)666-8645. There are times and locations available for your child to receive low-cost immunizations throughout the county

Community News

Summer Programs for Children

Child Care Services has put together the following list of summer programs for children in Davis, West Sacramento, Winters and Woodland. Full day and partial day programs are listed separately.

DAVIS AREA:

Full or Near Full Day Programs

Camp Kid'z Adventure at Merryhill School Kindergarten - 6th grade programs. Sessions run June 14 - August 20, 6:30 a.m. - 6:00 p.m. Call 297-5100.

Child Development Centers Camp Pure Fun Programming for kindergarten through 6th grade (on or near school sites) including arts, crafts, movies, and field trips. Open 7:00 a.m. - 6:00 p.m. Breakfast, lunch and afternoon snack will be provided. Call individual CDC sites: Birch 758-7251, North Davis 756-4350, Patwin 756-1369, Pioneer 758-0611, Valley Oak 753-9223, Chavez 753-3808, Willett 758-8342.

City of Davis Parks & Community Services

Offers a wide variety of full day and part day recreation activities- Programs include Summer Quest 8-5:30 (7-12 yrs), Rainbow Summer 7:30 - 3:00 (6-12 yrs) ; Arts and crafts camp (6-12 yrs), Kids in the Kitchen (7-12 yrs), Sports Camp (7-12 yrs) 7:30 - 3:00; Horse camp (7-14 yrs) 8:30 - 3:00 and PM Kids club (6-12 yrs) 2:00- 5:30. PM Kids Club can be combined with the other camps for a full day program. Additional activities include Camp Putah (7- 13 yrs) MTW 8:00-2:00 Th 8:00 a.m. (overnight) to F at noon. Backpacking (10 - 15 yrs) M-Th or F. Call 757-5626.

Explorit! - 1999 Summer Science Program for Kids. Hands-on explorations into science for pre-schoolers to

fifth graders. Classes offered June 21 - August 13. First grade through Fifth grade classes are 9:00 - 12:30 and 12:30 - 3:00. Preschool program - MWF 9:00 - 10:30. Call 756-0191.

Morning Star Summer Program - A program offering different partial and full day options for school aged children. Call 758-7827.

Pine Trails Ranch - Morning group horseback riding lessons and extended afternoon activities available. Call 756-2042

Waldorf School Sunflower Summer Program - 4 years, 9 months - 13 years. Sessions run June 14 - July 2 and July 5 - July 23. Programs operate from 9:00 - 1:00 and 1:00 - 5:30 and can be

combined for a full day or taken individually. Programs include Kindergarten camp, Art, Drama, Woodcarving, and Garden & Nature. Call 753-1651.

UCD - Offers a wide variety of full and part day activities as follows:

Summer Sports camps: from water polo to basketball.- Call 757-3331.

Youth swim lessons and junior lifeguarding:

Call 752-2695.

Horseback riding: call 752-2372

Craft Center: classes in ceramics, graphics, computer imaging, glass works, photography, jewelry, sewing and more. Call 752-1475

Partial Day Programs

City of Davis Parks & Community Services

Offers a wide variety of recreation classes for all aged children including swimming, tennis, gymnastics, dance, drama, martial arts and more. Call 757-5626.

Communication Learning Network- Offers summer sessions for learning enhancement activities. Call 753-4311

Computer Tutor - Offers a variety of 1, 2 and 3 week classes (1 1/2 - 2 hrs). Classes are held in University Mall for children 4 years old through Highschool. Call 753-9127.

Davis Art Center - 2 years - teens. Classes in music, art, drama, weaving, clay, martial arts, and dance. Call 756-4100.

Community News

Kick it Indoor Soccer Camp- Morning camp 9:00 - 12:00 M - F (6 - 9 yrs), afternoon. camps 1:30 - 4:00 M-F. (3 - 5 yrs). Weekly sessions June 21 - August 9. Call 758-8437.

Kindermusik of Northern California - call 1(800)615-5415 for local instructors or visit their web page at www.kindermusik.com.

Lary Duque Tennis Academy - Morning camp 9:00 - 12:00 M-F (6 - 16 yrs) weekly sessions beginning June 14 through August 13. USA tennis 1,2,3 - tennis clinics (3 week sessions) 6:00 - 7:00 p.m. T & Th only (5 - 15 yrs). Call 756-6566.

Summer Dart Program - 6-14 Years. Summer Aquadarts program. Designed to teach the four competitive strokes of swimming. Session begins June 14 - August 20. Sign-ups on May 19 & 20, 3:30 - 6:00 p.m. at Civic Center Pool- 23 Russell Blvd. Call 758-3278.

DAC Dolphins - Davis Athletic Club swimming program for ages 5 - 15. Summer session is June 21 - August 31, MWF (sign-ups on June 1). Classes are 1/2 - 1 hour long. Sessions are held from 3:15 - 5:30. Do not need to be a member to participate. Call 753-5282 ext. 30 or ext. 10.



WEST SACRAMENTO AREA:

Full Day Program

Calvary Christian School and Preschool Summer Programs - Programs for children ages 2 years through sixth grade will be held from June 14 to August 27. Call 393-3633.

Partial Day Programs

City of West Sacramento Parks & Community Services

Offers a variety of recreation programs for children including swimming lessons, karate, junior baseball, golf and soccer. See more detail noted below. Call 373-5860 for additional information.

K.I.D.S. (Kids Involved During Summer)- Park program held at various parks and school sites for children ages 5 - 11 years old. Sessions begin June 21 through August 6 - Monday - Friday 10:00 a.m. - 2:00 p.m.

Junior Giants - Boys and girls ages 8 - 13 baseball league. Begins June 16 through late August.

Kids Golf Drive - Pitch & Putt - golfing sessions for children ages 8 - 17 years old.

MSL- Dribble, Pass & Shoot - Major league soccer activity- Begins in mid July for children ages 8 - 17 years old.

Club West - Activities for middle school teens. For information, call 373-5877.

WINTERS AREA:

6/SMALL TALK/MJ99

Partial Day Programs Only

City of Winters Parks & Recreation Department The following programs are offered in the summer. Some programs are year round. Call 795-4233.

Summer Swim Programs- for ages 4 years - 18 years.

Youth Drama- June - August for ages 7 - 18 years.

Potential after summer school program

Other ongoing recreation programs include karate, dance and more.

WOODLAND AREA:

Full or Near Full Day Programs

Child Development Centers Camp Pure Fun Programming for kindergarten through 6th grade (on or near school sites) including arts, crafts, movies, and field trips. Open 7:00 a.m. - 6:00 p.m. Breakfast, lunch and afternoon snack will be provided. Call individual CDC sites: Gibson 666-4822, Zamora 666-1180.

Summertime Fun Club- Summer camp programs held in the following parks: Woodside, Harris, Campbell, (M - F) (9:00 - 3:00) for 7 - 12 yrs. Additionally free camp programs offered at Yolano and Freeman Parks for children 5 - 14 years old (M-F, 9-3 p.m.). Programs offered by Woodland Parks & Recreation Department. Call 661-5880.

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Summer Day Camp- Program located at Whitehead Elementary School for children kindergarten age through 6th grade. Offered Monday - Friday , 7:30 - 6:00 p.m. Sign-up at the Woodland Parks & Recreation Department at 661-5880.

Yolo County YMCA - 1999 Summer Adventure Day Camp - Children ages 2-5 and 1st - 7th grades. Camp hours - 8:30 - 4:30, extended hours 7:00 - 5:30. Weekly sessions begin June 14 through August 20. Program includes age-appropriate field trips, special days, special guests, mini-sports clinics, swimming, arts & crafts, camping trips, overnights, drama & music, games and fun for all age groups. Call 662-1086 - sign-ups begin May 3.

Partial Day Programs

City of Woodland Parks & Recreation

Offers a wide variety of recreation classes for all aged children including boxing, Camp Packer Creek, aquatics, art & music, drama, Folklorico Latino, horseback riding and more. Call 661-5880.

Kindermusik of Northern California

Call 1(800)615-5415 for local instructors or visit their web page at www.kindermusik.com.

Woodland ArtWorks - Offers summer art related activities for all ages. Call 668-8879.

Woodland Opera House - 1997 Youth Summer Theater Camp - Children ages 6-17. This year's camp will feature classes in acting, singing, dancing, and theater, culminating in the production of a musical show. Call 666-9617.

ALL AREAS :

Summer Programs for Children with Special Needs

Listing of camps for children with special needs Call the WarmLine Family Resource Center at 1(800)660-7995 or (916)631-7995.

More Software for Child Care Providers

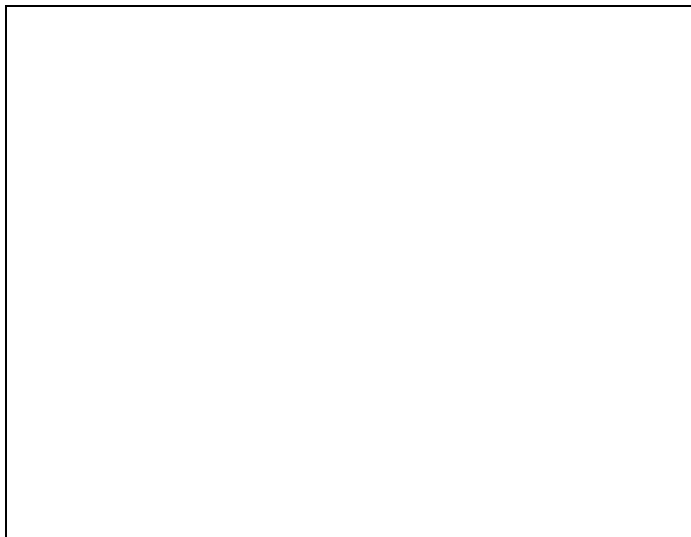
Both center and home-based child care providers can benefit from management software written specifically for child care. Two software programs that are available are *ProviderWare* and *ProCare Management System*. These programs can help you keep track of income, expenses, attendance, mileage, contracts, immunization records. They generate receipts, bills, and end-of-year statements. They can be used to keep track of food program information, and more.

If you are interested in finding out more about these two software programs, you can call the following toll-free numbers: For *ProviderWare*, call 1(888)209-8482. For *ProCare*, call 1(800)338-3884. Child Care Services also has free trial software available to borrow through the Lending Library, called *Kask Software's Childcare Professional*.

Kindergarten Alternative

Do you have a 5 year old with medical problems?

A Davis mom with a 5 year old boy with non-transmissible respiratory problems is looking for other kids to form a small group (4-8). She wants to use an established curriculum and a hired teacher to have an alternative kindergarten. If you might be interested call Rachel Cross at 759-9387.



Workshops, Conferences & Classes

Classes in Yolo County

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.

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
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 Christina, Brook or Mary at 669-3285 to register for either class:

Winters, in English:

Tuesdays, June 1 - July 27
Headstart, 310 Main St., Winters
7:00 - 9:00 p.m.

Woodland, in English:

Thursdays, June 3 - July 29
Headstart, 635 California St., Woodland
9:00 - 11:00 a.m.

The Baby Class

For pregnant or new parents

Classes to be scheduled on two Saturday mornings.

"A Mother's Place", 231 G Street, Davis

To register or for info call 756-MAMA

Foster Care Education Program

Held at Yuba College, Woodland

Conference Room, Building 100

Classes for parents, grandparents, foster parents and child care providers.

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.

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.

Conferences

22nd Annual Save the Children

National Family Child Care Conference:

Our Place at the Table

May 20-23, 1999
Sheraton Hotel
Atlanta, Georgia
Contact: (404)479-4200

Director's Retreat

Yuba College, in conjunction with the Mentor Director Program and area Child Care Planning Councils, will be hosting a retreat for program directors and site supervisors May 21 & 22 at Konocti Harbor in Clear Lake. The retreat will begin at 12 noon on Friday and end at 4:00 p.m. on Saturday. This is an opportunity for directors and supervisors within Yuba College service area to network and participate in hands-on activities geared to their needs. The cost for the retreat is \$25. and includes four meals and lodging for Friday night. Don't miss this opportunity to enjoy beautiful Clear Lake, make new friends and gather information helpful to you in your administrative position. For more information, contact Jorgina Allan Rogers at (530) 741-6213, ext. 127.

Especially for Parents

Being Human: When You're Not Yet the Parent You Want to Be

By Laura Davis & Janis Keyser

As parents, we don't always have the time, energy, or resourcefulness to act in ways that are consistent with our goals and vision. We can't always be the attentive, clear-headed, compassionate parents we want to be. This is not a sign of failure or ineffectiveness. It's simply a sign of being human.

All parents face times of being exhausted, pressured and stretched too thin. As Vinnie explains, "It's hard to do the right thing when you're dog-tired. You can read about all these wonderful ways to be with kids in all kinds of situations. But most of those

books assume that everything in your life is hunky-dory, that you have the time and energy to do what they're telling you to do. I don't know about you but most of the time, I'm glad just to make it through the day."

"I've Been Surprised by the Extent of my Anger"

There are times when all of us get caught between our own needs, the needs of our children, the demands of our jobs, stress, illness, and financial worries. We can all become angry, short-tempered, and resentful.

There are times when parents get stuck in a vicious cycle: the more angry and resentful we become, the less present we are for our kids, and the less present we are, the more needy they become. In turn, we get angrier and our kids cling and cry and whine more.

When this topic came up in Janis's class one evening, Faye said, "I've made a conscious decision never to hit my kids, but I know it's possible to get to a place where it doesn't matter what you've decided. There have been times I've wanted to resort to physical violence. I can feel it in my hands. It doesn't even go through my brain; it's cellular. So far, I've been successful in keeping my bargain with myself, but I can really understand the impulse."

Eric talked about a time he was pushed to his limit: "I've never hit Lauren. But one time, when she was two or three, I really lost it. I started screaming at absolute top volume, and I saw the moment when I scared the heck out of her. I might as well have been hitting her. For me, that was a horrible, poignant moment -- to feel myself raise up and use my size and my power to overpower her. Everybody knows you're going to lose it as a parent. The trick is to be creative about how you lose it."

Dalia, single mother of Zach, has also been surprised by the extent of her anger: "I didn't realize how frustrated I'd get. I'm starting to understand my mother -- how it might have felt for her to be alone in the house with three kids. There have been a couple of times I've had

to go into the bedroom and shut the door because Zach was just driving me nuts."

There are times we all reach our absolute limit, and like this mother, we get to the bottom line: "We won't be doing fancy teaching here. Let's just see how we can keep us both safe without too much guilt on either side."

When Parents Get Angry

Despite our best attempts to be patient, to see where our children are coming from, to keep ourselves nurtured, resourceful, and flexible, inevitably there are times we get angry with our children. Here are some ideas for dealing with that anger constructively:

- **Think about what you want to teach your children about anger.** Children pay close attention when we get mad. In fact, they sometimes provoke us just so that they can see how we handle anger. Awkward as this may seem, it's an opportunity to teach children that we think anger is a healthy emotion, that there are positive ways to express it, and that people can move through it successfully.
- **Give your anger a name.** Even if you never acknowledge your anger, kids see the sweat on your brow, the redness in your cheeks, the tension in your body. If you give them a word for what they are seeing, you let them know that this feeling has a name, and that it's not too scary to talk about: "I feel so angry right now. I had a horrible day at

Especially for Parents

- school, I and now you won't put your shoes on so we can go home."
- **Work to avoid scaring children.** It is important to be honest with children without overwhelming them with the force of our feelings. Janis recalls, "When Lee was eighteen-months-old, I bravely started a sewing project. He was fascinated with the sewing machine and crawled up and took the thread off. I was really frustrated. I hadn't sewed for months and here he was messing it up. I yelled at him, 'STOP!' His little face fell and he crumbled in tears. Up until that point, I hadn't had a lot of practice expressing my anger; I'd only learned to stifle it. I realized in that moment that if I was going to express anger to my children, I needed to modulate my voice, so I wouldn't scare the wits out of them."
- If you can honestly express your feelings, while at the same time keeping your eyes open to see how your children are responding, you will be able to teach respect, even in your angry moments.
- **Work to express anger without blame.** It is inaccurate to tell children that they are responsible for our anger. Certainly they do lots of things that we feel frustrated about, but they are not responsible for our anger. When we say, "You're driving me up the wall," "You make me so furious," or "You are ruining my day," we erroneously give children the message that they control our emotions and behavior.
- If, instead, we let children know that we feel angry in *response* to their behavior, we can honestly share our feelings, and their connection to them, without blame: "When you grab me around the neck, I feel scared and mad." We can also share some of the other sources of our frustration (as appropriate) so children understand that their behavior isn't the only thing we're upset about: "I didn't get enough sleep last night, so I'm feeling extra cranky today."
- **Don't hit children** Hitting hurts and frightens children. It teaches them that violence is an acceptable way to express frustration and solve problems.
- **Find alternatives to screaming** . Yelling and name-calling can be as hurtful as physical violence.
- **Take a break** . Sometimes, in the heat of the moment, we're unable to express anger the way we'd ideally like to. That can be a signal that it's time to take a break: "I'm going to sit on the couch/go to my room/be by myself for a few minutes. I want to talk to you about this mess when we both calm down a little."
- **Observe what triggers your anger** . Most of us have situations which are almost sure to spark our anger. One parent may be triggered by being hit in the face, another by being ignored, and a third by being ordered around. In Janis' family these are called "gorilla buttons." Knowing where your gorilla buttons are can help you anticipate and understand the intensity of your reactions. Also, knowing the things that are likely to trigger you enables you to take preventative measures --- like setting limits with your kids in those particular areas.
- **Think about what happens when you get angry** . Each of us has an early warning system that lets us know when our anger is rising. These signs can include tightness in your chest, a change in your breathing, or tension in your arms or belly. Becoming aware of your body's unique signals can alert you to the fact that anger is near.
- **Pay attention to the emotions which accompany your anger** . Anger is often preceded or accompanied by other emotions. Hurt, fear, frustration, and rejection are often anger's partners. Identifying these feelings and working to resolve them can help you better understand and deal with your anger.
- **Learn to distinguish your own backlog of anger from that which is appropriate to the immediate situation.** Most of us carry around some cumulative frustration. We're worried about money, nervous about an upcoming licensing exam, or upset about a fight with a partner. When we become conscious of the anger we are carrying, it's less likely to get misdirected at our children. Finding appropriate outlets for our own accumulated feelings can help us respond more appropriately to our children's mistakes.
- **Discuss your beliefs about anger with your partner or other adults in your family.** People often come to families with very different ideas about anger and the appropriate ways to express it, depending on their gender, family history and culture. Through discussion, parents can explore

Especially for Parents

- their beliefs with each other and come up with mutually acceptable forms of expression.
- **It's never too late to apologize** . Rare is the parent who hasn't gotten angry with their children in ways they later regret. When this happens, it's important to apologize to your child for scaring or hurting them. In doing so, and in learning to express our anger in safer ways, we let our children know that the mistake we made isn't what we want to teach: "I'm sorry I scared you when I yelled. I got frustrated when you pulled the thread off the machine. I still don't want you to do it, but I didn't mean to scare you. I'll tell you in a gentler way next time."

Woodland) or stop by the Child Care Services Office at the Hunt Boyer facility, 604 Second Street, Davis.

Food for Thought: When Parents Get Angry

- How was anger expressed in my family of origin? Were there different rules for adults and children, for girls and boys?
- What have I learned about anger as an emotion?
- How do I deal with or express my anger now?
- If I wanted to express anger differently, what are my resources to do that? What would be a first step that I could take?

This angry creature below was drawn by Spencer Bowen, 5 years of age.

Source: The above excerpts are from *Becoming the Parent You Want to Be: A Sourcebook of Strategies for the First Five Years* (Broadway Books, 1997) by Laura Davis and Janis Keyser.

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 Services, 23 Russell Blvd., Davis, CA 95616. You will receive a copy of *Small Talk* when the art is published.

Parenting Handouts

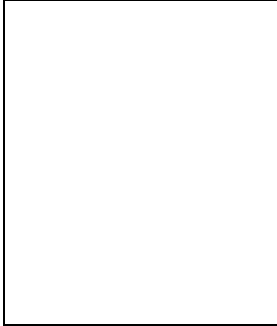
If whining is one of those things that drives you crazy, you may want to take a look at the May Parenting Handout by Janet Gonzalez-Mena, "How to Get Children to Stop Whining!" The June Parenting Handout by Nancy Morrow, "Surviving Car Trips with Small Children," may give you some ideas to help make any summer plans which include touring around more enjoyable for all.

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 individual copies of past handouts or to be put on a mailing list, call City of Davis Child Care Services at 757-5691 or 1-800-378-5044 (from outside of Davis or

Legislative Update

Compiled by Donita Stromgren

State Legislation



With the new legislative session in full swing, there are a lot of new pieces of legislation that could impact children and families. Those listed below were determined to be of highest interest. These bills must work through the legislative process which includes approval by many committees, the house of origin i.e. Senate or Assembly, passage in the other House and finally approval of the Governor.

AB 90 (Runner) Kindergarten Age of

Entry

Reintroduction of a bill to change the date by when a child must be 5 before entering kindergarten from December 2 to September 1 of that year. This will be phased in over 3 years. Similar bill to AB 513 (Mazzoni), Runner's bill would also stipulate that a child must be 6 by September 1 before entering first grade.

AB 109 (Knox) Sick Leave to Care for Dependents

Requires all employers to allow employees to use at least 1/2 of their annual sick leave to care for a sick child, parent or spouse without penalty.

AB 181 (Zettel) Park and Recreation Programs

Allows license-exempt public recreation programs to serve school age children for up to 25 hours a week rather than the current 16.

AB 916 (Davis) Child Development

Parent Education

Allows nonprofit agencies providing family support and education services to apply for grants to establish or maintain parent education programs. For families with children under 5 years of age.

AB 1056 (Steinberg) Prestart Pilot Programs

Establishes a pilot program to provide 12 weeks of prestart programs to 4 and 5 year old children who have not had preschool experiences. The program would require mandatory parent involvement.

SB277 (Ortiz) Universal Preschool

Establishes a commission to develop a master plan for universal preschool. This bill was presented previously but failed to pass all the necessary committees and receive the Governor's signature.

SB327 (Schiff) Reading Assessment

Requires that the Superintendent of Public Instruction develop a list of reading instruments that a school may use to diagnose reading development and comprehension. Would require that each school administer an approved reading instrument to students in grades K-2 annually.

SB356 (Hughes) School Notice of Leave

Requires school districts to notify parents of their rights to take time off of work to participate in their child's school or child care activities.

SB624 (Schiff) Preschool Reading Guidelines

States the intent of the Legislature to appropriate \$1 million for publishing and distributing the prekindergarten reading and development guidelines being developed by the California Department of Education.

On the Governor's Desk

The Governor called an extraordinary session of the Legislature to address educational issues related to improving reading and other skills. The following pieces of legislation came from that session:

ABX2 (Mazzoni) Reading Development

Establishes an intensive reading program for students in grades K-4, and an incentive program for schools serving students in K-8 grades, professional development institutes on how to teach reading and teacher and principal preparation programs
STATUS: Governor's Desk

SBX1 (Alpert) Education Accountability

Establishes an incentive program for high-performing schools and an intervention program for low-performing schools.
STATUS: Governor's Desk

Video Views

Selected by Chris Weber-Johnson and Carrie Shepard

Child Care Services has some new additions to our Book and Video Lending Library which is located at 604 Second Street in Davis. The prorated annual membership fee of \$5.00 entitles one to borrow books for two weeks, videos for one week with a refundable \$5.00 deposit on each one, as well as toys from the Toy Closet located in the Parks and Community Services Department at 23 Russell Blvd. Call 757-5691 or 1(800)378-5044 for a listing of the video and audio tapes available from the library.

The Whole Child/El Niño Completo

Child Care Services recently purchased the entire 13-tape set of "The Whole Child: A Caregiver's Guide to the First Five Years," instructional videos in English and in Spanish. This is an excellent set of training videos covering the following issues: 1. Handling daily routines; 2. Development of the physical self; 3. Infants in group care; 4. Fostering mental health in young children; 5. Developing self-esteem in young children; 6. Working with families and tender topics; 7. Working with exceptional children; 8. Developing social competence in young children; 9. Helping young children establish self-discipline and self-control; 10. Providing cross-cultural, nonsexist education; 11. Enhancing creativity and play; 12. Fostering the development of language skills; and 13. Developing thinking and reasoning skills. A faculty guide in English is available for use with the set.

The set is available through the Lending Library at 604 Second Street in Davis. Those wishing to view the set may borrow it as a whole, or they may choose to view the tapes individually. Each tape is 30 minutes long. This set is valuable for all caregivers of young children, including parents, family child care providers, and child care center staff.

"Hot Shots"

This is *possibly* the first sun safety video for children 3 to 6 years of age ever produced in the United States. It features "Alex the Alligator," a life-sized puppet that serves as mascot for the California Department of Health Services, along with four preschoolers that collectively represent the four *broad* classifications of population groups.

The story line revolves around the four preschoolers, called "hot shots," who are searching for a golden shield (a metaphor for the strategies they learn to *shield* (protect) themselves from the *golden* sun).

In order to convey a *balanced* portrayal of the sun's effects, the first few minutes are devoted to demonstrating the positive aspects of sunshine: it provides warmth, allows us to see, and helps plants grow. Next, the focus changes as the children learn that *too much* sun can make them hot, burn their skin, and make them thirsty.

Finally the rest of the video shows the "hot shots" *learning* and *demonstrating* the various strategies to prevent overexposure to the sun:

1. Playing in the shade
2. Wearing a full-brimmed or other type of protective hat
3. Wearing long clothes
4. Wearing sunglasses
5. Using sunscreen (with an adult's help)

The story line ends with one of the preschoolers finding the golden shield. Then the children *parade*, wearing the protective hats, clothing, and sunglasses mentioned above.

Eight **songs** are sprinkled throughout the video that summarize the immediately preceding education points. A teacher's guide can be checked out with the video.

Family Child Care News

A New Benefit for Providers: Pre-Paid Legal Services

In an agreement worked out by Child Care Services, a company called Pre-Paid Legal Services, Inc. has offered a special group rate to Yolo County child care providers*. For \$14.95 per month, you can obtain free and low cost legal advice and representation by a top rated legal firm. The following is a partial list of the Legal Plan benefits:

- *Unlimited toll-free consultations with your Provider attorney*
- *Letters/phone calls made on your behalf by your Provider attorney*
- *Contract/document review*
- *Will preparation*
- *Personal injury/property damage collection assistance*
- *IRS audit legal services*
- *25% hourly discount on legal services not otherwise available through the membership*
- *One membership covers you, your spouse, and your dependent children*

Once you are a member of Pre-Paid Legal Services, Inc., your monthly cost will not increase, even if you stop being a child care provider. In addition, if you join, you are not obligated to remain a member for any length of time.

If you are interested in finding out more about Pre-Paid Legal Services, please call Mark Clifton at (916)683-2455. If you would like to talk with someone about the plan in another language, Mark will put you in contact with a bilingual representative.

*In order to get this rate, at least five providers must sign up as members.

State Pays Fee for FBI Clearance

Effective immediately, the State will be picking up the \$24 charge for family child care providers to have their fingerprints processed and cleared through the FBI. Providers still will pay the fingerprinting fee for two finger print cards. If you have any questions, contact Donita at (530) 757-5691 or at 1 800 - 378-5044.

Health and Safety Fee Reimbursements: May Still Be Available

Did you just renew your CPR or pediatric first aid certificate? Have you applied for a reimbursement of your fees? If not, call today to find out if there is still money available for the reimbursement. Remember, it's a matter of simply filling out the short application, writing down your social security number, including copies of your current certificates and your receipt or canceled check, then mailing it to Child Care Services, 604 Second Street, Davis, CA, 95616, ATTN: Carrie. If you have a question, call Carrie at 757-5691 or 1(800)378-5044.

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 or 1(800)378-5044.

Family Child Care News

Davis Licensed Family Day Care Association

The Davis Licensed Family Day Care Association had a very well attended, active, loud and sweet meeting at Baker's Square last month. A congenial group of 12 members enjoyed each other's company. Topics of discussion ranged from the mundane (car seat safety and dangers!) to the sublime (the upcoming child care conference in Hawaii!). We also touched on substitutes, the mini-conference, Infant Toddler workshops, the Tax Workshop and tax issues including record-keeping and accountants (which ones save us the most money and are the most worthwhile). Finally, we brainstormed about ways to promote family child care, especially in light of the Week of the Young Child.

If you'd like to join us (or just sit in and "test the waters"), please plan to join us at our next meeting. It will be at the home of Leslie Kuss, 2422 Bates Drive, on Wednesday, May 12, at 6:30 p.m. Please RSVP to Dave by 5:00 p.m. on May 11 (758-3097) so we know how much pizza to order.

Membership in the Association is reasonably priced. And it's always nice to have a support group, especially since our profession tends to be isolating.

Sincerely,

Dave Bakay

FAMILY CHILD CARE CONNECTION

Morning Out

Renuka Mannapperuma has joined the staff of Child Care Services and will be teaming up with Linda Paz to present some fun activities at Morning Out which will be held from 9:30 to 11:00 at the Chestnut Park Round House on May 14, 21 and 28.

A special guest will join all the providers and children who participate in Morning Out for our Year End Get-Together on June 4 from 9:30 to 11:00. In addition to a surprise performance, there will be a special snack and some outdoor playtime.

Home Visits

Linda will be calling providers to set up home visits during May and June. If you would like more information on this fun, free program call Linda or Carrie Shepard at 757-5691.

Summer Morning Out

Keep your eyes peeled for a flyer regarding Summer Morning Out. With the recent personnel changes, the details were fuzzy when this issue of *Small Talk* was being put together. We will let you know as soon as we know!!

Adventures

UCD Barn Tour

There are still a few spaces available for our trip to 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.

Smalltalk

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

CITY OF DAVIS
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