

Smalltalk

Serving Providers & Families in Yolo County

Volume XXVI, Number 2

Dear Friends:

As we prepare for spring, our hearts remember the joys of childhood and the people who helped build positive lifetime memories. Our families, friends and childcare providers worked diligently to nurture us as we marveled at spring flowers blooming.

Thank you for your commitment, dedication and service in building positive environments for the youngest in our society. Your kindness will help them to experience the joys of childhood.

It is with great joy and excitement that I join Child Care Services. My predecessor, Donita Stromgren, worked diligently with staff to develop and operate a strong program. I hope to continue her legacy and with your collaboration, progress into the next millennium providing excellent services to Yolo County.

Your suggestions and participation are vital to our programs. If you have not already done so, I encourage you to introduce yourself and share with us your ideas regarding childcare.

I am a Yolo county resident who volunteers in youth related activities and a mother of three lively, curious children. My first job out of college was with the Davis Community Clinic serving residents from Davis, Woodland, Winters, Esparto, Madison and West Sacramento.

My professional experience encompasses local grass roots, regional and statewide efforts which transferred me into the public health and private sector arenas. I helped develop and operate programs that served over 250,000 people in nine different languages. My most recent job included operating a Medi-Cal and Healthy Families outreach program that served Sacramento, Sutter and Yuba counties in six different languages and educated over 9,200 people in six months. In addition, I supported a WIC program where we serviced over 11,000 clients on a monthly basis in four satellite locations and in six languages.

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My educational background includes coursework at the University of California at Santa Cruz, Princeton University and in Costa Rica.

I look forward to serving and meeting you in the near future,

Lisa Yep Salinas
Community Services Supervisor

Meetings/Support Groups

DAVIS CHILD CARE COMMISSION

Quarterly; Public welcome
Davis Senior Center, 646 A Street
For information call Lisa Yep Salinas at (530) 757-5691
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 each 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.

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
March 16 & April 20, 7:15 p.m.
Leake Room, Woodland Public Library
Small group discussions, speakers and support.
Call 750-3929 information

GRANDPARENTS RAISING GRANDCHILDREN

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

LA LECHE LEAGUE

2nd Thursday of month, 10:00 a.m. and 7:00 p.m.
345 L Street, Davis;
For location, phone support/meeting topics call: Jennifer 753-9824, Nathaline 759-1106, Karen 753-6986
Lonna 756-3551; Mary 753-2932
For information about a teen mother's group call Angela 757-7105; Pamela 750-0229

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, 787-3519

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 Rodriguez at 669-4131.

PARENTS OF SIBLINGS SUPPORT GROUP

For parents with children 5 years and under.
Tuesdays, 9:30-11:00 a.m. in TB123 on UCD Campus.
Park on street or in Lot 10 (\$3.00)
Drop-ins are welcome, but it is helpful if parents call Kathleen Grey at 752-4150 first.

PREGNANCY AND INFANT LOSS SUPPORT GROUP

2nd 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

WOODLAND SPECIAL EDUCATION LINKS

Support for parents of children in K-12 special education
March 2; 7:00-8:30 p.m.
"Homework Help-Strategies and Techniques for Parents"
May 4; 7:00-9:00 p.m.
"Social Stories"
WJUSD Offices, Cacheville Training Room
630 Cottonwood Street, Woodland
For more information call Sue Owens at 666-0246

VMC = Veterans' Memorial Center
203 E. 14th Street, (14th & B), Davis
YCSS = Yolo County Social Services
120 West Main Street, Woodland

Community News

Compiled by Chris Weber-Johnson & Carrie Shepard

Calendar

- March 9** Brown Bag: "Food Allergies and Children"*
15 "Padres Activos de Hoy"* class starts
30 Brown Bag: "Teens: Drinking, Drugs, & Depression"
- April 3-9** Native American Cultural Days**
6 Brown Bag: "Homework: Getting It Done"
8-9 Native American Pow Wow**
11 Free Preschool Vision Screening, Davis***
14 Free Immunization Day***
15 UCD Picnic Day**
16-21 National Infant Immunization Week
17 Spring break begins; Davis, Winters, West Sacramento
21 Spring break begins; Esparto
24 Spring break begins; Woodland
24-29 Asian Pacific Culture Week**
24-30 National TV-Turnoff Week***
- May 2** Playgroup Orientation, Davis
4 "Not-So-Terrible Two's"* class starts
4 Preschool Vision Screening, Winters
9 Playgroup Orientation, Woodland
24 Playgroup Orientation, West Sacramento
25 Free Preschool Vision Screening, Woodland

* See "Classes and Conferences"

** For more information, call UCD at 752-2027

*** See Community News for more information

Writers Wanted

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. They may be translated into a number of languages used in Yolo County.

Articles should be no more than 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.

At this time, we have a special need for short articles (1000 words or less) containing basic information on nutrition, discipline for children of all ages, toilet learning, sibling rivalry, and communication skills. The articles should be written at a reading level of eighth grade or less.

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

Completed articles must be received by Friday, April 28, 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.

Census 2000

Why is participating in Census 2000 so important? Because it is this data that policy makers use to make funding decisions for communities across the country. This includes funding for such programs as Head Start, child care subsidies, housing assistance and medical care. These are programs that affect you and other members of your family and community. Answering the Census gives California a voice in Washington.

Do your part for your community. On April 1, 2000 participate in the Census!

Week of the Young Child

Sadly, due to the disbanding of the Committee for Early Childhood Needs, there will be no coordinated activities celebrating the Week of the Young Child in Davis this year. The annual Children's Fair will not be held either. The Child Development Centers at the elementary schools will be hosting events. Contact other children's programs to see if they are planning any special activities.

Community News

Free Vision Screening for Preschoolers

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

If you have or know of a preschool child who may be experiencing vision difficulties, or if you just want to have a child screened, this free opportunity is available to you. Child Care Services, in coordination with the California-Hawaii Elks Club, is sponsoring vision screenings for children ages 2½ to 5 years:

In Davis: April 11, 9:00 a.m. to 1:00 p.m. at the Veterans' Memorial Center Game Room, 203 E. 14th Street.

In Winters: May 4, 9:30 a.m. to 1:00 p.m. at St. Anthony's Church, 511 Main Street, Winters

In Woodland: May 25, 9:15 a.m. to 1:00 p.m. at the ABC Family Resource Center, 518 Main St., Woodland.

Advanced registration is required. To set up an appointment, call (530)757-5691 or 1(800)378-5044 if calling from rural Yolo County, or you may drop by Child Care Services at 604 Second Street, Davis.

Playgroup Orientations Scheduled

Are you looking for new playmates for your young children and for support and companionship from other parents? If so, come to a playgroup orientation! Learn how to set up a group that will best meet your needs, and join other parents in forming a playgroup. While parents talk, children can play with toys provided by Child Care Services. Playgroup Orientations will be held at the following times and locations:

In Davis: Tuesday, May 2 from 10:00 to 11:00 a.m. at the Veterans' Memorial Center Game Room, 14th and B Streets.

In Woodland: Tuesday, May 9 from 10:00 to 11:00 a.m. at the Woodland Toy Library, 1017 Main Street.

In West Sacramento: Wednesday, May 24 from 10:00 to 11:00 a.m. at the Sam Combs Family Resource Center, 205 Stone Blvd.

No fee or pre-registration is required. Children are welcome! For more information, call Child Care Services at (530)757-5691 or 1(800)378-5044.

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 or to find out about additional events.

Before choosing a child safety seat, call the National Highway Traffic Safety Administration at 800-424-9393 for a copy of the brochure *A Shopping Guide to Child and Infant Seats*; or check related websites:

- www.safekids.org
- www.babylink.com
- www.NHTSA.gov

For other up-to-date consumer safety alerts and safety information, call the Consumer Product Safety Commission at 800-638-2772 (www.cpsc.gov).

Community News

Free Immunizations Day: April 14

From 11:00 a.m. to 6:00 p.m. on Friday, April 14, the Yolo County Public Health Department will be offering free immunizations to all children, regardless of ability to pay or access to health insurance. Children must be accompanied by a parent or guardian, and they must bring in their immunization records. In Woodland, the Public Health office is located at 10 Cottonwood. The West Sacramento office is at 500-B Jefferson Boulevard. This event is sponsored by Kaiser.

The Hepatitis B Vaccine: Is Your Child Ready for 7th Grade?

If you have a sixth grader who has not received the Hepatitis B vaccine, it is time to start the series. Children entering 7th grade must be immunized against Hep B, which requires 3 shots taken at specific intervals over a six month period. It is important to start the process early in the year, to ensure that the child is fully immunized prior to the start of school in September. If you have questions about this or any other immunizations, call your family physician or the Public Health Department at (530)666-8645 or (916)375-6380.

Lactobacillus Benefits Children on Antibiotics

Does your child get diarrhea when he or she is taking antibiotics? Some children are on antibiotics frequently for minor infections, often ear infections, and 20-40% of these children tend to get diarrhea from their medication. The antibiotics disturb the normal balance of "healthy" bacteria in the intestines. One of these "healthy" bacteria, called Lactobacillus, is found in various foods, including yogurt.

Researchers have found that children on antibiotics who take Lactobacillus tend to have reduced incidence and reduced severity of diarrhea. Lactobacillus and other probiotics, such as acidopholus and bifidus, are available in various cultured foods such as yogurt. They are also available as supplements at health food stores. You can check the label of the food to find out whether it contains live probiotics.

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, 1:00-3:30 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.

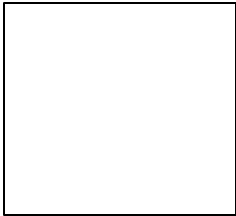
Clinics in Davis, West Sacramento, Winters &

Woodland. Phone hours 8:30 a.m.-3:00 p.m.,

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

Community News

Paying for Child Care



For most families, the cost of child care is a big part of the monthly budget. There are ways to reduce the cost of child care expenses depending on your financial situation and benefits offered by your employer. Here are a few suggestions you can explore which

may reduce your overall child care expenses:

Dependent Care Assistance Benefits: If your employer offers this plan, it allows you to receive tax-free income to reimburse you for some or all of your work-related dependent care expenses. This includes child care costs for children under age 13 or a dependent or spouse who is mentally or physically incapable of personal care. Check with your employer for more information. If your employer doesn't offer this option, ask them to consider it as a low cost benefit to employees.

Child and Dependent Care Expense Credit: If you (and your spouse if you are married) earned income during the year and you paid someone to care for your child (under age 13 or a dependent who could not care for themselves), you may be eligible for the Child and Dependent Care Expense Credit. See IRS Publication 501 for more information. You will need to file form 1040 or 1040A- not Form 1040EZ and you must use form 2441.

Earned Income Tax Credit (EITC) is a federal refundable tax credit for low and moderate income people who work. In order to be eligible, a person must have earned income at some time during the year (1999). The work could be part-time, full-time or seasonal. Someone who earned a high income during part of the year and then earned nothing for the rest of the year may also qualify. You may be eligible to get up to \$3,756 back from the government, depending on your household income and the number of children that you are raising. (The child/ren must live with the worker more than six months out of the year.) Be sure to have your tax preparer look into whether you can receive the EITC. If you prepare your own taxes, call the IRS at 1(800)TAX-1040 for more information. IRS publication 596 explains the EITC and the advanced EITC.

Head Preschool Teacher Needed

Davis Community Church Nursery School (DCCNS), a parent cooperative, is seeking to fill a half-time Head Preschool Teacher position, scheduled to begin September 2000. The individual selected for this position will administer a half-day program for 3 to 5 year-olds three days a week (Tuesday-Wednesday-Thursday) during the academic year. Additional responsibilities include meeting with parents after class and at monthly parent education classes.

Qualified applicants must fulfill state licensing requirements for nursery school directors (which include, at a minimum, 12 college units in early childhood education, and 3 units in administration or staff relations). Additionally, the position requires at least two years college emphasizing early childhood or elementary education or a related subject area, and prior experience working with young children in an organized program.

Interested individuals should forward a resume by March 24 to DCCNS at 412 C Street, Davis, CA 95616. For more information, please call the DCCNS office at 758-2940.

Looking for a Preschool Program?

Children's Center State-Funded Preschool Program, located at 530 B Street in Davis, serves children 3 to 5 years of age. Two sessions are available:

Session I	8:30 a.m. to 11:30 a.m.
Session II	12:30 p.m. to 3:30 p.m.

Children are eligible for this **no cost** program based on family income. For further information call (530)757-5340 ext. 176. Un interprete en español es disponible.

Community News

Register for Kindergarten

The process to register a child for kindergarten varies from school district to school district. However, all districts require that parents show the child's **birth certificate** and **immunization record**. All districts except for Esparto also require proof of residency, which is satisfied by a **PG&E bill**. Here is specific information for each district:

Davis: Kindergarten registration day is March 16. Parents must register incoming kindergarten students at their neighborhood school (bring above information) with the exception of those going to Fairfield Elementary School (FES). FES information night is Wednesday, March 15, 7:00 p.m., at the school, 26969 County Road 96. Questions will be answered about the program and registration process. Students interested in attending FES must return a Fairfield Elementary registration form (available at any elementary school) to the Willett office by March 24. Call your neighborhood elementary school for more information.

Esparto: On-going registration is being taken at Esparto Elementary School. Packets of information are available. Parents must show their child's birth certificate and immunization record only. For more information call the school at 787-3417.

Washington SD (West Sacramento): Kindergarten registration will be held at each elementary school on May 2. Bring the above three pieces of information. Call your neighborhood elementary school for more information.

Winters: Four orientation meetings will be held for parents of children 2 to 4 years of age. Anyone who is registering a child for kindergarten *must* come to one of these orientations. Free child care will be available. Orientations will be held on:

March 7, 6:30 p.m. at St. Anthony's Community Center;
March 8, 6:30 p.m., Yolo Housing Recreation Room;
March 9, 6:30 p.m., Church of the Latter Day Saints;
Saturday, March 11, 10:00 a.m., Winters Parent Nursery School.

Registration and assessment of the children will take place at the Kindergarten Fair from 9:00 a.m. to 3:00 p.m. on May 20. For more information call 795-6154.

Woodland: On-going registration is being taken at all the elementary schools. Bring the above three pieces of information. Call your neighborhood elementary school for more information.

A New Resource for Families

The ABC Family Resource Center, Yolo County provides a variety of services to families with children 0 to 5 years of age from Woodland and the surrounding areas. It is located in the Hon. Mario G. Obledo Community Center, 518 Main Street in Woodland. The free services are bicultural and bilingual. Some of the services that are offered are:

- parenting classes
- Family Life Skills Training
- Parent/Child Playgroups
- Mental health, drug and alcohol services
- Home visiting services
- Public health nurse services
- On-site bilingual therapist

Call (530)669-2430 for information about specific services offered.

Conferences

CAEYC's Conference 2000

March 9-11, Sacramento
Contact CAEYC at (916)442-4703

Nature & Nurture of Brain Development

March 10, Napa
Contact: (707)258-3099

Child Sexual Abuse Awareness Conference

April 8, Davis,
Contact: 1(800)441-7886

The 2000 Health and Wellness Forum

April 25-26, Sacramento
Contact: (916)657-2692

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

Community News

FAMILY EVENTS:

Young at Art

The Young at Art! Festival is scheduled for Sunday, March 19 from 11:00 a.m. to 5:00 p.m. at the Davis Art Center, corner of Covell & F Streets (Community Park) in Davis. The Festival is a daylong event that includes: stage performances of children's music, drama and dance performance groups; workshops and hands-on activities that generate take-home art for children of all ages and their families, the opening of a month-long Davis elementary school classroom art exhibit, and a Silent Auction. Tickets can be purchased at the door for \$5 per person. Children under two are free. For more information contact Debbie Parrella at (530)758-5154.

Charlotte Diamond Children's Music Concert

Award-winning children's performer, Charlotte Diamond will perform on April 1, at the Varsity Theatre at 1:00 and 3:00 p.m. The tickets are on sale at Armadillo Music at 205 "F" Street for \$7.00. Her albums include favorite songs for preschoolers and elementary children. Call 758-9805 for information.

Family Fun Day

Family Fun Day will be held on Saturday, May 6 from 10:00 a.m. to 3:00 p.m. at Freeman Park in Woodland. The City of Woodland Parks, Recreation & Community Services Department would like to invite you to participate in this festivity. There will be entertainment, hands on activities for children, prizes and food.

While celebrating The Month of the Young Child, this event also offers Woodland families an opportunity to shop for childcare, summer youth activities, and learn about the variety of child care providers and youth organizations in the Woodland Community.

If your organization would like to participate in this event by setting up an information table, call (530)661-5880, no later than April 21.

National TV Turnoff Week

During the week of April 24-30, millions of Americans are urged to turn off their TVs for one week. Sponsors of this fifth annual event hope that this will encourage families to have more time to discover rewarding family interactions: time to play games, read together, exercise, and have more conversations.

It's estimated that before an average child has entered kindergarten, she has spent between 5,000 and 8,000 hours watching TV. TV Turnoff Week is endorsed by many national educational, health, and religious organizations. A packet of materials is available for \$10 as an organizer's kit, which includes a guidebook, poster, bumper stickers, suggested activities, and items for distribution. Those who want further information (including a brochure) can call (202)887-0436 or write: TV-Free America, 1611 Connecticut Ave. NW, Suite 3A, Washington, DC 20009. Information on National TV Turnoff Week is also available on the internet at www.tvfa.org.

Here are some tips on what parents can do to prevent their children from sitting in front of the TV all day:

- **Limit TV viewing to less than one hour a day** and make every moment count. Play with your child. Encourage your child to help with simple chores and make it fun.
- **Read, read, read.** Then, when you're finished, read some more. Reading is one of the most important things you can do with your child.
- **Stock a kitchen drawer with crayons, markers, paper, scissors and more.** Give your child the opportunity to do another activity while you are preparing dinner.
- **When your children are watching TV, watch the program together.** Interact during the show, ask questions, make it a non-passive activity. Avoid violent, aggressive programs whenever possible!

Source: *Mary Guddemi, PH.D. is an expert in early childhood development. Tulare County Child Care Newsletter, December 1999-January 2000 and Child Health Alert, March 1999.*

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 Child Care Services, which serves all of Yolo County, at (530)757-5691 or 1(800)378-5044.

Brown Bag Parenting Series

*Sponsored by Child Care Services,
serving all of Yolo County*

Free noontime workshops held from 12:10 to 12:50 at Davis Senior Center Game Room, 646 A Street. No pre-registration is required. Not suitable for children to attend so please arrange for childcare.

Food Allergies and Children

March 9; presented by Karin Pelz and Leslie Hammond, parents who have experience with children with moderate to severe food allergies.

Teens: Drinking, Drugs, and Depression

March 30; presented by DHS Drug & Alcohol Counselor Bill Gray.

Homework: Getting It Done

April 6; A talk focusing on children in grades 5 through 8, by school psychologist, Barbara Sells.

The Not-So-Terrible Twos (PC912)

*Sponsored by Child Care Services,
serving all of Yolo County*

A class for parents of children 12 to 36 months of age. Thursdays, May 4, 11, 18, 25, 7:00-9:00 p.m. Davis Senior Center Activity Room, 646 A Street. No cost but participants must pre-register for class PC912 by calling city of Davis P&CS at 757-5626 or Child Care Services at 757-5691 or 1(800)378-5044.

Padres Activos de Hoy (PC913)

*Sponsored by Child Care Services,
serving all of Yolo County*

A video-based class for parents of children 3 to 11 years of age.

Class in Spanish PC913

Wednesdays, March 15 - April 5; 6:30-8:30 p.m. Multi-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. There are a few more spaces for adults but the child care is full.

Active Parenting Today Padres Activos de Hoy

Sponsored by Winters School District

Two video-based classes for parents of children 3 to 11 years of age. Offered in Spanish and in English. Spanish: Mondays, March 6 - 27; 6:30-8:30 p.m. English: Thursdays, April 27-June 1; 6:30-8:30 p.m. Waggoner Elementary School, Room 1 500 West Edwards, Winters

No cost but participants must pre-register for either class by calling Esteban Montaña at (530)795-6121. Free child care is available for both classes but parents must sign up for it in advance.

Parent Empowerment Program

Sponsored by Washington Unified School District

Classes for parents of children 2 to 13 years of age. Tuesdays, April 4-June 13, 7:00-9:00 p.m. River City High School, 1100 Clarendon Street. West Sacramento

Class is free; free childcare provided for all ages.

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

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: 328 D St., 5:30-8:3 p.m.

Another group will start in March.

In Woodland: Family Resource Center 518 Main Street., 6:00-9:00 p.m.

Tuesdays, starting in March.

In West Sacramento:

Community Room A, 500A Jefferson Blvd.; 6:00-9:00 p.m. beginning on March 8.

Foster Care Education Program

Held at Woodland Community College

Classes are open to any interested person. For information call Cherie Schroeder at (916)678-3021 or Cyndi Smit at (530)666-4276.

Teens

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

**Special Topics: Review of General Health,
Police Investigation and the Abuses**

April 13, 20, 27, 6:30-9:30 p.m.

Workshops & Classes

Kinship Care Education Program

Held at Woodland Community College

Classes are open to any interested person. For information call Debra Wiegel at (530)668-9231.

General Parenting Forum

March 16, April 13, May 18, 9:00 a.m.-12:00 noon

Drug Abuse & Its Effect on Children

March 17, 6:30-9:30 p.m.

Discipline, Parent Child Interactive Therapy

April 14, 6:30-9:30 p.m.

Pediatric First Aid & General Safety Tips

April 29, 9:00 a.m.-5:00 p.m.

Special Needs: ADHD, Learning Disabilities, Treatments & Drugs

May 19, 6:30-9:30 p.m.

Workshops Through Yolo County SELPA

Special education and related services for children (0-22 years) with disabilities

For information about these workshops call 668-3786.

Information Night (for Spanish Speaking Parents/Family Members)

Info. about services available to families in Yolo Co.

March 15; 7:00-9:00 p.m.

Yolo Co. Office of Ed., 1240 Harter Ave., Woodland

Recreation Opportunities for Children with Special Needs

April 12; 7:00-9:00 p.m.

Alternative Rec. Bldg., 1111 Anderson Rd, Davis

Child Anger Management

Information to help your child deal with anger and frustrating situations in socially acceptable ways.

May 3; 7:00-9:00 p.m.

Yolo County Office of Education

1240 Harter Ave., Woodland

Yolo Family Service Agency

These classes are repeated when there is sufficient enrollment. For information, cost, 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.

Mondays, April 24-June 5; 6:30-7:30 p.m.; In Davis, call for exact location.

Protecting Children from Conflict

For children of divorced or separated families with on-going difficulties resolving issues.

Thursdays, March 2-May 4, 6:30-8:00 p.m.

1105 Kennedy Place, Ste. 2, 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 2: All classes held at Trinity Presbyterian Church, 1500 Park Blvd., **West Sacramento:**

"Parent to Parent"

Mondays, March 13 – May 1 (class),

May 8 (family activity).

Session 3 (held in Spanish): All classes held at the ABC Family Resource Center, 518 Main Street, **Woodland:**

"Active Parenting"

Thursdays, March 16–April 20 (classes in Eng./Span.)

April 27 (family activity).

"Parent to Parent"

Thursdays, May 4-June 22 (classes in Eng./Span.)

June 29 (family activity).

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

"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 ABC Family Resource Center, 518 Main Street, **Woodland:**

"Rebonding and Rebuilding"

Wednesdays, April 5–May 31 (classes in Eng./Span.)

May 31 (family activity).

"Active Parenting"

Wednesdays, June 7–July 12 (classes in Eng./Span.)

July 19 (family activity).

"Parent to Parent"

Wednesdays, July 26–Sept. 20 (classes in Eng./Span)

September 27 (family activity).

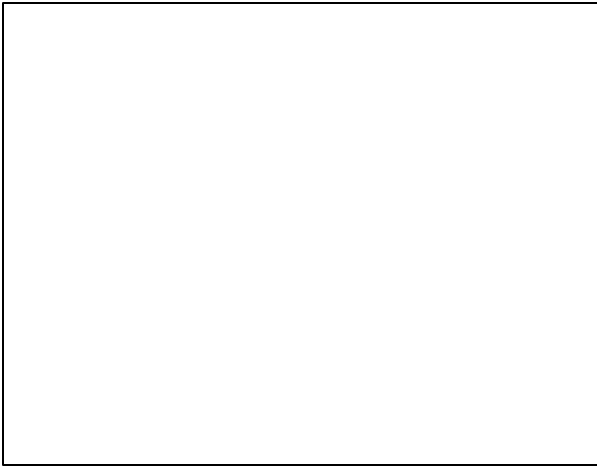
Healthy Families

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.

Especially for Parents

Getting Your Child to Sleep

By Anna Otto



How do child care centers manage to get a room full of two-year-olds to sleep at the same time? To most of us who struggle to get one child to sleep, it seems like an impossible task---a miracle. To child care professionals in child care programs, however, it's all in a days work. During graduate school, I worked in a preschool program for a brief time, and learned some of the "tricks of the trade." Based on this experience, as well as experience with my own children, I offer some suggestions for making sleep time more manageable.

Five sure fire ideas:

1. **Establish a routine:** Young children respond well to predictable routines. They like to know what to expect and when to expect it. In the preschool, for example, the nap mats were set out during lunch. After lunch, the children enjoyed circle time and a story. Then, it was time to head to the mats for nap time. This same routine was followed each day, so the children knew what to expect at each step of the process.
2. **Make smooth transitions between activities:** Give children signals before making abrupt changes. Examples of this are a five-minute warning (e.g., "Five more minutes until it's time to lay down."). This is important to all aspects of a child's day, not just at nap time. Another way to smooth transition times is to offer interim activities. At the preschool, for example, children were allowed take a book to their mat and look through it before laying down.
3. **Create a sleep atmosphere:** Generally, nap time is a quiet, peaceful time. There are many ways you can help to enhance this feeling. The teachers at the preschool turned down the lights and drew the blinds. They also played calm music softly in the background. Voices were kept low, and activity was minimal.
4. **Give appropriate choices:** Young children need to have some control in their lives. The trick is to give them options that are acceptable to you. Don't, for example, ask them if they are ready for a nap if they do not have a choice in the matter. Rather, give them choices such as "Do you want to lay on top or under your covers?" or "Do you want to rest with your socks on or your socks off?" This empowers them to make decisions without setting up power struggles.
5. **Respect individual preferences:** Each child is unique in his or her preferences about sleep. Some children like to have their backs patted, others like to be left on their own. Don't assume that all children like the same thing; take time to learn the preference of the child or children that you are trying to settle down for sleep.

Sing them to sleep (or awake):

In addition to the suggestions above, you may want to incorporate singing into your sleep routines. Songs not only help to set the tone for the moment (e.g., calm and quiet), they also reinforce language skills. It is easy to personalize any of the following songs. Simply substitute your child's name into the song. Children will have long lasting memories of the songs that you sing to them.

Lullabies (Songs to Sleep By):

Hush Little Baby (classic version)

Hush little baby, don't say a word, mama's going to buy you a mockingbird.
If that mockingbird won't sing, mama's going to buy you a diamond ring.
If that diamond ring turns brass, mama's going to buy you a looking glass.

Especially for Parents

If that looking glass gets broke, mama's going to buy you a billy goat.
If that billy goat won't pull, mama's going to buy you a cart and bull.
If that cart and bull turns over, mama's going to buy you a dog named Rover.
If that dog named Rover won't bark, mama's going to buy you a horse and cart.
If that horse and cart fall down, you'll still be the sweetest baby in town.

Rock-A-Bye Baby

Rock-a-bye baby on the tree top
When the wind blows, the cradle will rock
When the bough breaks, the cradle will fall
And down will come baby, cradle and all.

Wake Up Songs:

Are You Sleeping?

Are you sleeping, are you sleeping?
Little baby, little baby?
Now it's time to wake up,
Now it's time to wake up,
Ding, ding, dong. Ding, ding, dong.

Lazy Baby

Lazy baby, will you get up, will you get up,
will you get up?
Lazy baby, will you get up, this cold and frosty
morning?
[You can substitute "silly", "happy" or "pretty"
for lazy.]

Reading to set the mood:

Books are also a great way to help set a sleep mood. Sylvia Long has recently created a lovely retelling of "Hush Little Baby" in her book of the same name. A nice twist in this book is that Mama shows her child things, rather than buying everything. The book "Goodnight Moon" by Margaret Wise Brown has been enjoyed by children for years. The book is now available in a board book version as well as in soft cover and hard back. A visit to the library or book store will produce many other bedtime choices.

Putting a child down to sleep does not have to be an unpleasant experience. By following some of the ideas outlined in this article, you, too, can establish a more pleasant sleep time routine. These ideas should work

as well with individual children as they do in a preschool setting with a room of two-year-olds.

Author Anna Otto has a M.S. degree in Child Development from UC Davis. She has extensive experience working with infants and children. Locally, she has taught informal classes for "A Mother's Place." She lives in Davis with her husband and two children (8 and 1 years).

Parenting Handouts

Discipline is always a hot topic for parents. In the March Parenting Handout, "Guiding Children's Behavior," Lynn Arner-Cross and Sarah Neville-Morgan offer some ideas about how to teach children to behave in socially acceptable ways. In addition, they suggest steps to follow when you need to set a limit.

The April parenting handout is "Helping the Overweight Child." Registered dietician, Jill West, presents four "no diet" plans for fostering healthy eating habits and lifestyle changes that will benefit not only the child but the whole family.

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 its 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>

Creative Corner

Fun with Worms

By Betsy Lurie

Looking for a fun way to involve your children? Want to beautify your yard and take an active part in local environmentalism? Forget those ant farms! Get some pet worms! These wiggly guys can convert your food waste into nutrient rich 'castings' which when added to your soil will help you see marked improvement in your gardening efforts. The world of worms provides a good dose of yucky delight for children as well as returns for you.

I suggest a tour of the Rainbow Worm Farm on County Road 95 in Davis (call 530-758-9906). My family enjoyed this introduction to vermicomposting (the process of using worms to break down organic waste into nutrient-rich material) and was fascinated by the home-designed and built equipment.

To begin, you'll need a worm bin. I recommend supervising your child as he/she builds this out of lumber scraps. Most kids are eager for a useful woodworking project, and this gets them involved from the start. Basic requirements are that the box provide aeration and drainage, that it keeps the light out, and that it's an adequate size. Directions can be found in *Worms Eat My Garbage*, by Mary Appelhoff (available at Yolo County Library) or on-line at various sites including wormwoman.com or yucky.com. The California Integrated Waste Management Board also provided me with a wealth of information (916-255-2385). You can, of course, simply purchase a pre-made bin.

Bedding material is needed to maintain a moist aerated environment and to cover food scraps, thus preventing foul odors. This need be nothing more than moistened strips of recycled paper, decomposing leaves or manure. Having no teeth, worms break down their food by grinding it with grit in their muscular gizzard. A handful of soil or sand added to the bedding will provide this grit.

Now for the worms. Alas, you cannot just gather some worms that already inhabit your yard. Garden worms like to burrow down, and you want redworms, which eat their way up in the world. A friend with a worm bin is a good source, or they can be purchased for \$16/lb (about 1000 worms).

Like us, worms do best on a low-fat diet. The same table waste that you'd put in standard compost is suitable. An 18-gallon bin with 1000 worms (1 pound) will process one-half to one pound of waste per day. You can add food as infrequently as once every two weeks.

Once begun, vermicomposting is fairly low maintenance and will provide you with both castings for your garden and an increased worm population (fishing, anyone?). Every few months you scoop the worms from the top layer of the bin, gather up castings from the bottom, add fresh bedding, and start the process over again.

Here are some learning activities to share with your kids:

1. **Worm Anatomy.** Have your children make a diagram of a worm's body pointing out of five hearts, the gizzard, and the lack of teeth, eyes or ears. Worms breathe through moist skin. They should be placed upon a damp paper towel for observation.
2. **How do worms move about?** Observe how the worms use waves of muscle contractions and gripping bristles on their undersides to move.
3. **Worm Reproduction.** Note a wide band at the center of the worm's body. This is the clitellum, the area where worms join to exchange sperm (they are hermaphroditic) and where the cocoon forms. Look through your bin and find some cocoons. Lemon-shaped objects about the size of a grain of rice, they are white at first and then become yellow and brownish as they near hatching. Using a good hand lens, you can often find baby worms and actually see their blood pumping.
4. **Observe differences between a shoebox full of garden worms and a shoebox full of red wigglers.** Have your child observe different behaviors and take notes on how each species handles a few days food waste.

Finally, have a party to celebrate your first casting harvest and serve up some Worm Bin Cake! Bake and frost a chocolate cake. Cover with a generous layer of crushed chocolate cookies and bury in some gummy worms. Delicious!

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.

Family Child Care News

Let Us Thank You!

On Friday, May 19 from 6:45 to 9:30, Child Care Services will be hosting the annual Provider Recognition Dinner. We want to take this opportunity to thank all licensed family child care providers in Yolo County for the wonderful care you give to the children and the peace of mind you offer their parents. Please save the date on your calendars. An invitation will be coming soon.

Keeping Sand Boxes & Sand Play Areas Safe is Not Child's Play

How clean and safe is the sand box/sand play area for the children in your care? Children love freedom and creativity involved in these activities. Make sure it is safe for them as well by following these guidelines:

- Sand play areas must be distinct from landing areas for any moving equipment such as slides, swings, etc.
- Keep sandboxes covered when not under adult supervision. Fasten the cover to prevent children or animals from getting under it and to prevent contamination by solids or liquids. (Cats need to know it is not a litter box.)
- Equip sandboxes with an effective drainage system that presents no safety hazards.
- Use sterilized sand or smooth-surfaced, fine pea gravel in sandboxes instead of compacting sand.
- Make sure anything used in the sandbox is free of preventable health or safety hazards.
- Remove sand contaminated with urine, feces or other toxic substances and replace with fresh sand. Treatment of sand with chemicals to attempt to sterilize it within the sandbox is not recommended.
- Sandboxes/sand play areas must be inspected for signs of contamination and safety hazards before each use.
- Sand in sandboxes and play areas must be replaced as needed, and at least every two years.

Reprinted from *Child Care Health Connections*, May/June 1999 issue, volume 12, number 3.

California Association for Family Child Care Conference

Do you feel like you need a professional shot in the arm? Take a trip to Napa from March 24-26 for the 2000 Conference/Annual Meeting of CAFCC. For information, call the California Association for Family Child Care at (510)658-7582, or go to their website at <http://www.cafcc.org>.

New Redleaf National Institute Web Site

If you're one of the many child care providers now using computers and the internet, add the following site to your bookmarks: www.redleafinstitute.org. The web site has comprehensive information about business issues for family child care providers.

In case Redleaf isn't ringing a bell, this is the organization that produces many of the best resources available for child care providers. Child Care Services' lending library contains several Redleaf Press books on business-related issues, such as contracts and policies. You may also want to try the Calendar-Keeper Software free of charge, available for a 30-day demo by calling (800)423-8309.

West Sacramento Family Child Care Providers Support Group: Meeting Your Needs

The first meeting of the new West Sacramento Child Care Providers Support Group was held on January 20 at Tina Lilliedoll's house. There was a good turnout, and a feeling that there are a lot of ways that we can offer support to each other. One of those ways is to share ideas, so...at the next meeting, bring a snack to share!

The meetings will continue to be held on the third Thursday of the month, from 7:00-8:00 p.m. In February, the meeting will be held at Tina's house again. She lives at 2961 Renee Court, and her phone number is 372-7499.

Being in a child care provider group is such a great opportunity to enrich your professional life! And, who knows, you may make some new friends too.

Family Child Care News

Pre-Paid Legal Services Available to Licensed Family Child Care Providers

Pre-Paid Legal Services, Inc. (PPLS) offers affordable legal representation and services for your homebased family business. Licensed providers can get quality legal representation through Pre-Paid Legal's expanded Family Plan with Homebased Business Rider.

PPLS has been providing affordable legal benefit plans to American business owners and their families since 1972. When you become a PPL member you have over 2,700 of the highest rated (top 15%) law firms in the United States at your disposal.

For \$40.50 per month and a one-time only \$10 enrollment fee, you, your business and your family receive thousands of dollars worth of preventative legal services and defense services. For example, unlimited telephone consultations, contract reviews, letters written on your behalf, debt collection letters, discounted trial defense services, and more.

Catrina Lewis, a licensed family child care provider and a PPL member, will be hosting PPL informational meetings and membership sign-ups for family child care providers and families interested in PPL benefits beginning March 2000.

For more information or to apply for the expanded Family Plan/Homebased Business Rider contact Katrina Lewis at (530)297-0276. Between now and June 2000, apply for PPL membership and receive FREE enrollment.

Davis Licensed Family Day Care Association (DLFDCA)

The last meeting of the DLFDCA was held at Round Table Pizza on February 8. New officers elected were Leslie Kuss (Treasurer) and Stacy Oler (Vice President). Association members were hoping to see more new faces from greater Yolo County; everyone is welcome to the meetings.

The lively discussion during dinner covered the grant program, upcoming conferences, business contracts, and brochures to advertise one's program. Several proposals

to enhance family child care will be submitted in a letter to the Yolo County Children and Families Commission (who are disbursing the cigarette tax money). If you have ideas for the best use of that money, call their office at (530)666-8820.

The date of the next meeting was not decided, but it will probably be after tax time and before the end of the school year madness. Call Dave Bakay at 758-3097, for information about the next meeting, to join, or with any comments or suggestions for the Association.

FAMILY CHILD CARE CONNECTION

Home Visits and Morning Out

Linda Paz will be continuing her regularly scheduled home visits during March and April. If you need to change your visit, don't forget to call Linda.

Linda and Renuka look forward to meeting with the Morning Out participants from 9:30 a.m. to 11:00 a.m. on Fridays, March 3, 10, and 17, and April 7, 14, and 28. 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.

UCD Barn Tour

Come and find out where the cows, pigs, and horses live. We are hoping to ride in an open air tram to the various barns, but there is the possibility that providers will need to transport their children to two barns, and walk with the children to the third (about a block away).

Date: Wednesday, May 24

Time: 10:00 a.m.

Place: Parking Lot 47A (South of the dairy facility)

Cost: \$3.00 per car for parking

Limit: 40 children and adults

Call Linda at 757-5691 to sign up starting on Wednesday, March 8.

