

# Smalltalk

Serving Providers & Families in Yolo County

Volume XXV, Number 5

## If I had my child to raise all over again,

I'd build self esteem first,  
 And the house later.  
 I'd finger paint more and  
 I'd point the finger less.  
 I would do less correcting,  
 And more connecting.  
 I'd take my eyes off my watch,  
 And watch with my eyes.  
 I would care to know less,  
 And know to care more.  
 I'd take more hikes,  
 And fly more kites.  
 I'd stop playing serious,  
 And seriously play.  
 I would run through more fields,  
 And gaze at more stars.  
 I'd do more hugging,  
 And less tugging.  
 I'd see the oak tree in the acorn  
 More often.  
 I would be firm less often,  
 And affirm much more.  
 I'd model less about the love of  
 Power, and more about the  
 Power of love.

*-author unknown*

## In This Issue

<b>Meetings/Support Groups.....</b>	<b>2</b>
<b>Calendar.....</b>	<b>3</b>
<b>Community News.....</b>	<b>3</b>
<b>Workshops, Conferences &amp; Classes .....</b>	<b>7</b>
<b>Especially for Parents</b>	
<b><i>Supporting Separations.....</i></b>	<b>8</b>
<b>Legislative Update .....</b>	<b>11</b>
<b>Creative Corner</b>	
<b><i>Space Balls</i></b>	
<b><i>Crazy-Cut Veggies and Dip.....</i></b>	<b>12</b>
<b>Family Child Care News .....</b>	<b>13</b>

### Dear Friends:

After 20 years of working with parents and child care providers in Davis and since 1995 in Yolo County, I have decided to move on to new challenges. I have enjoyed watching the child care options, parenting resources and other services grow. My last day was August 31, 1999. Thank you for giving me the opportunity to serve you.

**Donita Stromgren**  
*Community Services Supervisor*

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# Meetings/Support Groups

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## DAVIS CHILD CARE COMMISSION

Special meeting September 9, 7:30 p.m.  
Quarterly; next meeting October 28, 7:30 p.m.  
Public welcome. Call 757-5691 for location.

## FAMILY CHILD CARE LICENSING ORIENTATIONS

September 21 and October 19, 9:30 a.m.-12:30 p.m.  
VMC Game Room  
For information Call 757-5691

## WESTERN YOLO COLLABORATIVE FOR HEALTHY CHILDREN AND FAMILIES

Will resume meeting in Fall 1999  
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

Sept. 9, Oct. 6, 7:00-9:00 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.  
Will resume meeting in September.  
Meets through May, no meeting in December.  
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  
Thursdays, September 16 and October 21, 7:15 p.m.  
Small group discussions, speakers and support.  
Leake Room, Woodland Public Library  
Call 750-3929 information

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

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

## 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;  
3rd Wed. of month, 10:00 a.m., Woodland  
For location, phone support/meeting topics call:  
Karen 753-6986; Lonna 756-3551; Eve 756-6464;  
Angela 757-7105; Pamela 750-0229; Jennifer 753-9824,  
Nathaline 759-1106

## 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  
Classes will be given in Spanish and English. For dates and location, call Kenton Keithly at 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, (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, (A Mother's Place)  
Call 756-MAMA

## WOODLAND SPECIAL EDUCATION LINKS

Support for parents of children in K-12 special ed.  
Will resume meeting in September  
WJUSD Office, 630 Cottonwood St.  
For information call Sue at 666-0246

# Community News

Compiled by Chris Weber-Johnson & Carrie Shepard

## Calendar

- September 1** Back to School! Davis  
**6** Labor Day: all cities' offices closed  
**18** Car Seat Installation Training\*  
**28, 29** Playgroup Orientations\*
- October 2** "Contracts and Policies Training" for child care providers\*\*  
**6** "Active Parenting for Teens" begins in Davis\*\*\*  
**10-16** Adult Immunization Awareness Week\*  
**23** Make A Difference Day\*  
**25** "Not So Terrible Two's" class begins in Woodland\*\*\*

\* See Community News for more information  
\*\* See Family Child Care News for more information  
\*\*\* See Conferences & Classes for more information

## Free Car Seat Safety Checks

The Yolo County Health Department and Woodland Healthcare have combined efforts to provide free child safety seat installation checks at Woodland Healthcare on the first Wednesday of every month. These checks will be arranged by appointment only, in order to provide each parent with adequate time to ask safety questions and for staff to check the car seats.

A Mother's Place, 231 G Street in Davis is also a site for car seat checks. These inspections take place on the second Friday of each month near A Mother's Place. In order to have your car checked at either this site, or at Woodland Healthcare, call the Yolo County Health Department at 666-8645 for an appointment.

Why is it important to have your child's safety seat checked? National and local data show that 80 to 95 percent of all child safety seats installed have an average of two misuses per seat. The variety of child safety seats, the vehicle belt systems, and the vehicle seats themselves can make installing a child safety seat a challenge. Properly installed and used, seats can decrease the chance of serious injury or death in a crash by 70 percent.

## Car Seat Installation Training for Providers and Parents

The proper installation of child car seats is crucial to the safety of young children in a car accident. Unfortunately, it is often quite difficult to correctly install a car seat, or to know whether or not the car seat is properly installed.

Therefore, the Yolo County Car Seat Collaborative is offering an opportunity for providers and parents to learn how to properly install child car seats at a free training on September 18, from 9:30 a.m. to 12:30 p.m. at the County Fair Mall Community Room in Woodland.

All licensed child care providers will receive a flyer; please share it with your parents, and encourage them to attend also. Call Carrie at Child Care Services (530)757-5691 or 1(800)378-5044 to register.

## Assist With Car Seat Safety Checks

Would you like to know how to help save a child's life? On Wednesday, September 15 the Yolo County Health Dept. will sponsor and teach a one day training on the proper use of child safety seat restraints. The training will include classroom instruction as well as hands-on practice.

Anyone who is motivated to help protect the children of Yolo County is welcome and encouraged to attend. Please call Cheryl Boney at the YCHD at 666-8694 to register and for more information. The training will take place at the Fire Dept. Training Center at 1556 Springlake Drive in Woodland.

# 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 Center, 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)

## Adults Need Their Immunizations, Too

Sometimes adults are so focused on their children's medical needs that they forget to take care of their own. What immunizations should adults be getting?

If you are already immunized against tetanus, you should have a booster shot every ten years. Do you know when you had your last tetanus shot? If you have no idea, then it's probably a good idea to get your booster shot now.

Adults with chronic health problems should have the flu vaccine every fall. Flu season starts in November, so October is a good month to get the immunization. The pneumococcal vaccine is also recommended for this group of adults, with a booster 5 years after the first dose for some people.

Adults born after 1956 without written documentation of immunization on or after the first birthday may need to be immunized against measles, mumps and rubella. Anyone at increased risk of exposure to Hepatitis B (e.g. sexually active with multiple partners, exposed to blood or blood products, travelers to certain countries, etc.) should be vaccinated against the disease. This vaccine consists of 3 doses given over a period of 6 months.

Other vaccines which are given to some adults are the poliovirus, varicella, and hepatitis A vaccines. You can call your health provider or the Yolo County Department of Public Health at (530) 666-8645 or (916) 375-6380 to find out whether you should receive any of these vaccines, the cost of the vaccines, and where to go to get immunized.

## Checklist for Employers of In-home Caregivers

Child Care Services now has a checklist for parents who are employing an in-home caregiver. The checklist, which was prepared by the Child Care Law Center is a comprehensive guide to the steps, forms and procedures to follow when employing an in-home caregiver. It covers both the Federal and the California requirements. This is a useful guide for those already employing an in-home caregiver or those parents contemplating doing so. Call Stacey or Anna Lynn at (530) 757-5691 or 1(800) 378-5044.

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# Community News

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## Playgroup Orientations in Davis and West Sacramento

Are you looking for new playmates for your young children? Would you like to meet weekly with other parents for support and companionship? If so, then come to a playgroup orientation. A playgroup orientation will be held in Davis on Tuesday, September 28, from 10:00 to 11:00 a.m., at the Veterans ' Memorial Center Game Room, 14<sup>th</sup> and B Streets in Davis.

On Wednesday, September 29 from 10:00 to 11:00 a.m. a playgroup orientation will be held at the Sam Combs Family Center, 205 Stone Blvd, in West Sacramento. This orientation will be co-sponsored by Child Care Services and city of West Sacramento Parks & Community Services.

At these orientations, you will learn how to set up a group that will best meet your needs. You can meet parents of similar aged children and form a new playgroup or join an existing playgroup that is looking for new members. While the parents talk, children can play with toys provided from the Toy Closet.

Call Child Care Services at 757-5691 or 1(800)378-5044 for information about the Davis and West Sacramento orientations. For information about playgroups and an upcoming playgroup orientation in Woodland, call Chris at 666-3783.

## TV Programming on Strengthening Families

The Davis League of Women Voters, in coordination with Davis Community Television, is presenting a year long series of topics relating to strengthening families. The format of the series allows time for presentations by and discussion among three local experts and then time for viewers to phone in questions. The series airs from 7:00 to 8:00 p.m. on Channel 5. Topics and dates are:

September 13	Importance of School Readiness
October 11	Implementation of the Children and Families First Act of 1998 (Proposition 10)
November 8	Child Care
December 13	Mental Health and Social Services for Children Five Years and Under
January 10	Counseling, Advocacy and Shelter
February 14	Children with Special Needs
March 13	Family Violence and Child Abuse
April 10	Programs for Youth at Risk
May 8	Community Partnership Agency
June 19	Unwed Teen Parents



## First Family Fun, Health & Safety Fair

The Esparto/Capay Valley Healthy Start is sponsoring the first annual Family Fun, Health and Safety Fair on September 19 at the Esparto Park from 10:00 a.m. to 4:00 p.m.

The focus of the health fair is to provide health screening and preventative information along with safety information and services. Some highlights of the health screening include: dental screening, HIV testing, body fat composition, breast cancer screening, immunizations (bring the yellow immunization card for each child), diabetes finger stick testing, vision, hearing, and blood pressure checks.

Safety information and services available will include child care seat installation checks from 11:00 a.m. to 2:00 p.m., rollover crash simulator demonstrations, Red Cross safety information i.e. disaster preparedness, water safety, etc., ambulance, fire, and hazardous materials response vehicles, DARE care, and National Guard medic unit.

The day will start with presentations by County Supervisor Lynnel Pollock, and Master of Ceremonies, Sheriff Ed Prieto. Other fun events will include Smokey the Bear, face painting, Fun Jump House, raffle drawings for prizes, booths with community and local resource information, lots of good food, and a variety of other entertainment.

The park is located next to the High School on Yolo Avenue (Highway 16) in downtown Esparto. For more information, call Debbie Kaake, Healthy Start Coordinator at (530) 787-3519.

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# Community News

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## Borrow Books and Toys Instead of Buying Them



From August through September 17 the Toy Closet will be closed for inventory. When it reopens on September 20, a selection of toys, science equipment, books, tapes and musical instruments for children birth through about ten year of age will be available for loan. The **Toy Closet** is located in the Parks & Community Services Department, 23 Russell Blvd., in Davis. The hours

are from 7:30 a.m. to 5:30 p.m. on Tuesdays, Wednesdays and Fridays. An annual membership fee of \$10 entitles members to borrow up to five items from the Toy Closet for a two week loan. Fee waivers are offered to those who qualify.

The membership fee also allows members to borrow up to five books and/or videos from the **Book and Video Lending Library** located at Child Care Services, 604 Second Street in Davis. Books may be checked out for two weeks and videos are available for one week with a refundable five dollar deposit on each one. Materials on child development, parenting issues, activities to do with children, the business of child care, special needs, and health and safety concerns are offered. The hours are 8:00 a.m. to 5:00 p.m., Monday through Friday.

In order to keep these lending libraries in good shape and well stocked, we appreciate having the materials returned on time and complete with all pieces. If you find a stray piece after returning a toy, please bring it to the Toy Closet so that others can enjoy playing with the whole toy. Be sure to check in all items with the clerical staff before returning them to the shelves. For more information about the above two resources, call Child Care Services at 757-5691 or 1(800)378-5044.

The **Woodland Toy Library** is another resource for borrowing toys. It is located at 1017 Main Street in Woodland and is run by volunteers. Their selection of toys and equipment is appropriate for infants through grade schoolers. Three toys per visit may be checked out for three weeks. For membership information and hours, call (530)666-2918.

The **“Tool Chest”** is another resource library for the Woodland community, including child care providers, parents and all those interested in topics related to children. It is housed in the Woodland Public Library, 250 First Street, and can be reached by calling 661-5981. It contains books and videos on child care, child development, parenting, special needs, activities for children and more. It was created by the library in conjunction with the city of Woodland Child Care Services Division.

## How to Raise Drug-Free Kids – Silence is Acceptance

The work that parents do is critical. Experts agree it is highly likely that youngsters who don't do drugs as teens will not do drugs as adults. Talk to your children. Listen to them. Set standards of right and wrong. Keep in mind that they learn by example. Love, support and praise them so they will have a sense of self-worth. Keep them busy. Be involved with, and on top of, their lives. Educate yourself about drugs. Remember: don't let your silence be acceptance. A booklet, “Growing Up Drugfree: A Parents Guide to Prevention,” may be obtained free of charge from the U. S. Dept. of Education, 1-800-624-0100. This booklet is also on the website: [www.ed.gov/offices/OESE/SDFS/parents-guide](http://www.ed.gov/offices/OESE/SDFS/parents-guide). You may share your opinions and experience with other parents by visiting the World Wide Web site [www.drugfreekids.com](http://www.drugfreekids.com)

Reprinted from “Alpine Children’s Center Newsletter,” July 1999.

## Help Celebrate Make a Difference Day

The ninth annual Make A Difference Day, celebrated on Saturday, October 23, is the nation’s largest day of helping others. Volunteers all over the country will be working together in many ways to improve the lives of others. For project ideas, to register your project, to get help publicizing and/or organizing your event, or to be eligible for cash grants and awards to assist in financing your effort, visit the Make A Difference day website at [www.makeadifferenceday.com](http://www.makeadifferenceday.com).

## Help with IEP’s

A workshop on Individual Education Plan (IEP) will be held on September 25 from 10:00 a.m. to 1:00 p.m. The workshop is for parents whose children have special needs that need to be accommodated within the school system and is sponsored by Ch.A.D.D. (Children & Adults with Attention Deficit Disorders). For more details and the location, call 750-3929.

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# Workshops, Classes & Conferences

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Many agencies were still setting up their classes for the fall when *Small Talk* went to press. For a more complete listing of classes in Yolo County, call Child Care Services at (530)757-5691 or 1(800)378-5044 in mid September.

## Parenting Classes

*Sponsored by Washington Unified School District*

Classes for parents of children 2 to 15 years of age.

Thursday, September 16 – November 18; 7:00-9:00 p.m.

(Another session will be added if needed.)

Southport Elementary School,

2747 Linden Drive, West Sacramento

Class is free; child care provided for all ages.

To register contact Julie Vierra at (916)375-7600 ext.2249

## Active Parenting of Teens (PC906)

*Sponsored by City of Davis Child Care Services*

A video based class taught by Shirley Auman for parents of teens 12-17 years.

Wednesdays, October 6 – November 10; 7:00 – 9:00 p.m.

Senior Center Activity Room, 646 A Street, Davis

Sliding fee scale (\$0-\$60). Pre-register at Parks & Community Services, 23 Russell Blvd., Davis.

For information call 757-5691.

## The Not-So-Terrible Twos (PC907)

*Sponsored by City of Davis Child Care Services*

A class for parents of children 12 to 36 months of age.

Mondays, October 25 - November 15; 6:30 – 8:30 p.m.

Woodland Public Library, Leake Room

250 First Street, Woodland

No cost but participants must pre-register by calling city of

Davis Parks & Community Services at 757-5626 or

Child Care Services at 757-5691.

## Woodland Community College

(Formerly Yuba Community College)

41605 Gibson Road, Woodland

A variety of parenting and Early Childhood Education classes are offered. Call 661-5700 for more information. Here are a few classes:

### ECE-56R Effective Parenting

Saturdays, November 6 – 20, 8:00-2:50

### ECE-32 Parenting

Tuesdays, Thursdays, 3:30-4:45 p.m.

### ECE7A Creative Materials

Designed for adults who care for children (2-8 yrs.). Reviews child development while discussing planning and implementation of creative activities.

Saturdays, October 9 – 30, 8:00-5:20

## Foster Care Education Program

*Held at Woodland Community College*

For information call Cherie Schroeder at (916)678-3021 or Cyndi Smit at (530)666-4276.

### Understanding the Family Dynamics and Building Self-Esteem

September 16, 23, 30; 6:30-9:30 p.m.

### From Defiance to Compliance:

### Reactive Attachment Disorder

Parenting mini-conference held at UCD

October 9-10; 9:00 a.m.-5:00 p.m.

### Mini-Conference with Marysville FCE Program

October 23, 9:00 a.m.-5:00 p.m., Marysville

### In Spanish – Positive Parenting

October 22, 29; 6:30-9:30 p.m.

### Caring for Our Foster Parents

November 4, 11, 18; 6:30-9:30 p.m.

## Kinship Care Education Program

*Held at Woodland Community College*

For information call Debra Wiegel at (530)668-9231.

### The Victim Witness Program

September 16, 9:00-12:00 noon or September 17, 6:30-9:30 p.m.

### Special Education Services

November 18, 9:00-12:00 noon or November 19, 6:30-9:30 p.m.

## Family Life Skills Program

*Sponsored by Mental Health Association of Yolo County*

A program for youth 10-14 and their families. 12 week sessions starting mid-September in Davis, Woodland and West Sacramento. Call Andrea Jones at (530)756-8181 ext. 13

## Conferences

### National Middle School Conference

October 1-2, 1999; San Francisco

Contact: (415)957-9775

### Our Children, Our Vision, Our World

Conference for early childhood professionals

Saturday, October 2, 1999, Ohlone College, Fremont

Contact: 1(800)262-4252 ext. 18

### New Horizon's for Family Child Care

California Association for Family Child Care

October 15-17, 1999; So. Lake Tahoe

Contact: Maryann Davis (510)895-1709

### Child Abuse Conference:

### Prevention, Intervention, Treatment

November 10, 1999; The Money Store, West Sacramento

Contact: (530)666-8267

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# *Especially for Parents*

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## **Supporting Separations How to Help Young Children Manage Good-byes**

By Amy Dale

“I told my child I’ll be back, so why is she having such a hard time letting me go?”

Separations often bring up a variety of questions and emotions for parents and young children. Negotiating how to say good-bye can be stressful, particularly when a child is deeply distraught over a parent’s departure. In my work with infants and preschoolers, I have seen parents handle separations at school in numerous ways --- from slipping out to lengthy good-byes. What is the best way to separate from a child? There is, of course, no universal recipe for separations. Unique relationships, individual differences, contextual factors, and previous experiences influence separation dynamics, causing them to look and feel different from family to family and even from child to child. Despite this fact, there are steps all parents can take to help children cope with separations. The first step involves understanding development and the reasons why a child may find it scary to let a parent go.

### **Why are separations difficult for young children?**

From birth, children are hard wired to form an affectionate bond with their primary caregiver(s). This bond, called an attachment, develops primarily in the first year and a half of life and serves to increase the infant’s chances for survival. Small children are completely dependent on their parents for care, so they utilize a set of built-in behaviors to keep them nearby (smiling, cooing, crying, etc.). As attachment relationships grow, infants begin to develop a sense of trust and security. They also begin to use their parents as a “secure base” – a safe person from which a child can explore and venture into the environment and then return to for emotional support. Imagine how it would feel to a child if this source of security were to disappear. From an infant’s perspective, it can be a literal matter of survival to keep a parent nearby. A young child uses all the resources in her capacity, crying, screaming, clinging, etc., to prevent a separation.

### **Why do Separations Look Different?**

If all children are dependent on their parents for care, why do some separations look different than others? One major factor influencing separations is a child’s temperament.

Infants come into the world with a personal style of relating to the environment and expressing emotions. For instance, some initially approach new situations while others withdraw from them. Likewise, some infants have intense reactions to stimuli while others react mildly. Temperament traits are stable and thus can help predict how a child will react to a stressful event such as saying good-bye. Will she protest loudly or subtly? Will she immediately find a toy at school to play with, or will she need some time to hang back and watch. Developing an understanding of a child’s temperament allows adults to work with, rather than against, that child’s temperament during separations. As a teacher, it has been important for me to think about temperament traits in a non-evaluative way as neither beneficial or detrimental, because different traits can serve children in different settings. It has been equally important to remember that because a child is not protesting loudly, does not mean she is not affected by the separation.

A child’s cognitive development can influence the separation. A child who has the cognitive capability to hold the image of mom or dad in mind, and who can think about the reasons affecting her parent’s coming and going, may be less anxious than a child who can not yet do this. However, cognitive skills do not prevent a child from becoming emotionally distressed. Even adults, who possess the cognitive ability to think logically and abstractly, still often struggle with separations from loved ones. No matter the age, it can be hard to say good-bye to the people we care about.

### **Suggestions for supporting separations**

Although separations can be difficult, they are something all children and parents will face. When treated with care and support, they can be opportunities for growth. A few practical suggestions for managing separations:

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# *Especially for Parents*

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- Select a child care provider carefully. Be certain their philosophy is one which makes you feel supported as a parent and matches your beliefs regarding quality child care. A feeling of mutual trust is essential to successful separations.
- Get acquainted with the school or child care home so you feel comfortable leaving your child there. Children frequently reference their parents to see if a situation is safe. If you are familiar with the environment and knowledgeable about the routines, your confidence will likely carry over to your child.
- Arrange to visit with your child before the first day. This will give her the opportunity to familiarize herself with the space and people before she has to negotiate a separation.
- Take the time to get to know the staff or provider. An amiable relationship between a parent and caregiver will go a long way toward a child's trust in that caregiver. Remember that all relationships take time to build. Just as you wouldn't be comforted by a stranger, your child likely won't be immediately comforted by a new caregiver.
- Create a home-child care connection with photographs, art, articles of clothing, etc. A picture of mom and dad in a child's cubbie is a concrete way for a child to mentally hold her parents in mind. Likewise, a transitional object such as mom's scarf or a special stuffed animal helps children to keep home tangible. The child care situation can be linked to home by displaying art made at school or a picture of your child's teacher or caregiver on the refrigerator.
- Talk positively about school or child care at home. Read books about going to school or child care and discuss the daily activities. An open and honest dialogue will indicate your support for your child's child care experiences.
- In the beginning of the school year or new child care situation, stay a day or even a week in decreasing amounts of time. It is easier for a child to feel comfortable in a new environment when a parent is available to act as a secure base. While there, try to stay in one spot so your child knows where to locate you.
- Prepare your child for the day's events. Infants, toddlers, and preschoolers will all benefit from concrete explanations of the day's schedule. Include where you will be when she is in care, and what you will do together when you reunite. Like adults, children feel more secure when they know what to expect.
- Take your time at drop off. Follow your child's pace and watch for cues indicating what she may be thinking and feeling. Show her what is available to play with, but avoid pushing her into an activity. This often creates more resistance.
- Establish a good-bye ritual such as reading a book together or having a special place to say good-bye (a chair that looks out the window for example). Daily rituals are trust building and add predictability to the separation.
- Make sure you say good-bye! Even if your child seems settled, take the time to let her know you are leaving. Doing so builds trust and helps keep her from wondering where you went. Additionally, children whose parent's tend to slip out, often become vigilant about keeping them in proximity. This leads to even more intense separations.
- Do not drag out the "last" kiss or hug good-bye. Doing so often makes it unclear when you are actually leaving and communicates your uneasiness.
- If your child is having a hard time saying good-bye, let her know a caregiver is available to help her through the transition and over the course of the day. If a child knows she has someone to depend on, it will help to alleviate some of her anxiety.
- Be empathetic. Talk to your child about how she is feeling and validate her experience. Separations often bring up a variety of emotions including sadness and anger. For parents, it is often painful to acknowledge these feelings in a child, so they are frequently glossed-over with the message, "you're okay, don't cry." Putting words to the child's actual emotional experience will help her feel heard and respected.
- Think about what separations mean to you. How were they dealt with when you were a child? What emotions do you connect with saying good-bye? How comfortable are you leaving? Thinking through these questions will help articulate what you are bringing into the separation dynamic. This awareness will create a clearer picture of how to manage the separation.

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*Amy Dale would like to thank Lynn Arner-Cross and Kathleen Grey for their contributions to this article.*

*Amy Dale has a B.S. in Human Development from U.C. Davis, and is currently working as the Head Teacher of the Infant Program at the Center for Child and Family Studies, U.C.D.*

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# *Especially for Parents*

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## **Parenting Handouts**

If you were lucky enough to have some “lazy days of summer,” they are over now and the fall rush is on. Davis author, Nancy Morrow has some words of wisdom to offer in the September parenting handout, “Restoring ‘Child Time’ to Family Life.”

“Helping Children Deal with Loss” is the topic of the October parenting handout by Sarah Neville-Morgan and Lynn Arner-Cross, both from the Center for Child and Family Studies at UCD.

“The Challenge of Seventh Grade” by Laura Anderson, mother of four (three of whom are teenagers!), is the newest addition to our Teen Packet series. If you have a child taking that big step into junior high school, you can call us to request “Teen Packet 7.” Parenting handouts in this series are available by request; they are not mailed out monthly.

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 a mailing list, call 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, Davis.

## **Correction**

A paragraph was inadvertently left out of “Science Can Be Child’s Play” (July/August 1999). The article should have read:

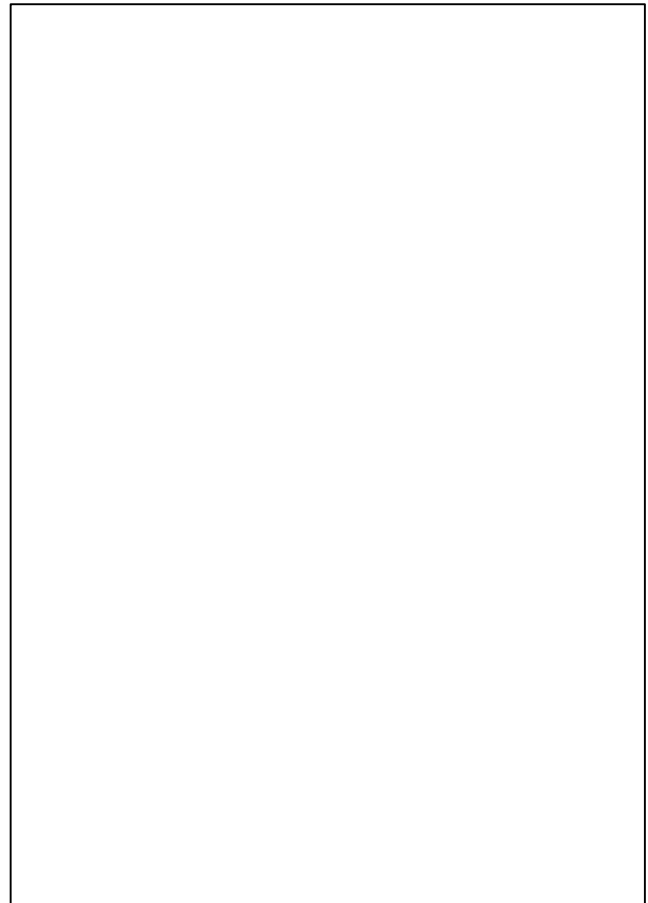
“Second Generation” science museums have interactive exhibits. Some action on the part of the participant has some result in the display. Squeezing a hand pump in an exhibit on the heart might demonstrate the heart’s pumping action. This serves to engage the children and increase their understanding of the exhibit.

“Third generation” museums, such as Explorit Science Center in Davis, create exhibits where the results of the participatory experiments are not predetermined.

## **See Your Child’s Art Published!**

We would love to print your child’s artwork in *Small Talk*. Original line drawings done in ink or markers on paper not larger than 8 ½ by 11 inches reproduce the best. Please send in a xerox of the drawing(s) 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 work is published.

The movie “October Sky” was the inspiration for this picture of a rocket drawn Spencer Bowen. Spencer is *almost* six!

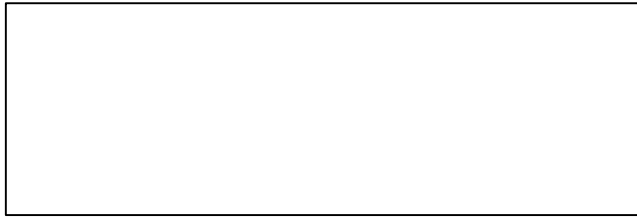


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# Legislative Update

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Compiled by Donita Stromgren



## New State Legislation: Effective January 1, 2000

### **AB109 (Knox) Sick Leave to Care for Dependents**

Requires all employers to allow employees to use up to six months of their accrued sick leave to care for a sick child, parent or spouse without penalty. Chapter 164

### **AB566 (Havice) After School Programs in Parks**

Expands the After School Learning and Safe Neighborhoods Partnerships Programs into park sites adjacent to school sites as well as at school sites. Chapter 108

## Pending State Legislation

The legislature returned from recess on August 16. They had two weeks from that date to hear legislation in Appropriations Committees and then another two weeks to complete the legislative process on the bills noted below. **The bills noted below are NOT law and will only become law if they pass through the designated committee and are signed by the Governor.**

### **AB840 (Kuehl) Child Custody: Domestic Violence**

Establishes a presumption in the determination of child custody that it is detrimental to a child to award custody to a parent who has perpetrated domestic violence between partners within the last 5 years. Senate Floor.\*

### **AB1594 (Florez) Hepatitis A Vaccinations**

Requires until January 2005 that children be vaccinated against Hepatitis A before being admitted to a public or private school, child care center or family child care home if federal funds are available. Senate Appropriations.\*

### **AB1659 (Assembly Human Services)**

#### **Fingerprinting Exemptions**

This bill is intended to clean up legislation from last year that expanded fingerprinting requirements for child care programs. It would exempt volunteers and students at a child care facility from a criminal record clearance if they are directly supervised by someone with a clearance, work less than 16 hours per week and are not left alone with children in care. It would also exempt relatives, legal guardians and foster parents from the clearance requirement. Senate Appropriations.\*

### **SB618 (Chesbro) Fingerprinting Fee Exemptions**

This bill maintains the new fingerprinting requirements, but exempts the exempted categories from paying the fees associated with submitting fingerprints and processing the clearances when funds are appropriated in the Budget Act for that purpose. Assembly Appropriations.\*

\*Bill is being reviewed by this committee.

## Two Year Bills

The following bills have been carried over into the second year of the two year legislative session and will be taken up for consideration after January 2000.

### **SB643 (Alpert) Proposition 10**

#### **Matching Grant Program**

Establishes a matching fund program of \$1 of state funds for every \$3 of Prop 10 funds used for home visit programs serving low-income or at-risk children and families. The matched programs must be shown to be cost-effective and evaluated.

### **SB967 (Perata) Child Care Expansion Grant Program**

Establishes a fund to provide matching tax credits or vouchers to businesses that provide child care assistance to low-income employees.

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# Creative Corner

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Compiled by Chris Weber-Johnson

Now that school is back in session the search is on for fun, nutritious snacks that can double as lunch box stuffers! Here are a couple of ideas for snacks that are fun to make as well as eat. So, invite your children into the kitchen, roll up your sleeves and have some yummy fun together.

## Space Balls

*This old favorite is high in fat so it should be served as a special treat. However, some of the calories can be worked off in the process of grinding up the graham crackers. My son always volunteers to man the rolling pin!*

### Ingredients:

1 ½ cups graham crackers crumbs  
1 cup non fat powdered dry milk  
1 cup light Karo syrup or honey  
1 cup peanut butter

1. Grind up the graham crackers. One cellopack of crackers wrapped in a clean dishtowel and crushed with a rolling pin yields about 1 ½ cups of crumbs. If you don't have anyone around who needs to release some energy, a blender or food processor can be used---just don't grind the crumbs too finely.
2. Mix crumbs with the other 3 ingredients.
3. Lightly coat clean hands with some cooking spray or butter. Roll mixture into small balls and chill in a covered container in the refrigerator.



## Crazy-Cut Veggies and Dip

*Children will be more likely to eat the vegetables if you let them choose their own vegetables and serve the veggies cut into fun shapes. Add to the taste and fun by making a dip (young children love dropping things in a blender and seeing what happens) or using thick bottled dressings such as Ranch or Blue Cheese.*

### Suggested veggies:

Green beans, lightly steamed  
Red, yellow and green peppers strips or rings  
Thin zucchini slices or spears  
Carrot sticks or curls  
Celery fans or sticks  
Cucumber slices  
Raw or steamed broccoli or cauliflower "trees"  
Small mushrooms  
Jicama sticks  
Steamed asparagus spears

### So-Easy Spinach Dip:

This can be made in a blender if you like smooth dips or in a bowl if you prefer dips a little lumpy.

1. Squeeze water from ¼ pkg. (10-oz size) of thawed chopped spinach. If using a blender, chop up spinach. If not, place in bowl.
2. Add the following and blend or stir:  
½ cup cholesterol-free, reduced calorie mayonnaise  
½ cup light sour cream  
2 Tbsp. finely chopped green onion  
2 Tbsp. finely chopped parsley  
2 tsp. lemon juice  
1 tsp. dried dillweed  
1 tsp. dried tarragon  
1 tsp. Dijon mustard  
1/8 tsp. black pepper

This can be stored in the refrigerator for up to three days. To send in a lunchbox, place in a small, sealed container next to a box of frozen juice to keep it cool. Send veggies in a separate bag or container. For variety, this can also be spooned over grilled fish or used as a dip for cooked artichokes.

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# Family Child Care News

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## Your Illness Policy and the Right to Exclude Children

By Carrie Shepard

Over the past month, we have received several calls from family child care providers who have run into problems related to excluding contagious children from their child care homes. In all of the cases, the parents challenged the right of the provider to exclude the child from care. What are your rights to keep sick children out of your home? How do you make your policies clear to the parents who use your services?

The regulations governing family child care homes are not very specific with regards to illnesses and exclusions. They state that, "When a child shows signs of an illness he/she shall be separated from other children and the nature of the illness determined. If it is a communicable disease he/she shall be separated from other children until the infectious stage is over." (Section 102417(e)) Therefore, to some extent, the provider must use his or her own discretion in creating an illness policy. The Department of Public Health can assist you in determining the length of time that a sick child should be excluded.

It is very important to have well thought out and clearly written policies which are backed up by a contract. In order to ensure that the parents have read and understood your policies, you can review the policies with them before you enroll their child in your care. Have them initial each item, showing that they have read and agreed to abide by the policies. Then, in your contract, you may include a line which supports the policies. The book, *Making Home-Based Child Care Work For You*, includes the following paragraph in one of its sample contracts (p.77):

"I (We) understand and agree to abide by the policies and procedures as stated in the parent's handbook and the above service contract. I also understand that from time to time the day care provider may implement or change policies as needed. I understand that I will be notified of such changes in writing."

Perhaps you are not sure how specific you need to get in defining when a child will be excluded from care. There are certain signs of illness which are generally taken as signs of contagion: fever, vomiting, diarrhea, green mucous, and presence of either live lice OR nits. However, we recommend that, before writing your illness policy, you look at some resources with samples. You may have friends who are also child care providers. A center-based program will have a written illness policy. The books *Making Home-Based Child Care Work For You* and *Family Child Care Contracts and Policies*

both have samples and are available from our lending library. You can call the California Child Care Healthline at 1(800)333-3212.

### Issues With Parents? Come to the "Contract and Policies Training"

Conflicts and misunderstandings with parents may be inevitable to some extent. But a lot of problems can be avoided through the use of clearly written contracts and policies. On October 2, from 9:30 a.m. to 11:30 a.m., Child Care Services will be offering a *free* training on what to include in these important documents. The training will be held at the Veterans' Memorial Center, 203 E. 14th Street, in Davis. To sign up, or for more information, please call Carrie at 757-5691 or 1(800)378-5044.

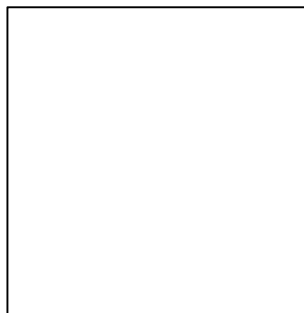
### Kask Software Releases Updated Childcare Professional 3.1

We were recently notified that Kask has just released its new childcare software which includes such new features as: tracking assets and liabilities as well as income and expenses; receipt printing; setting up schedules to help log hours; automatic updating of bills for parents; free technical support, and more. The cost is \$49.00, or \$19.00 if you already have the previous version and are upgrading to 3.1.

If you have employees, you may want to consider the Payroll and Advance Accounting Version which does everything that the standard version does, but also logs the hours of employees, calculates payroll and prints payroll stubs, sets up budgets to monitor expenses, and more. The cost for this is \$79.00, or \$39.99 if you are upgrading.

To order a copy of Childcare Professional, or to upgrade, go to [www.kasksoftware.com](http://www.kasksoftware.com) or call (800)208-7323.

### More Provider Tips Needed



Let's face it; most people who work with children are creative! Chances are that you have discovered, invented or happened upon an idea or item that makes your daily work caring for children a little easier. Maybe it is something that is just plain fun! Other providers can probably benefit from your ingenuity. Please send your "tip" to Chris Weber-Johnson, Child Care Services 23 Russell Blvd., Davis, CA 95616. We need more of your ideas for this spot in each issue of *Small Talk*.



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# ***Family Child Care News***

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## **Child Care Providers Are Mandated Child Abuse Reporters**

As a licensed child care provider, you are required by law to report to the authorities when you have knowledge of or reasonable suspicion that a child is suffering from either abuse or neglect. This includes physical injury inflicted on a child by other than accidental means, willful cruelty or unjustified punishment (includes inflicting or permitting mental suffering), corporal punishment or injury, and neglect of a child.

You must report by phone to Child Protective Services (CPS), or to the police, as soon as possible after receiving information regarding an incident. A written report must be submitted on the form entitled "Suspected Child Abuse Report" (form SS 8572) which you can request from CPS or the police.

To get more information on the California Child Abuse and Neglect Reporting Law, call the Office of Child Abuse Prevention (OCAP) at (916)445-2771 and ask for a copy of the publication titled, "Issues and Answers for Health Practitioners" or call Child Protective Services at (888)400-0022 or (530)669-2345.

## **Licensed Provider Offers Substitution Service**

Julie Martinez, a licensed family child care provider, is now offering her services to Woodland and Davis licensed providers who need a substitute. Julie has been providing care in her home since 1992. Although she has recently stopped running her own family child care business, she has retained her license, thereby making it possible to act as a substitute for other providers. To find out more about Julie's substitution service, call her at 662-7135.

## **Do You Need an Aide?**

Margaret Womble is an experienced aide who is interested in working in a licensed family child care home in Davis. To find out more about her experience and interests, she can be reached at 753-0432.

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

## **Davis Licensed Family Child Care Association**

If you are interested in meeting with other family child care providers to share ideas, get support, or make friends, call Dave at 758-3097 to find out where and when the Davis Licensed Family Child Care Association will be meeting in September or October.

## **FAMILY CHILD CARE CONNECTION**

### **Home Visits and Morning Out**

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

Mornings Out will be held from 9:30 to 11:30 a.m. at the Chestnut Park Round House on September 10, 17, and 24, and on October 8, 15, and 22. There are still spaces available.

### **Adventures**

Pumpkin time approaches again! Join Linda and Renuka for an adventure to the Patch (formerly known as Pud-wudgies) where we will learn more about all kinds of pumpkins, go on a hay ride, and each select a special pumpkin!

Date: Thursday, October 21  
Time: 10:00 a.m.  
Place: Road 102 between Davis and Woodland  
Cost: \$3.00 per child  
Limit: 30 children

Call Linda at 757-5691 to sign up on a first-come, first-served basis. In the event of rain, the trip will be canceled.

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# *Smalltalk*

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City of Davis  
Parks & Community Services Dept.  
23 Russell Blvd.  
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CITY OF DAVIS  
CHILD CARE SERVICES  
757-5691 or 1-800-378-5044

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