

Smalltalk

Serving Providers & Families in Yolo County

Volume XXVI, Number 3

Dear Friends:

In May we celebrate and recognize the childcare providers who diligently and lovingly care for our children. The Licensed Family Child Care Provider Recognition Dinner will be hosted by Child Care Services on May 19. I hope that you can attend. A special thank you to our professionals for their commitment and dedication to nurturing the youngest members of our society.

The Prop. 10 Commission has been assessing the needs of children under 5 in Yolo County. I encourage you to provide input into this important process. They may be contacted at (530) 666-8820 or by e-mail at yolochildren@jps.net.

Our staff has been working very hard to expand our services in Spanish. This is seen by the parent education series called "Padres Activos de Hoy," which was jointly sponsored by Valley Oak Elementary School and excellent staff from the Davis Joint Unified School District. The child care provider training called "Lo Mejor en Cuidado Infantil Hogareno" was sponsored in collaboration with the UCD extension and the ABC Family Resource Center. We are very excited about all the participants who received special training on caring for infant and toddlers. Congratulations to the staff and participants for working so hard and creating a successful program.

In addition, Child Care Services has expanded outreach to the different parts of our county. This has come to fruition with the playgroup orientations in Woodland, West Sacramento and Davis, and the Vision Screenings in Winters, Woodland and Davis with the California-Hawaii Elks Club.

Special recognition is due to our City of Davis Child Care Commissioners for their years of service and volunteer work. The Commission will disband and an ad hoc committee will form as the need arises. Thank you Commissioners for guiding our programs and helping to create stronger families and better places for children.

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Thank you to all our partners for collaborating and helping to provide much needed services.

Happy Mother's Day and Father's Day!!

Lisa Yep Salinas
Community Services Supervisor

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS

May 16, 6:30-9:30 p.m.

Dept. Social Services, Putah Creek Conference Room
170 West Beamer St., Woodland

June 20, 9:30 a.m.-12:30 p.m.

VMC Game Room, Davis

For more 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.

May 17, 7:30-9:00 p.m., No June meeting

Learning Center, Davis High School

Call Inger at 756-8791 for information

CH.A.D.D.

Children & Adults with Attention Deficit Disorders

May 18, 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, Karen 753-6986, Lonna 756-3551, Mary 753-2932. For information about a teen mother's group call Angela 757-7105, Pamela 750-0229, Nathaline 759-1106

MOMS TOGETHER

For moms and babies under 1 year

Thursdays in May 1:00-2:30 p.m.; VMC Game Room

Moms Together will be on vacation in June.

For information call 757-5691.

NEIGHBORHOOD TODDLERS

Monday & Wednesdays, 9:00 to 11:00 a.m.

26479 Grafton Street, Esparto

Call Iris for more information, 787-3519

PARENT SUPPORT

For parents and caregivers of emotionally disturbed children. For information on any of the meetings call

Joan McChesney, Children's Services Family

Coordinator, (530)666-8632 ext. 9183

Woodland: 1st Tuesday of month, 10:30-noon.

County Services Center. 170 W. Beamer St.,

2nd Tuesday of month, 6:30-8:00 p.m., Horizon School,

16 N. Cottonwood St., 666-8632 for child care

West Sacramento:

3rd Tuesday of month, 10:30 a.m.-noon,

County Services Center, 500-B Jefferson Blvd., Ste 150

Davis: 4th Tuesday, 10:30 a.m.-noon,

Mental Health Offices, 600 A Street

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 ed.

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

Child Anger Management

Yolo County Office of Education

1240 Harter Ave., 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

- May** 2 Playgroup Orientation, Davis*
4 "Not-So-Terrible Two's" class starts
4 Preschool Vision Screening, Winters*
5 Cinco de Mayo
9 Playgroup Orientation, Woodland*
12-14 Whole Earth Festival***
20 "Dando a Los Niños un Comienzo"***
24 Playgroup Orientation, West Sacramento*
25 Free Preschool Vision Screening, Woodland*
- June** 8 Last day of school, Esparto, Woodland
9 Last day of school, West Sacramento
10 "Manejando un Comportamiento Dificil"***
15 Last day of school, Davis,
16 Last day of school, Winters
17 "Sugerencias para Servir a Niños con Necesidades Especiales"***

* See Community News

** See Workshops and Classes

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

Provider Appreciation Day

Join us in celebrating this national day of recognition for child care professionals. They are caring for the future of our nation! Please take time to recognize the provider who cares for your children or grandchildren, or someone you know who is a child care professional. Many child care providers work long hours for low wages to keep children happy, safe and learning new things everyday. Here are ideas to show your appreciation.

- Organize other parents and celebrate your caregivers at an appreciation luncheon.
- Give a gift certificate to a department store, favorite restaurant, or the movies.
- Write a thank you note.
- Make a special snack or picnic lunch for the provider and children in care.
- Bring a bouquet of flowers from your garden.
- Volunteer to help with the day care laundry, toy-washing and daily sanitizing.
- Organize parents to make repairs, paint, do yard work, re-fill the sandbox.
- Pay for your provider to attend a conference, training or college class.
- Even better---form a parent group and show your appreciation and support all year long!

For more information call Provider Appreciation Day toll-free at 1-888-3-FIRST-1 or visit their website at www.providerappreciation.org

Is This Information Source Reliable?

There's a lot of health information on the web these days, but how can you be sure it's safe, timely and reliable? Check out Healthfinder (www.healthfinder.gov). Created by the U.S. Department of Health and Human Services and many other reliable health sources, it provides links to hundreds of related websites including medical libraries, non-profit health organizations, support groups and more.

Join the Infant/Toddler Consortium

The Infant/Toddler Consortium is a state-wide organization of individuals committed to improving the quality of care for infants and toddlers. Members include center-based and family child care providers, program managers and directors, trainers and parents. The Consortium provides multi-lingual, accessible training, technical assistance and networking opportunities to the membership and community-at-large on issues related to quality infant and toddler care.

For \$25 per year, members receive membership in an exciting professional organization, Baby Bytes (the quarterly newsletter), discounts at ITC trainings and conferences, opportunities for networking and resource sharing. Please see the Workshops, Conferences and Classes page for information on the upcoming ITC conference.

Community News

Free Vision Screening for Preschoolers Still Available

There are still spaces available for more preschool children to have their eyes checked in the following locations:

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.

The exam, which helps in the early detection of potential vision problems, is done by a nurse and only takes about five minutes. Parents can sit with their child during the screening. 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 children ages 2½ to 5 years who may be experiencing vision difficulties, or if you just want to have a child screened, this free opportunity is available to you. It is sponsored by Child Care Services, in coordination with the California-Hawaii Elks Club.

More Information on Lactobacillus Benefits

After reading in the March-April issue of *Small Talk* the article about Lactobacillus Benefits for antibiotic-induced diarrhea, Esther Cistone, M.D., sent the following information about which strain of lactobacillus is effective:

Health Food stores have carried various "bovine" strains of lactobacillus for many years claiming falsely their digestive benefits. These bovine strains are probably degraded by acids in the upper intestine long before they can reach the colon. However, Lactobacillus GG, which is a human strain of the probiotic, has been studied and shown to not only be safe but to be effective

in preventing diarrhea associated with the disruption of normal bacterial colonization of the intestine when taking antibiotics. It is both acid and bile-resistant so it can reach the colon intact. It has also been shown to help with active infectious diarrhea such as *Clostridium difficile* infections, traveler's diarrhea, and viruses. This information is offered to save readers the cost and perhaps harm of ineffective products that claim to do things they do not. Lactobacillus GG can be found at some grocery stores such as Raley's and costs about \$7-8 a bottle. The lactobacillus found naturally in foods is probably not the right strain nor present in sufficient amounts to be effective.

Congratulations to Infant/Toddler Care Trainees!

Last spring, Child Care Services received a grant to provide training to family child care providers in the care of infants and toddlers. This project included numerous components, including three classes in the business of childcare, three classes in the care of infants and toddlers, six discussion groups and up to four home visits for participants. The participants were asked to make a commitment to go to all three of the care classes, and to attend at least 8 hours of any combination of the other possible classes/discussion groups/home visits.

We want congratulate the providers who have completed the training, many of whom went well beyond the minimum requirements. Through their participation, each of them has shown their dedication to providing high quality care to the children that are in their care. Kathleen Grey, instructor for the three care classes and discussion group leader, commented throughout the training how impressed she was with this group of providers and their commitment and focus on the issues of providing quality care.

Congratulations to Lisa Eberle, Jessica Petersen, Shannon White, Cindy Robinson, Nita Thoreson, Tricia Poteet, Ibtesam Al-Mashaqbeh, Dee Chang, Janet Bettencourt, Stacy Gonzalez, Catrina Jackson-Lewis, Sandy Adams, Juanita Hawkins and Michele Talbott!

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, 1:00-3:30 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, 2:00-4:00 p.m.

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

WELL AND SICK CARE CLINICS

for Women's Health Care & general medical information

Davis Community Clinic, 2040 Sutter Place, Call (530)758-2060

Peterson Clinic, 8 N. Cottonwood, Woodland, Call (530)666-8960

Salud Clinic, 500B Jefferson Blvd. #180, West Sacramento, call (916)375-6400

YOLO COUNTY CHILDREN'S MEDICAL SERVICES

Child Health &

Disability Prevention Program

Free health check-ups for children through 20 years of age on MediCal and for low-to-medium income children through 18 years of age.

California Children's Services

Case management and financial assistance for children through 20 years of age with serious or chronic medical conditions.

For information and appointments call (530)666-8640

YOLO COUNTY WIC PROGRAM

Nutrition program for women, infants & children.

Clinics in Davis, West Sacramento, Winters &

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

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

Join a Playgroup!

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.

How Do You Play with Your Toddler? We'd Like to Find Out

If you have an 18 to 30 month-old toddler, we would like you to volunteer for our play study. We are interested in finding out about how mothers and children interact in short play situations.

We will have books and gift certificates to a local children's bookstore available for you to choose from in appreciation of your participation.

If you are interested, PLEASE CALL:

752-5283 (v-mail extension 2)

Michael Rahilly, Ph.D. candidate

Human and Community Development

UC Davis

mjarahilly@ucdavis.edu

Community News

Home Trampolines Not Recommended

Bouncing high off the ground over and over, rolling somersaults; it looks like great fun until you sprain your ankle, break your arm, or worse yet, break your neck at the age of 4. Trampoline injuries have skyrocketed in the 1990's accounting for 83,400 emergency room visits a year, a 140% increase from 1990 to 1996 due to a surge in purchase of home trampolines. (May is the peak purchase month.) 66% of victims are ages 5-14 while 10% are under the age of 4, girls and boys affected equally. 45% of injuries involve the legs and feet usually as strains and sprains, 30% affect the arms and hands usually as fractures, and 14% were to the head or face, often as lacerations. Spinal cord injuries accounted for six deaths since 1990. Warning labels, public education and adult supervision don't prevent injuries. In addition, homeowners can be held liable for injuries to neighborhood kids who gather to join in the "fun." The American Academy of Pediatrics recommends a ban on the use of trampolines in the home, in gym class, or on outdoor playgrounds, and only limited specialized use by athletic trainers and others.

Submitted by Esther Cistone, M.D.

How Can I Get My Kids To Wear Safety Helmets?

You probably hear all kinds of excuses: "It messes up my hair!" "It makes me look like a dork." "I'm in a hurry." But nothing outweighs the fact that wearing a helmet can lower your risk of head injury or death by up to 85%. Get into the helmet habit!

- Start early. Buy your children a helmet while they're on their tricycles.
- Let kids choose their helmets; they can pick a color and design they like.
- Make sure the helmet fits properly or it won't provide maximum protection.
- Make a rule that everyone in a risky activity—including biking, skateboarding, rollerblading and snow skiing--must wear a helmet. Be an example by wearing yours.
- Encourage your children's friends to wear their helmets, too. They can remind each other.

Taken from *Safety Check*, April 2000.

Kids Computer Classes

The CompuChild program is now being offered in Yolo, Solano and Sacramento Counties. The program introduces preschoolers to computers. Classes are conducted on-site in local preschools and child-care centers. Children learn computer basics in a fun, interactive, multisensory environment. The program emphasizes proper guidance to children at an early age on the development of computer skills and use of the computer as a powerful learning tool. Thus, wrong habits aren't learned. The class design encourages sharing, discovery and peer and teacher observation while exploring hands-on activities. CompuChild utilizes "state of the art" hardware and the best award-winning software. Through the careful selection of software, the children's creativity, problem solving and logical and critical thinking skills develop.

The CompuChild Yolo/Solano/Sacramento branch can be reached by phone at (530)792-1930 or by email at magnew@compuchild.net or pagnew@compuchild.net. The headquarters' web-site is www.compuchild.com



Workshops & Classes

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.

“Lo Mejor en Cuidado Infantil Hogareño”

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

This is a series of 5 classes offered in Spanish through
the UCD Extension. The remaining three classes will
be held on May 20, June 10 and June 17 at the ABC
Resource Center in Woodland. They are geared
towards people who are either caring for infants and
toddlers, or who are interested in becoming child care
providers. A special translated licensing orientation
and the 15 hours of health and safety classes required
for licensing will be offered in Spanish as well. People
interested in taking the series should call Maria Rojas
after 5:00 p.m. or on weekends at 666-4040. Maria is
working for Child Care Services as a mentor for
participants in the series.

Parenting Class

For parents of children ages 0-5 years
Tuesday mornings starting in May, 10:00-11:30 a.m.
at Davis Community Church, (on “D” Street between
4th and 5th). Enter through room 132 or 130. No cost
for the class. Child care will be provided for a small
fee but you must contact Lynn Arner-Cross at 758-
9366 to reserve space in the nursery/class. The
nursery will be filled on a first call first served basis.

Active Parenting Today

Sponsored by Winters School District

A video-based classes for parents of children 3 to 11
years of age.
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 by calling
Esteban Montaña at (530)795-6121. Free child care is
available for both classes but parents must sign up in
advance.

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.

**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*

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

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.

Protecting Children from Conflict

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

Planning a Healthy Pregnancy

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.

Conferences

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

12th Annual Northern CA Early Childhood Education Conference

August 7-8, Sacramento
Contact: Sharon Nese at (916)263-3871

Workshops & Classes

Parent-to-Parent

Sponsored by WJUSD. The following on-going group is based on an eight week video based program. Parents may start at anytime and go into the next cycle to complete the series.

For parents of teenagers 12 and up. Teens are welcome. No fee but optional \$6.00 workbook. Please call person listed for the group in which you are interested to confirm locations and times before coming.

In English: Thursdays, 7:00-8:30 p.m. (year round)
Lee Jr. High Room 21, 520 West Street, Woodland
For information call Kenton Keithly at 666-7621.

In Spanish: Wednesdays, 9:00-12:00 a.m.
Lee Jr. High Library, 520 West Street, Woodland
For information call Gloria Rodriguez at 669-4131.

In Spanish: Fridays, 5:00-7:00 p.m.
Douglas Jr. High, Room G-1
For information call Irene Oropeza-Enrique at 666-2191 ext. 3332.

In English: Wednesdays, beginning March 22
7:00-8:30 p.m., Lee Jr. High Library.
For information call Carrie Ahlgren at 662-0251 ext. 4155 or 669-4155.

In Spanish: Tuesdays, 7:00-8:30 p.m.
Woodland High School Community Service Cntr.
For information call Irma at 662-4678 ext. 283.

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 3: All classes held at the ABC Family Resource Center, 518 Main Street, **Woodland:**
"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
"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:**
"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).

Especially for Parents

Vision Development in Young Children

By Joann Helmus, O.D.

Babies have so much to see and learn. But did you know that babies also have to learn to see? It's true. Your child will spend much of her first three years learning how to see. While professional help is sometimes needed, most vision development occurs quite naturally. The many affectionate and loving ways in which you nurture your child also aid in your baby's vision development and prepare her for the seeing tasks that lie ahead.

As a newborn, your child sees blurred images and is myopic, or nearsighted. Toys for very young babies are often black and white, and boldly designed with high contrast, since we know that babies' vision is quite blurry initially.

Soon after birth, your baby's vision becomes less myopic as eye cells mature quickly during the first two months of life. At around 4 months he will develop the ability to focus with both eyes at once, which is known as binocular vision. The coordination of both eyes is the beginning of depth perception, which allows your baby to accurately follow moving objects and to reach for things, thus stimulating eye-hand coordination, too.

From four to six months of age most babies develop nearly adult levels of visual acuity; that is, if they were measured on an eye chart, they would see better than 20/40. During this stage, your baby's eye movement control and eye-body coordination skills are developing rapidly. Provide stimulating textures, shapes and objects for her visual and eye-hand-foot development.

After a brief period of myopia in early infancy, most infants become hyperopic, or farsighted, as their eyes rapidly grow. Normally, this condition does not affect their vision; they see just fine. Rather, it describes how the eyes focus images on the retina. The magnitude and occurrence of hyperopia is greatest in infancy and gradually decreases during childhood.

By 6 to 8 months your baby's eyes should focus equally. His new visual skills are vital to his exploration and increased mobility. Crawling is

especially important in developing eye-hand-foot-body coordination. As they approach one year, babies become great judges of distance and can grasp and throw objects with increasing precision.

Your child from one to two years is becoming an expert at eye-hand coordination. Building with blocks and puzzles are some small motor skills that encourage this. Large motor skills such as walking, running, and climbing increase as depth perception becomes well developed.

By ages two to three your child has the many necessary skills for successful exploration of her environment. Encourage looking and listening skills during this age, by reading stories and learning songs. Providing the tools for drawing or painting allows for both a creative outlet and also reinforces the development of eye-hand coordination.

Unless you or your pediatrician notices a need, or your family history background includes unusual eye coordination, development or disease, your child's first visit to an eye care professional for a thorough vision examination should be by age three.

Symptoms that may indicate a need for earlier professional care include an eye turning inward, outward, upward or downward frequently or for long periods; favoring one eye; a tendency to bump into objects on one side; excessive tearing; encrusted eyelids; or frequent reddened eyes or lids. If necessary, it is possible to examine and treat infants even less than six months of age.

Significant hyperopia in a child, above the normal amount for his age, is an important risk factor for developing a permanent vision loss. Some adverse consequences could be to develop amblyopia, or "lazy eye," where one eye sees more clearly than the other, or strabismus, where one or both eyes turn in or out.

Vision screening of young children is the simplest means of detecting potentially threatening visual disorders. It is important not to confuse a vision screening with a vision exam, since the former is a procedure that's supposed to identify those children who may need further examination. Vision screenings that test only acuity detect 30 percent of children who would fail a professional exam. A good vision screening could include tests for strabismus, amblyopia, refractive error, color vision and ocular disease.

Especially for Parents

Although most children are hyperopic, or farsighted, many parents worry that their children will become myopic, or nearsighted. Myopia often takes “center stage” in public perception, vision research, and the scientific literature. When a team of researchers reported last year that infants who slept in rooms with night lights were more likely to grown up myopic, it was highly publicized.

Remember, the media will often use a report with an element of sensationalism to grab our attention. The findings, which advised parents to “turn out the lights” when their children are asleep, were based on one study that looked at only at-risk infants, not the general population. The study did not look at whether the parents of these infants were also myopic.

Two independent optometric studies, both published in the March 2000 issue of *Nature*, contradict the earlier findings and conclude that using nightlights has no effect on the development of myopia in children. These new results found that the proportion of myopic children across nursery light conditions was remarkably uniform. Parents need not be concerned that lighting their children's rooms at night will increase the risk of nearsightedness.

Both teams of researchers funded, by the National Eye Institute, a division of the National Institutes of Health, say that parental myopia is a much better predictor of childhood myopia. While heredity seems to be the most important factor in developing myopia, there is undoubtedly some effect from environment, such as time spent reading.

As a parent you influence your child's development tremendously. Using your creativity and imagination when you play and interact with your baby are the most important early steps to ensure healthy, normal eye development. As your child grows, remember that many eye conditions are not readily apparent and effective detection by screening or examination is essential. Early diagnosis and treatment of any adverse conditions will reduce visual disability from being part of your child's future.

Dr. Helmus is an optometrist practicing in downtown Davis since 1986. She is a graduate of U.C. Berkeley School of Optometry.

Parenting Handouts

“Only One: The Challenges and Rewards of Parenting the Single Child” is the topic of May's parenting handout by Nancy Morrow. In June, fathers will be recognized in Cheri Stalman's article, “Working Fathers: Balancing Paid Work & Caring for Children.”

Parenting handouts will be on vacation during July and August. However, you may still request to be put on the mailing list or to get copies of past handouts.

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 still be good:

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

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

Legislative Update

Compiled by Lisa Yep Salinas

Changes Made to 15-Hour Health and Safety Training Requirements

Questions still arise regarding how 1998 legislation (SB1524) will impact child care providers needing to take the First Aid, CPR and Preventive Health Practices training. As we interpret the proposed Emergency Medical Services Authority (EMSA) regulations, providers should consider the following points:

- When registering for a class, ask the instructor if he or she is part of an "Approved Training Program" and if the course completion card or certificate will have an "EMSA Course Completion Sticker." These were required as of September 1999: However, community colleges are exempt from this requirement.
- When registering for a first aid class, ask the instructor if the course will include training in the "use of inhaled medications and nebulizers for children with lung diseases such as asthma." This is a new requirement for this course as of January 1, 2000.

Make sure your course completion cards for CPR and first aid have an expiration date; otherwise, your licensing analyst will not know if they are current, and you will not know when you need to renew your cards.

For more information, please contact Donna Westlake at EMSA, (916) 322-4336. You may also visit the EMSA Web site at www.emsa.ca.gov.

Active Legislation

SB1619 (Alpert) **Playground Safety Regulations:** **Child Care Exemption**

This bill would exempt child care centers from the new playground safety regulations.

Introduced 2/22/00.

Consultant: Lisa Giroux (916) 445-3952.

Status: Senate Natural Resources and & Wildlife

SB 1703 (Escutia) **Increased Subsidized Child Care for Working Poor Families**

This bill would allow families that are receiving subsidized child care to remain eligible until the family income reaches 100% of the state median income (\$3761/month for a family of three). It would express the intent of the Legislature to provide high quality child care and development services to all income eligible families by 2005. It would require the Superintendent of Public Instruction to submit a plan by March 1, 2001 to serve all income-eligible families by 2005.

Introduced 2/22/00.

Consultant: Andrea Margolis (916) 445-5965.

Status: Senate Health & Human Services

AB212 (Aroner) **Compensation for Child Care Training & Compensation**

This bill would establish the California CARES (Compensation And Retention Encourage Stability) Matching Fund program to encourage the funding of local CARES projects that provide stipends to reward child development training and retain qualified child care providers. It would provide a state match of \$1 for every dollar of local funding. The bill would require an evaluation of the impact of providing stipends on the quality of child care and development programs.

Last amended: 3/6/00.

Consultant: Sherry Novick (916)219-2014.

Status: Senate Health & Human Services

Professional Development Institutes

This bill would require the Reading Professional Development Institutes to provide instruction for 14,000 additional teachers and include teachers of pre-kindergarten pupils. Urgency Measure.

Introduced: 2/15/00.

Consultant: Stan DiOrio (916) 319-2048.

Status: Assembly Education

Family Child Care News

Your Provider Portfolio: The Importance of First Impressions

One of the most important tools that you can have on hand to help market your family childcare home is a "provider portfolio" – a scrapbook that you create to show parents what a wonderful program you have. This is not really going to be their first impression, but it is a great way to catch a prospective parent's attention. It's also really nice for the parents whose children are in your care to see pictures of their own children in action – think of it as ongoing marketing.

In your provider portfolio, parents will be acquainted with your contract, policies, professional experience, training, letters of reference and proof of license as well as seeing the joyful memories of the children under your care.

You will have an opportunity to work on your provider portfolio at the Provider Recognition Dinner on May 19. After dinner and the raffle, a Creative Memories consultant will give a brief presentation, provide you with the materials to create a page, and assist you as you work on your design. Please bring with you any photos (of yourself, your family, your home, the children in your care) or other materials that you would like to include in a portfolio page. If you already have a portfolio started, you may want to bring an empty page from your portfolio.

If you have a portfolio that you would like to share with your fellow providers, please bring it to display! This will be a great opportunity to get to know other family child care providers from around the county, and perhaps to share ideas for marketing your business.

Calling all Yolo County Providers!

Davis Licensed Family Day Care Association (DLFDCA) will be hosting a **Toy Exchange/Trade/Sale**. Please bring your extra/unwanted/"had enough of" toys to **1109 Chestnut Drive on Thursday, May 25 at 6:30 p.m.** Any questions? Call Dave or Les at 758-3097. See you there!

West Sacramento Providers Welcome New Members

The West Sacramento Family Child Care Providers Support Group will continue to meet to discuss issues of interest and to offer support. The next meeting will be held on May 11 from 7:00-8:30 p.m. Please call Tina Lilliedoll at 372-7499 for the location of the meeting, or if you have any questions about the group.

Family Child Care Provider Recognition Dinner

Friday, May 19
6:45-9:00 p.m.

Look for your invitation in the mail. We hope to see all of you there!

FAMILY CHILD CARE CONNECTION

Morning Out and Summer Schedule

For May, Linda and Renuka will be seeing you on the 12th, 19th, and 26th from 9:30-11:00. Our end of the year Morning Out, which is a combined program, will be held on June 2nd from 9:30 –11:00. We will be visited by the Davis Fire Department, and share some treats on this warm Spring day.

The Summer Morning Out schedule is still in the works. We have tentatively scheduled the dates. Summer Mornings Outs will held in June and July. This way, we hope to accommodate your varying vacation schedules. A flier giving specifics (dates, times, locations) will be mailed to every Davis provider by the end of May.

If you have any questions, or would like to sign up for the Morning Out school-year program, please call Linda at 757-5691.

Family Child Care News
