

Smalltalk

Serving Providers & Families in Yolo County

Volume XXVI, Number 1

THOUGHTS FROM A GRANDFATHER

We tried so hard to make things better for our kids that we made them worse.

For my grandchildren, I'd like better.

I'd really like for them to know about hand-me down clothes and homemade ice cream and leftover meatloaf sandwiches. I really would.

My cherished grandson, I hope you learn humility by being humiliated, and that you learn honesty by being cheated. I hope you learn to make your bed and mow the lawn and wash the car. And I really hope nobody gives you a brand new car when you are sixteen. I hope you have a job by then. It will be good if at least one time you can see a baby calf born and your old dog put to sleep.

I hope you get a black eye fighting for something you believe in. I hope you have to share a bedroom with your younger brother. And it's all right if you have to draw a line down the middle of the room, but when he wants to crawl under the covers with you because he's scared, I hope you let him. When you want to see a Disney movie and your little brother wants to tag along, I hope you'll let him.

I hope you have to walk uphill to school with your friends and that you live in a town where you can do it safely. On rainy days when you have to catch a ride, I hope your driver doesn't have to drop you two blocks away so you won't be seen riding with someone as uncool as your mom. If you want a slingshot, I hope your dad teaches you how to make one instead of buying you one.

I hope you learn to dig in the dirt and read books. When you learn to use those newfangled computers, I hope you also learn to add and subtract in your head.

I hope you get razzed by your friends when you have your first crush on a girl, and when you talk back to your mother you learn what Ivory soap tastes like. May you skin your knee climbing a mountain, burn your hand on the stove and stick your tongue on a frozen flagpole.

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I hope you get sick when someone blows cigar smoke in your face. I don't care if you try beer once, but I hope you don't like it. And if a friend offers you dope or a joint, I hope you realize he is not your friend.

I sure hope you make time to sit on a porch with your grandpa and go fishing with your uncle. May you feel sorrow at a funeral and the joy of holidays. I hope your mother punishes you when you throw a baseball through a neighbor's window and that she hugs you and kisses you at Christmas time when you give her a plaster of Paris mold of your hand.

These things I wish for you, tough times, hard work and happiness.

By Paul Harvey

Meetings/Support Groups

DAVIS CHILD CARE COMMISSION

Quarterly; next meeting January 27, 7:30 p.m.
Davis Senior Center, 646 A Street
Public welcome.

FAMILY CHILD CARE LICENSING ORIENTATIONS

9:30 a.m.-12:30 p.m.
VMC Game Room
For dates & information call 757-5691 or (800)378-5044

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

1st Wednesday of each month,
Call 757-5691 or (800)378-5044 for location and time.

YOLO COUNTY YOUTH SERVICE TASK FORCE

January 25, 3:30 p.m.
Norton Hall, Cooperative Ext., 70 Cottonwood St.,
Woodland. For information call Susan at 668-3704.

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
January 27 and February 17, 7:15 p.m.
Leake Room, Woodland Public Library
Small group discussions, speakers and support.
Call 750-3929 information

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 for Davis
call: Karen 753-6986; Lonna 756-3551; Mary 753-2932
For Woodland: 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

NEIGHBORHOOD TODDLERS

Monday & Wednesdays, 9:00 to 11:00 a.m.
26479 Grafton Street, Esparto
Call Iris for more information, 787-3516

PARENT-TO-PARENT

For parents of children 6th grade and up
Thursdays, 7:00-8:30 p.m., English
Lee Jr. High Library, 520 West Street, Woodland
For more information call Kenton Keithly at 666-7621.
Classes also will be given in Spanish on Wednesdays,
9:00-10:30 a.m. at same location.
To confirm date & time call Gloria Rodriquez at
669-4131.

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

Community News

Calendar

- January**
- 1** New Year's Day – All cities' offices closed
 - 3** Schools reopen in Esparto, Winters and West Sacramento
 - 4** Schools reopen in Davis & Woodland
 - 8** Training for Family Child Care Providers*
 - 17** Martin Luther King Jr. Day - All cities' offices closed
 - 18** "Active Parenting Today" (English) class begins in Davis**
 - 22** First Infant/Toddler Quality Care Training*
 - 25** "Not So Terrible Twos" class begins in Woodland**
- February**
- 21** Washington's Birthday – All cities' offices closed
 - 26** Second I/T Training*
- March**
- 15** "Active Parenting Today" (Spanish) begins in Davis**
 - 18** Third I/T Training*
 - 24** Provider Recognition Dinner

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

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

Compiled by Chris Weber-Johnson & Carrie Shepard

Teacher for Pretoddlers is Needed

Davis Community Church Nursery School (DCCNS) has an opening for a newly created position to teach two or more pretoddler classes on a weekly basis, with a minimum commitment of five hours per week, beginning as early as February 2000.

DCCNS' Early Explorers program, headed by Jeanne Lupien, currently offers weekly parent/child classes for children within two age groups: 10-18 months, and 16-24 months. The program provides a fun and nurturing environment in which children and their parents are offered a variety of activities that promote exploration, interaction and growth. Activities include creative movement, exploration with art and natural materials, developmental toy play, singing and circle time, books and outdoor fun.

Only a year in operation, the Early Explorers program has received an enthusiastic response, and current waiting lists support the immediate addition of at least two more classes. Candidates need not meet state Early Childhood Education credential requirements, since the program is unlicensed and parents must stay with their children for the duration of each class. Rather, candidates will be evaluated based on their experience and talent with pretoddlers.

DCCNS is a parent cooperative in its 25th year of operation. It is a nonprofit community outreach program of the Church, nonsectarian in its curriculum. In addition to the Early Explorers' program, the Nursery School offers 3 different preschool classes, for children aged 2 to 5.

If you or anyone you know might be interested in pursuing this rewarding position, please forward a resume by January 20, 2000, to DCCNS, at 412 C Street, Davis, CA 95616. For more information, please call the DCCNS office at 758-2940.

Schneider to Address Healthy Development in Children

Today's children are met with many challenges. How can you, as a parent or caregiver, support and foster your child's healthy development? Ingun Schneider, from Rudolf Steiner College, will address these issues when speaking in the Blanchard Room at the Davis Public Library from 7:00-8:30 p.m. on February 9. This event will include a lecture, conversations, and activities. It is free and open to the public.

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 given by Yolo County Health Dept.

Winters, Public Library, 1st Wednesday, 1:30-3:30 p.m.

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, 1:00-3:30 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.-3:00 p.m.,

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

Common Problems

When Using Car Seats



Detailed safety seat checkups held in counties throughout the state reveals of misuse approaching 95 percent. These are some common mistakes found at car seat clinics:

- A child not riding in the safety seat or sitting in the seat without the harness adjusted snugly.
- Infant facing the front of the car. Babies should face the rear until at least 12 months of age.
- Infant riding in front seat of car with passenger-side air bag. Move infant to back seat of car facing the rear.
- Children riding in front seat when back seat is available. Children under age 13 should ride in the back seat.
- Too many people in the car. Each person must have his/her own safety belt.
- Car seat not secured tightly to the car. Tighten seat so that it does not move more than one inch to the side or the front of the car.

Source: *Valley Oak Exchange*, Spring 1999.

Call for a Free Car Seat Safety Check

The Yolo County Health Department is offering free child safety seat installation checks by appointment only at two locations. From 8:30 until noon on the first Wednesday of the month, safety checks will be held at Woodland Memorial Hospital Surgery Center. On the second Friday of the month from 10:00 a.m. to 2:00 p.m., checks will be held at Sutter Davis Hospital. Each safety appointment takes 20 to 30 minutes. Call 666-8645 to schedule an appointment.

Community News

Introducing the Nutrition Link

How do I get this child to eat her vegetables? The Nutrition Link is a new service of the California Child Care Health Programs' Child Care Healthline. Parents and child care providers who have nutritional concerns and questions can call 1(800)333-3212 and talk to registered dietitian Vella Black-Roberts, RD, MPH. The hours are 8:00 a.m. to 4:00 p.m. Monday-Thursday.

Parents Guide to Immunization Requirements

The California School Immunization Law requires that children be up-to-date on their immunizations (shots) to attend school or child care. Diseases like measles spread quickly, so children need to be protected before they enter. Most children need booster shots before starting kindergarten.

If your child's record is missing some doses, please contact your doctor or clinic now. If your child recently received immunizations and needs an immunization later in the year, your child can be allowed to attend, provided you get the remaining doses when they become due. Your child may be exempted by a doctor because of a medical condition or by you because of your personal or religious beliefs. Ask your school or child care provider for details.

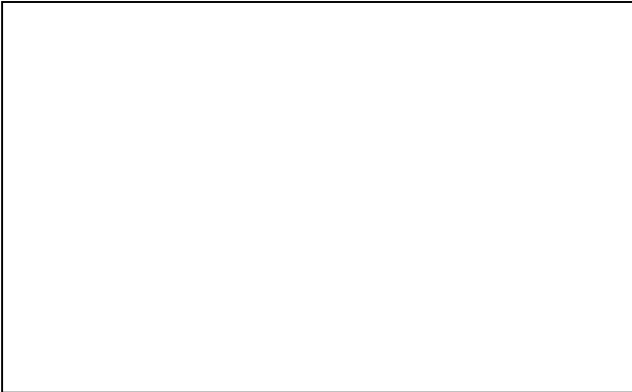
Consumer Product Safety Alert: Your Used Crib Could Be Deadly

If your crib does not meet these guidelines, destroy it and replace it with a safe crib. A safe crib has:

- No missing, loose, broken, or improperly-installed screws, brackets, or other hardware on the crib or mattress support.
- No more than 2-3/8 inches between crib slats so a baby's body cannot fit through the slats.
- A firm, snug-fitting mattress so a baby cannot get trapped between the mattress and the side of the crib.
- No corner posts over 1/16 of an inch above the end panels (unless they are over 16 inches high for a canopy) so a baby cannot catch clothing on post and strangle.
- No cut out areas on headboard or footboard so a baby's head cannot get trapped.
- A mattress support that does not easily pull apart from the corner posts, so a baby cannot get trapped between mattress and crib.
- No cracked or peeling paint to prevent lead poisoning.
- No splinters or rough edges.

Source: *Child Care Communique*, May/June 1999

Community News



*One hundred years from now, it will not matter,
What kind of car I drove,
What kind of house I lived in,
How much I had in my bank account,
Nor what my clothes looked like.
But the world may be a little better
Because I was important in the life of a child.*

BECOME A FOSTER PARENT!

Call the Yolo County Department of Employment and Social Services today at (530)666-8471. Spanish-speaking homes are needed!!

Playmates for Children, Support for Parents

Are you feeling housebound and lonely? Would your children enjoy playing with other children while you get support by meeting regularly with parents of similar aged children? A playgroup maybe just what you are looking for. Call Child Care Services to find out if there is a playgroup with children close to your child's age in your area. There are existing playgroups with openings for new members in Davis, Woodland and Winters as well as interest in starting a playgroup in West Sacramento. Call 757-5691 or 1(800)378-5044 and get connected!

Every Child Gets a Cookie

In a world full of "sweets and treats," it is hard to be the kid who is allergic to everything. I was one of these children. I was very sick as a child until I was diagnosed with severe food allergies. I was taken off all common foods. With additional treatments, I eventually recovered. The hard part I had to live with was being a normal person who felt abnormal because I had nothing to eat. If I ate what my friends and family ate, I would become sick for weeks.

Today, a wide selection of foods for allergic people is much more available. True, fast food restaurants do not yet have a "dairy-free" section. But, you can find ingredients for full course dishes to make by searching in your local health food stores. You can even find certain items in conventional markets as well. I have succeeded in making "great tasting" common foods like pizza, cookies, macaroni and cheese, and muffins all allergy-free. You can too! Whether you have a peanut allergy, or a combination of wheat, eggs, and dairy, you can buy or make specialty foods for your whole family that taste wonderful. Your child will love being part of the function of eating and not "the poor kid" who can't eat anything. After all, every child gets a cookie.

It is so important to include everyone at mealtime. It is worth your loved one's health and maybe yours, too. I am not a doctor or nutritionist. If you or your loved one has a health condition, consult your physician. If you have a question about ideas for alternative cooking, call me, Leslie Hammond at (530)750-2831.

Brown Bag Workshops Are in the Planning Stages

A series of three free noontime parenting workshops are being planned for the spring. One workshop may focus on children who have moderate to severe foods allergies. If there are other topics which you would like to see addressed, call Chris at Child Care Services at 757-5691 or 1(800)378-5044. Call these numbers toward the end of January for the schedule of workshops to be presented.

Workshops & Classes

The following classes are being offered by various agencies in Yolo County. Some of the classes are repeated when sufficient enrollment is reached so call the sponsoring agency if a class interests you but has already started. For information on other classes that may have not been planned in time to get on this list, call city of Davis Child Care Services, which serves all of Yolo County, at (530)757-5691 or 1(800)378-5044.

The Not-So-Terrible Twos

Sponsored by City of Davis Child Care Services, serving all of Yolo County

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

In Woodland, class PC 907

Tuesdays, Jan. 25 & Feb. 1, 8 & 15, 6:30-8:30 p.m.
Woodland Public Library, Leake Room, 250 First St.

In Davis class PC912

Thursdays, May 4, 11, 18, 25, 7:00-9:00 p.m.
Davis Senior Center, Game Room, 646 A Street
No cost but participants must pre-register by calling city of Davis PCS at 757-5626 or Child Care Services at 757-5691 or 1(800)378-5044.

Active Parenting Today

Padres Activos de Hoy

Sponsored by City of Davis Child Care Services, serving all of Yolo County

Two classes, one in English and one in Spanish, for parents of children 3 to 11 years of age.

Class in English PC910 & PC911 (child care):

Tuesdays, January 18 - February 22; 6:30-8:30 p.m.
East Conference Room, DJUSD Office

526 B St (enter from C Street), Davis

Class in Spanish PC913 & PC914 (child care)

Wednesdays, March 15 - April 5; 6:30-8:30 p.m.
Mult-purpose Rm., Valley Oak Elementary School
1400 E. Eighth St., Davis

No cost but participants must pre-register by calling Child Care Services at 757-5691 or 1(800)378-5044.

To register in Spanish, call Esteban Montaña at (530)795-6121. A limited number of child care spaces are available for children 2 to 10 years but child care (PC911 & PC914) must be reserved in advance.

Healthy Families

Workshops for Perinatal Outreach Education incorporating care before conception. These workshops are presented by Public Health nurses and can be scheduled as needed. Contact Donna Curley, PHN at (916)375-6388.

Parent Empowerment Program

Sponsored by Washington Unified School District
Classes for parents of children 2 to 13 years of age.

Tuesdays, January 18-March 14

7:00-9:00 p.m. (in English);

Thursdays, January 20-March 16, 7:00-9:00 p.m.

(in Spanish). Both classes are held at

Westfield Elementary School, 508 Poplar Ave.,
West Sacramento

Class is free; free child care provided for all ages.

To register call Julie Vierra at (916)375-7600 x2249.

To register in Spanish, call 375-7604 ext.7272.

Family Life Skills Program

Sponsored by Mental Health Assn. of Yolo County

12 week groups for youth 10-14 years and their parents. Cost is covered by MediCal; sliding fee scale for non-MediCal participants. Dinner is provided. Waiting lists are kept and new groups are started to meet the demand. Call Andrea Jones at 756-8181 ext. 13 to register and for exact dates and locations.

In Davis: Third & B, 303 Third Street

Another group will start in Davis in January.

In Woodland: Tuesdays or Thursdays, starting in early February; 6:00-9:00 p.m.

In West Sacramento:

Community Room A, 500A Jefferson Blvd.

Tuesdays and/or Wednesdays, beginning in February; 6:00-9:00 p.m.

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.

The Judicial Team & review of Welfare System

January 13, 20 & 27; 6:30-9:30 p.m.

Adoption & Grief and Loss Issues in Foster Care

February 10, 17 & 24; 6:30-9:30 p.m.

Kinship Care Education Program

Held at Woodland Community College

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

Legal Issues with the Honorable, Donna Petrie

Jan. 20, 9:00-12:00 noon or Jan. 21, 6:30-9:30 p.m.

Ensuring Your Child's Future

Feb. 17, 9:00-12:00 noon or Feb. 18, 6:30-9:30 p.m.

Workshops & Classes

Yolo Family Service Agency

These classes are repeated when there is sufficient enrollment. For information or to sign up call 662-2211 or 753-8674 or (916)375-1254:

Kids' Turn

Six-week groups for children (4 – 14 years) and parents experiencing separation or divorce. Class will start in January; call for dates and time. Lee Jr. High, 520 West St., Woodland

Protecting Children from Conflict

For children of divorced or separated families with ongoing difficulties resolving issues.

Mondays, January 24 – April 10, time & location TBA

Parenting for Yourself & Your Child

Learn effective communication skills; how to build your child's self-esteem; appropriate discipline/limit setting; constructive expression of anger. This class meets court ordered requirements.

Tuesdays, Jan. 25-March 14, 5:30-7:00 p.m.

Woodland United Way office, 1017 Main Street.

Fee: \$120/individual; \$176/couple

Living with Your Teens

Thursdays, January 6 – February 10; 6:30-8:00 p.m.

Holmes Jr. High Library, 1220 Drexel Drive, Davis

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. During each session three classes appropriate to different ages are offered: "Rebonding and Rebuilding" (0-5 years); "Active Parenting" (6-12 years); "Parent to Parent" (13-17 years). All classes are held from 6:30 to 8:30 p.m. and offer free child care.

There is no class fee but participants must pre-register by calling 669-3285.

Session 1: All classes held at the Mario Obledo Center, 514 Main Street, **Woodland:**

"Parent to Parent"

Wednesdays, February 2-March 22 (class)

March 29 (family activity).

Session 2: All classes held at Trinity Presbyterian Church, 1500 Park Blvd., **West Sacramento:**

"Active Parenting"

Mondays, January 24 – February 28 (class)

March 6 (family activity).

"Parent to Parent"

Mondays, March 13 – May 1 (class)

May 8 (family activity).

Session 3 (held in Spanish): All classes held at the Mario Obledo Center, 514 Main Street,

Woodland:

"Rebonding and Rebuilding"

Thursdays, January 6 – March 2 (class)

March 9 (family activity).

"Active Parenting"

Thursdays, March 16 – April 20 (class)

April 27 (family activity).

"Parent to Parent"

Thursdays, May 4 – June 22 (class)

June 29 (family activity).

Session 4: All classes held in **Davis** at Headstart, 1850 Hanover Drive

"Rebonding and Rebuilding"

Tuesdays, January 11 – March 7 (class)

March 7 (family activity).

"Active Parenting"

Tuesdays, March 14 – April 18 (class)

April 25 (family activity).

"Parent to Parent"

Tuesdays, May 2 – June 20 (class)

June 27 (family activity).

Session 5: All classes held at the Mario Obledo Center, 514 Main Street, **Woodland:**

"Rebonding and Rebuilding"

Wednesdays, April 5 – May 31 (class)

May 31 (family activity).

"Active Parenting"

Wednesdays, June 7 – July 12(class)

July 19 (family activity).

"Parent to Parent"

Wednesdays, July 26 – September 20 (class)

September 27 (family activity).

Conferences

CAEYC's Conference 2000

March 9-11, Sacramento

Contact CAEYC at (916)442-4703

A Hundred Languages for Learning

May 4-6, CA State University, Fresno

Contact: Dr. Shareen Abramson at (559)278-0226

Infant/Toddler Consortium Conference

June 23-24, Berkeley High School, Berkeley

Contact: (510)658-9189

Especially for Parents

What's Your Parenting Style?

By Betsy Lurie

Our shelves are full. From “Toddler Taming” and Dr. Spock to “Setting Limits” and “Children the Challenge,” we parents have been turning to the experts for guidance and support in the choices we make for our kids. At times I have felt more swamped than buoyed up by the sea of opinions on childrearing. Which expert do we turn to? Should we “Dare to Discipline” as Barry Sears suggests or let our kids experience the “logical and natural consequences” of their choices as Rudolf Dreikurs recommends? At times, I feel like throwing up my hands with regards to style, especially when I have assessed the natural consequence of my own child's behavior and concluded that “he could be killed doing that!” Still, I have come away from my own reading with a belief that parenting style does have a significant impact upon our children. We matter a lot.

Diane Baumrind, in 1971, distinguished four parenting styles which I find clear and useful. While most of us tend to move between categories, it is still possible to classify oneself as predominantly one style or another. The following will help:

1. **Authoritative–democratic parenting.** Authoritative parents are sensitive to their child's emotional needs and are careful to be sure that children are aware of reasoning behind parental guidelines and consequences for misbehavior. Control is clearly in the hands of the adult but is never exerted in a random or meaningless fashion. These families are “**democratic**” in style and give children increasing responsibilities as their abilities mature.
2. **Authoritarian parenting.** Authoritarian parents favor a family which is hierarchical in style and stresses the virtue of obedience to one's elders. Parents exert control over their children but feel no need to supply reasoning for the limits they set. Clear communication and nurturing are not valued as much as they are in the “democratic” style of parenting.
3. **Permissive-indulgent.** Children are given a lot of freedom to do as they wish and can often cajole their parents into doing things for them which they would otherwise be able to handle independently. Parents do a fine job communicating their love and affection

for their children, but they vary in their ability to teach their children the reasoning which goes into limit setting. The parents have only weak control over child behavior.

4. **Permissive-indifferent.** These adults remain aloof and uninvolved in their children's upbringing. This can be due to either lack of interest in the family or preoccupation with other issues. The children appear to be “raising themselves” or have a heavy reliance on siblings for support and guidance. Parents don't make the effort to set limits or make maturity demands, nor do they share ideas, opinions and feelings with their children.

Effects of Parenting Styles

Baumrind went beyond merely labeling parenting styles and looked at the outcomes of these styles on children as they proceeded through their early years to adolescence. **Consistently and at all ages, the children who came from authoritative-democratic backgrounds showed higher degrees of competence.** Specifically,

1. **Children of authoritative-democratic parents** were more self-reliant, self-controlled, and able to get along well with their peers. These traits emerged as early as preschool. Interestingly, these children also showed less stereotypic gender behavior, with girls more achievement oriented and boys more social and cooperative than average. Studies also showed them to have higher self-esteem, internalized moral standards, maturity, and academic success.
2. **Children of authoritarian parents** did not develop a distinctive profile until the elementary years. They then distinguished themselves as less trustful of others, less spontaneous and assertive in their play, and more reliant upon outside authorities.
3. **Children of permissive-indulgent parents** have less independence and self-control. By adolescence, their self-esteem was lower than that of their counterparts from other parenting categories. Their ability to plan for the future and set significant life goals was relatively poor.
4. **Children of permissive-indifferent parents** shared characteristics of the previous category. In addition, these children were at risk for parental neglect of their physical as well as emotional needs.

As parents, it behooves us to be mindful of the benefits of an **authoritative-democratic** style. How might

Especially for Parents

this translate into our family interactions on a daily basis? Experts would urge that you:

1. **Don't do something for your children if they can do it independently.** Sally is a first grader and has been able to tie her shoelaces for some time now. She prefers to have mom do it and has become quite skilled at dawdling and pressing her mother into service. Otherwise, "it takes too long." True, it may take longer at first, and more time may be needed to get out of the house, but ultimately the payoff will be worth it.
2. **Be as democratic a family as possible. Begin a custom of "family meetings" to discuss both concerns and successes.** It's Mom's turn to speak at the weekly family meeting. She's tired of hearing complaints about the lunches she packs, and is concerned about the food she's throwing out and the healthy food the kids aren't eating. Can the kids start making their own lunches that are both pleasing to them and nutritious? Pleased to be considered 'mature' enough to make their own lunch choices, the children vote to begin making their own lunches. Taking it one step further, they suggest they do their own shopping. A motion is made to have the kids join Mom at the market. Here they will be given \$15 worth of scrip and a shopping cart of their own. They happily vote to both shop for and make five lunches a week. Sarah even wants her own 'Lucky card' so she can get discounts at the register!
3. **Model rational decision-making.** Tanya notices her mother reading the side of cereal boxes. "They tell you how much fat and sugar the cereal has, right on the box," Mom explains. Pretty soon Tanya's a label reader.
4. **Show emotional warmth and empathy toward your children. This fosters high self-esteem and raises children's confidence to try things on their own.** Laura was frustrated and unhappy. A boy in her class pounced on anything Laura said and twisted it around and repeated it as some kind of joke. These loud and unremitting "puns" escalated to such a degree that Laura felt like nothing she was saying was truly heard---it was merely another opportunity for teasing. She asked her mother, "Do you have any ideas for how I could make this stop?" Her mother's first response was to commiserate with how lousy Laura must be feeling, and to tell her she was glad she'd decided to come talk. What

she did not do was intervene for her daughter. Laura had, after all, asked for advice about stopping the situation on her own, not asked to have the problem solved for her. Together they sat down, brainstormed and came up with a list of ideas for handling this problem: Should Laura avoid this child? Talk to her teacher or the school counselor? Tell the boy point blank, "You're making me feel really bad." The simple act of just listing options was enough to visibly cheer Laura. In the end she decided to sit on it a bit, hope it might pass, or possibly say something to the boy. While that might not have been Mom's first approach, Mom was still pleased with this interaction. Several good things happened: Laura felt supported, she saw that her mother trusted her to come up with good solutions, and she subsequently felt confident enough to handle the situation on her own.

5. **Apply restrictions and consequences as necessary, but be sure your children understand that you have a rational and logical reason behind these actions.** Emily, a fourth grader, did some channel hopping after [Bill Nye the Science Guy](#) and discovered [Fresh Prince of Belair](#). She told Mom that she'd heard about this show from friends and that it was supposed to be great. "Oh, please, please, please let me watch it," she begged. "Why am I only allowed one hour of TV? I've finished my homework and practiced piano!" Mom's response: "You know, they've done studies which show that the more TV a kid watches, the worse she does in school and the more likely she is to get fat. I really love you and I want you to do well in school and be healthy. That's why I want you to find something else that's fun to do."

These are just some examples of **authoritative-democratic** parenting in action. More helpful advice can be found in the local library or the Child Care Services Book & Video Lending Library located at 604 Second Street, Davis. (757-5691 or 1(800)378-5044) I particularly recommend [Children: The Challenge](#) by Rudolf Dreikurs, M.D. Good Parenting!

Betsy Lurie is a freelance writer who lives in Davis with her husband and two children. She particularly likes writing about health, family, and outdoor issues and activities.

Especially for Parents

Parenting Handouts

Today it seems as if just about all media forms spout dialog that is peppered with profanity. How does one raise children in this environment? Davis English teacher Sally Ryen offers some thoughts and observations in the January parenting handout, "The Power of Words."

In the February parenting handout, "Helping Children Develop Financial Responsibility," Davis author Nancy Morrow presents some ideas on how you can help your child be ready to handle adult financial responsibilities when the time comes.

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 an 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 604 Second Street, Davis.

Get Small Talk and Parenting Handouts On-line

Are stacks of papers you'd like to read building up in your home? If so, reduce some of the clutter and get *Small Talk* and monthly parenting handouts from the City of Davis webpage. Although the city is working to improve it's website, the following addresses should be good through March:

<http://www.city.davis.ca.us/city/parks/child/smtalk/index.htm>

<http://www.city.davis.ca.us/city/parks/child/handout/index.htm>

Share Your Writing Talent!

City of Davis Child Care Services is seeking articles on topics directed towards parents and child care providers. The articles will be used as parenting handouts or newsletter articles during FY 2000-2001. They will be distributed in paper form and possibly via the Internet.

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

Authors of selected articles will be contacted prior to June 30. Payment will be in the range of \$50.00 - \$70.00 per article. Articles not selected will be returned.

Completed articles must be received by Friday, May 5, 2000. Send them to: Chris Weber-Johnson, Child Care Services, 23 Russell Blvd., Davis, CA 95616. For more information or a list of commonly requested topics, call Chris Weber-Johnson at 757-5691 or 1(800)378-5044

Legislative Update

New Laws

AB 458 (Zettel)

Right to Licensing Information

This bill required Resource & Referral and Alternative Payment Programs to inform parents of their right to examine the licensing information required to be maintained at child care facilities and the licensing information maintained by the Department of Social Services Community Care Licensing Division. The notification requirement will be incorporated into California Department of Education contracts.

Signed: *Chapter 823*

AB 855 (Cardenas)

Child Care Loan Programs

This bill requires child care programs to be licensed in order to qualify for loans or loan guarantees. It allows loans and loan guarantees to be made in order to expand or preserve existing child care operations. The bill allows family child care homes to qualify for loans without requiring the repair or renovation necessary to obtain or keep a license. It exempts family child care homes from having to match the loan funding.

Signed: *Chapter 492*

AB1052 (Jackson)

Child Care Initiative Project Sunset

This bill deletes the repeal date of the Child Care Initiative Project, extending the operation of the project indefinitely.

Signed: *Chapter 548*

AB 1055 (Villaraigosa)

Public Playgrounds

This bill delays the date by which playgrounds that are open to the public (including child care centers) must upgrade their playgrounds to meet specified safety regulations from January 1, 2000 to January 1, 2003. It exempts foster care homes and family child care homes from this requirement. The bill requires playgrounds to be inspected by January 1, 2000, to determine what needs to be done to meet safety regulations. It creates the Safe Playground Facilities and Recycled Materials Act to provide grant funds until January 1, 2003, for the purpose of improving or replacing playgrounds. To be eligible for funds, a local agency must provide matching funds and guarantee that at least 50% of the grant funds will be used for improvements using recycled materials.

Signed: *Chapter 712*

AB111 (Aroner)

Social Services Budget Trailer

This bill prohibits the California Department of Social Services (DSS) from charging fees for the processing of fingerprints for child care licenses, volunteers and employees when funding is provided for that purpose in the state budget. Contains other provisions.

Urgency measure.

Signed: *Chapter 147*

AB 1659 (Assembly Human Services)

Fingerprinting Exemptions

This bill exempts 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 exempts relatives, legal guardians and foster parents from the clearance requirement. This bill also exempts a contracted repair person if not left alone with children in care. Contains other provisions. Urgency measure.

Signed: *Chapter 881*

SB 618 (Chesbro)

Fingerprinting Fee Exemptions

This bill eliminates the fee that child care volunteers must pay for obtaining a criminal background check between January 1 and July 1, 2000. It provides a continuing exemption when funds are appropriated in the state budget for that purpose. It requires the Department of Social Services to review the criminal background check process and provide recommendations on streamlining the process by March 1, 2000.

Signed: *Chapter 934*

SB 741 (Alpert)

Chickenpox Vaccinations

This bill requires children to be vaccinated against varicella (chickenpox) before being admitted to a public or private school, child care center or family child care home beginning July 1, 2001. It does not require immunization of children already admitted to kindergarten or a higher grade.

Signed: *Chapter 747*

Source: *Tulare County Child Care Newsletter*,
December 1999-January 2000

Video Views

Selected and reviewed by Chris Weber-Johnson

The following videos are new additions to the Child Care Services Book & Video Lending Library (B&VLL) located at 604 Second Street in Davis. The annual borrowing fee is prorated to \$5.00 starting January 1 and is effective for both this library and the Toy Closet (the toy lending library located at Parks and Community Services, 23 Russell Blvd.) through June 30, 2000. Fee waivers are available. Videos may be checked out for one week with a refundable \$5.00 deposit. The hours of the B&VLL are 8:00 a.m. to 5:00 p.m. Monday through Friday. To request information on the B&VLL, the Toy Closet or for a listing of video and audio tapes, call (530)757-5691 or 1(800)378-5044.

Shaking, Hitting and Spanking: What To Do Instead (VT157)

Running time: 30:35 minutes

This video presents very good information about techniques that parents can use as alternatives to shaking, hitting, and spanking. Scenes involving parents and children of different races and ages are presented. The situations are realistic and easy for parents to identify with. Since the age of the child in each situation varies, parents can observe appropriate techniques for getting cooperation from children at different stages of development.

Four common situations when parents might be tempted to shake, hit or spank are explored. After each scene has been set, the question is posed: what else could the parent do? At this point, the viewer can stop the video and think of alternatives, or if this video is used as part of a class, the group can brainstorm ideas.

The first scene is of a tired, young, single mother with a crying baby at night. The mood is so effectively created that it is not hard to imagine oneself losing control under these circumstances. After the question is asked, about twenty suggestions of ways to comfort the child and allow the parent to get some rest are demonstrated. Information about why babies cry is also given. Word captions reinforce the verbal and visual information.

The second scene involves an exploring toddler and a dad who wants to read the newspaper. The reasons why a toddler explores and why hitting is an inappropriate way to deal with the frustration caused by a toddler's possibly dangerous behavior are given.

The demonstrated techniques for stopping a parent's urge to hit include child proofing and redirection.

The next scene shows a school age child who refuses to stop riding his bike when his mother calls him in for dinner. Five techniques for encouraging cooperation and decreasing the irritation that this kind of behavior arouses are shown.

The final scene will be familiar to busy parents; a father who needs to complete a building project asks his daughter to go clean her room. She returns shortly with a doll, her room still a mess. Ideas are given for ways to improve parent/child communication and interaction. These, in turn, encourage the child to be more responsible and self-reliant.

A review and summary of the techniques presented in each situation concludes the video. Both the information given and the format make this a very useful video for parents.

Home and On Your Own (VT156)

Running time: 18 minutes

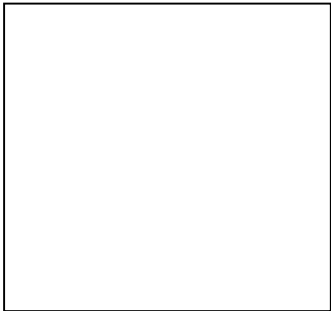
Estimates are that in the United States there are 14 million latch key children who are home alone after school while their parents work. If you and your children are considering this option of self-care, this video has some advice on how both parents and children can feel safe, happy and productive while the child is home and on his/her own.

Staged scenes, group discussions, and the individual thoughts of children and parents are used to demonstrate and reinforce information and tips given on the following areas: safety concerns and issues, establishing rules for when the child is alone, dealing with the feelings of both children and parents who may be uncomfortable with the self-care arrangement, and issues regarding the possible increase in substance abuse problems.

While this is not a really comprehensive video, it may serve as a good way to start the communication between parents and children that is necessary for self-care to be successful. By viewing it together, parents and children can review the issues together, express and discuss any fears or concerns, and develop plans. As the video stresses, communication is the key to success!

Family Child Care News

Exclusion for Illness Policy in the Child Care Setting



When is a child too sick to come to child care? What criteria will you be using and what if there is a difference of opinion between the provider and the parent? Young children do get frequent illnesses and parents who need child care generally will have difficulty finding

alternative care for a sick child.

Preventing the spread of contagious illnesses and keeping children healthy in the child care setting is a partnership between parents, the provider, medical provider and the children themselves. Having sound and enforceable health policies will help keep children healthy and prevent the spread of contagious conditions when they do arrive.

Contrary to popular belief and practice, many illnesses do not require exclusion of sick children and staff. Most mildly ill children can safely attend classes unless (1) the illness prevents the child from participating comfortably in routine activities, (2) the illness requires more care than the child care staff can provide without compromising the health and safety of the other children, and (3) the illness is any of the conditions listed for exclusion in your policies.

Performing a quick, daily, morning healthy check will help you to better understand each child, make a judgement about what is normal for each child and reduce the spread of illness by excluding children with obvious signs of illness. Some of the symptoms that require exclusion are:

1. Fever along with behavior change or other signs of illness such as sore throat, rash, vomiting, diarrhea, or earache.
2. Diarrhea (runny, watery or bloody stools).
3. Vomiting more than once in the previous 24 hours.
4. Body rash with fever.
5. Sore throat with fever and swollen glands.

6. Eye discharge (thick mucous or pus draining from eye, or pink eye).
7. Head lice or nits (eggs).
8. Severe coughing, with obvious discomfort.
9. Yellow skin or eyes.
10. Irritability, continuous crying, or child requires more attention than you can provide.

If the purpose of excluding an ill child is to prevent the spread of infection to other children in the program, this action is rarely appropriate. Most children who develop symptoms of illness often shed infectious material several days before developing any symptoms. Some shed this material for many days after the symptoms are gone. The few instances where exclusion is required are limited to infectious diarrhea and vomiting, untreated conjunctivitis, impetigo, ring worm, head lice and scabies. For most of these the exclusion can be limited to a day or two, during which time the child will receive treatment and bring the condition under control.

It is important to remember that care for a sick child is ultimately the parent's responsibility, and the final decision whether to exclude a child from child care is made by the child care program.

Write a clear, up-to-date exclusion policy for illness and provide parents with a copy. Ask your health consultant or health professional to review it periodically. Having a sound policy and enforcing it consistently will help avoid conflict between the child care provider, parents and medical providers.

Like children, adults in the child care setting are also able to spread contagious illnesses. Therefore, it is important that your exclusion policy explicitly describe the conditions under which an employee will be excluded from work due to illness.

For more information on inclusion/exclusion policies, call the HealthLine at 1-800-908-8883.

Source: *Child Care Communique*, May/June 1998
Reprinted with permission from YMCA Childcare Resource Service.

Family Child Care News

Infant/Toddler Quality Care Project Gearing Up: It's Not Too Late to Join!

All of you should have heard about the Infant/Toddler Quality Care Project by now. There have been direct mailings, and information in every Small Talk since summer. Many of you have called to sign up, or with questions. *There is still room in the project* for more providers who are either caring for infants and toddlers, or who would like to expand their business to that age group! If you know of someone who is thinking of becoming licensed, please share the news with them as well.

The three 3-hour quality care trainings will begin on January 22. The dates for the other two classes are February 26, and March 18. Between each of these three trainings, we will hold two discussion groups which will allow participants to ask specific questions and discuss the issues raised in the trainings.

Participants will also be able to receive up to four home visits. These are designed to completely customize the learning. The home visitor will be able to help the provider in any areas that are requested, such as setting up the environment, immunization record-keeping, handling challenging behaviors, and so on.

If you have any further questions, or would like to sign up for this wonderful opportunity, please call Carrie at 757-5691 or 1(800)378-5044.

Tax Preparation and Record- Keeping Workshop in 2000

On Saturday, January 8, we are lucky enough to have Meredith Coghlan back to Yolo County to talk to providers about record-keeping and tax preparation. The class will be held from 10:00 a.m.–12:30 p.m. at the County Fair Mall Community Room, 1264 East Gibson Road in Woodland.

Meredith was herself a family child care provider for ten years. Now that she is a professional tax preparer, she specializes in tax preparation for family child care providers. Meredith will make this difficult subject understandable, giving you ideas on what records you need to keep, how best to keep them, and how to lower your taxes to increase your income.

If you would like to attend, please call Carrie at Child Care Services. All providers are welcome to attend this workshop. For those participating in the Infant/Toddler Project, this class will count towards 2½ hours of the total 17 hours required.

An Invitation to all Yolo County Child Care Providers

It has come to my attention that the "Davis Licensed Family Day Care Association" is the only one functioning in Yolo County*. We'd like to invite **any interested providers** to join us. (We'd even consider changing our name ☺!) We already have two providers from Woodland (who hosted one of our meetings)!

The Davis Licensed Family Day Care Association is planning to meet over pizza on Tuesday, February 8, 2000, at 6:30 p.m. We'll plan to meet at the Round Table in South Davis, but if you plan to attend, please call Dave at 758-3097 by Friday, February 4, in case there are last minute changes. Also, this will help me let the restaurant know how many to expect, and you can place a vote for your favorite pizza toppings. The Association will pay for several pizzas for members to share. (You can become a member that night --- only \$5.00!) Drinks will be no-host. Hope to see you there!

Please consider volunteering for an officer position. We will plan to elect at least a new Treasurer at that meeting, since Teresa Irving is resigning. Thanks for all of your work, Teresa!

Another topic of conversation will be ways to publicly promote ourselves as family child care providers (including our care for school-agers). Call in your ideas if you cannot attend.

Hope to be hearing from you by February 4.

Dave Bakay

Part Time Aide is Available

Margaret Womble, an experienced aide is interested in working in a licensed family child care home in Davis between 7:30 a.m. and 1:30 p.m. Call her at 753-0432 to find out more about her experience.

Family Child Care News

***New West Sacramento Support Group Starting in 2000!**

Hear ye! Hear ye! All family child care providers in West Sacramento are invited to attend the first meeting of this new group. Be there in the planning stages! Take advantage of this great opportunity to join forces with others who share your concerns, questions, needs and, of course, your job description.

Come to Tina Lilliedoll's house at 2961 Renee Court from 7:00-8:00 p.m. on Thursday, January 20, 2000. If you have questions, or if you want to RSVP, call Tina at 372-7499.

FAMILY CHILD CARE CONNECTION

Home Visits and Morning Out

Linda Paz will be visiting providers at their regularly scheduled times during January and February. She will call to reschedule any Home Visits which fall on a legal holiday.

Linda and Renuka will welcome in the new year at the Chestnut Park Round House with Mornings Out from 9:30 to 11:00 a.m. on Fridays, January 7, 14, and 28 and February 4, 11, and 18. If you would like more information about or to be put on the waiting lists for either Home Visits or Morning Out, call Linda at 757-5691.

