

Smalltalk

Serving Providers & Families in Yolo County

Volume XXVI, Number 6

Dear Friends:

It is with great excitement that I would like to introduce myself to you. My name is Robbie Townsley. I am the new Community Services Supervisor for the City of Davis Resource as Referral program. Some of you may find my name already familiar. It could be because although I am new to the Resource and Referral program, I am not new to Child Care services. For the last two years I was the Community Services Coordinator for the Child Care Subsidy program. If you are a provider, I may have spoke on the phone to you while making child care arrangements for a subsidy client. I also helped with the recognition dinner for child care providers the last two years and had the pleasure of getting to know some of you at that fun event. Or, if you are a parent I may have helped you negotiate the path to arranging your child care with the subsidy program. I am looking forward to meeting and getting to know the rest of you. Although my educational background is in Elementary Education, I have been in Early Childhood/Child Care profession for 15 years now. I have worked for private child care programs as well as the federally funded Head Start Program. I also worked with the special needs population for two years in the Tempe School District, an experience that I truly learned some of my most meaningful life lessons from. Special needs children have a big place in my heart and I look forward to helping expand child care services for that population as well as all others in Yolo County.

I believe you are familiar with the Resource and Referral staff but in case you aren't, let me tell you a bit about them. If you have called for a referral, you may have spoken to the wonderful Anna Lynn Dayton. She is our veteran staff member and we greatly value her experience. You may have also spoken to Renuka Mannapperuma. She has been with us going on two years now and we are so happy to have her help us with many different projects. If you have attended a Mom's Together meeting, you met Jody Lusebrink. We look forward to having Jody continue helping new parents make those very important friendships and connections. Last but not least, if you called for a referral or attended a licensing orientation, you had the chance to get to know the ever enthusiastic Rossana Vigil. Rossana was

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recently promoted to Program Coordinator. She is charged with the task of taking on some of the duties that Chris Weber-Johnson and Carrie Shepard carried out. These are big shoes to fill no doubt, but Rossana is up to the task! Rossana is fluent in English and Spanish, a valuable asset to our program. Not only has that allowed us to provide immediate referrals for Spanish speaking clients, it is also an important step toward increasing and supporting the number of Spanish speaking providers in Yolo County. We are in the process of hiring our last full time staff member and then we will be fully staffed.

I think I speak for all of us when I say we are eager to help the parents and Child Care providers of Yolo County in any way we are able. I look forward to speaking to or meeting you very soon. Meanwhile, I hope you get out there and enjoy this wonderful Fall season and **don't forget to vote!**

Robbie Townsley
Community Services Supervisor

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS
Tuesdays, Nov. 21 and Dec. 19, 9:30 a.m. to 12:30 p.m.
VMC Game Room, 203 E. 14th Street, Davis
For information call 757-5691 or (800)378-5044

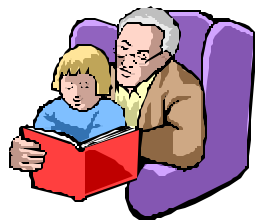
WOODLAND PARKS, RECREATION & COMMUNITY SERVICES COMMISSION
4th Monday of each month, 7:00 p.m.
City Council Chambers, City Hall, Woodland
Public welcome. Youth and children's issues discussed.

YOLO CHILD CARE PLANNING COUNCIL
Nov. 15, 3:00-5:30 p.m., Yolo County Office of Education, 1240 Harder Avenue, Woodland
Call (530)668-3773 for information.

BRIDGES
Support for parents of children in K-12 special ed.
Learning Center, Davis High School
Call Inger at 756-8791 for information

CH.A.D.D.
Children & Adults with Attention Deficit Disorders
Nov. 16, 7:15 p.m. Leake Room, Wld. Public Library
Small group discussions, speakers and support.
Call 750-3929 for information.

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



LA LECHE LEAGUE
2nd Thursday of month, 10:00 a.m.
345 L Street, Davis;
For location, phone support/meeting topics call: Jennifer 753-9824, Mary 753-2932. For information about a teen mother's group call Angela 757-7105

MOMS TOGETHER
For moms, dads and babies under 1 year
Thursdays 1:00-2:30 p.m.; VMC Game Room
For information call Jody at 758-5494

YOLO COUNTY PARENTS ANONYMOUS®
Meets Thursdays, 6:30-8:00 p.m. at the Family Resource Center 518 Main Street in Woodland. For information call Kathy Dreyer at (530) 662-9463

GROUP FOR TWINS & PARENTS

Play group for twins.
Every Mon. 10:00 a.m.-12:00 p.m.

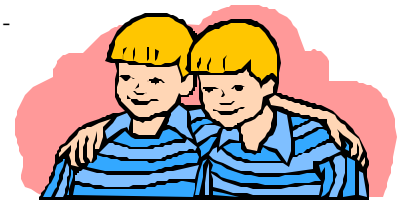
1st, 3rd and 5th Mon. of each month at Sycamore Park in Davis

2nd and 4th Mon. of

each month at Ferns Park in Woodland.

Support meeting for parents only every 1st Sunday of the month from 4-6 p.m. at the Blanchard Community Room, Davis Public Library.

For information call Karin Willhoit, 662-1448 or Jeanine Hill at 756-9698.



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 each month, 10:30 a.m.-noon
County Services Center, Putah Creek Conference Room, 170 W. Beamer St.

2nd Tuesday of month, 6:30-8:00 p.m., Horizon School, 16 N. Cottonwood St. Supervised play for children at this meeting only.

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

WOODLAND SPECIAL EDUCATION LINKS

Support for parents of children in K-12 special ed.

Meeting dates and time to be announced

Woodland Joint Unified School District

626 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

Calendar

- November**
- 7 Election Day – Don't forget to vote!
 - 10 Veteran's Day
 - 13 Yolo Basin Foundation Field Trip
 - 13-19 National Children's Book Week
 - 19 Davis Turkey Trot
 - 23 Thanksgiving Day –
city offices closed
 - 24 City offices closed
 - 25 Saturday Evening out
 - 30 Holiday Open House & Parade -
Downtown Davis
- December**
- 4 Winters Peace Parade &
Holiday Celebration
 - 8 West Sacramento Holiday Tree
Lighting Ceremony
 - 9 Woodland Annual Christmas
Parade
 - 9 Marketing class for Providers
 - 11 Yolo Basin Foundation Field Trip
 - 16 Saturday Evening Out
 - 18 School Vacation Begins –
all districts
 - 21 Hanukkah Begins
 - 25 Christmas Day – city offices closed
- January**
- 1 New Year's Day –
city offices closed

For more information about events listed in the calendar, check out the rest of Small Talk!

Davis Turkey Trot & Kids Fun Run

November 19

2mile run/5k walk & run/10k
run

Downtown Davis, Civic Center
Field 3rd and 7th

8:00 a.m. -- 2 mile Fitness walk

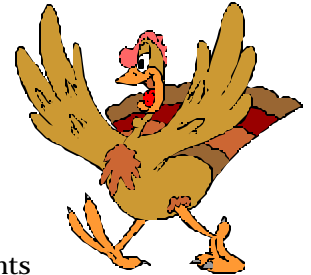
8:30 a.m. -- 5k run/walk

8:45 a.m. -- 10k run

10:00 a.m. -- Turkey Tot Kids

Fees-TBA. Registered participants

receive an official %100 cotton long sleeve tee shirt (short sleeve for the kids), post race refreshments, race bag, results postcard & eligibility for raffle prizes. Contact A Change of Pace at (530) 757-2012 for more information.



Explorit! Science Center

Check out what's happening this month at Explorit! Exhibitions change bi-monthly and are set up for children of **all ages** to explore. Continuing through December 2 is the exhibit "Figure it Out! --The Science of Puzzles and Challenges." Problems can be solved in many ways. Tease your brain as you try different approaches to interesting challenges and experiment with real-life problem solving from architecture to engineering."

Starting December 9, Explorit! introduces "Hey, What's That Sound? --The Science of Music." From cricket chirps to songs on CDs, music is a part of our everyday lives. Expand your appreciation of music by understanding it as a science."

But that's not all! Explorit also sponsors lectures, birthday parties, the Astronomy Club, "Meet the Scientist" and more!

Explorit! Science Center is located at 3141 5th Street, Davis, CA and is open Tuesday-Friday 2:00-4:30 p.m., Saturday 11:00 a.m.-4:30 p.m., and Sunday 1:00-4:30 p.m. Admission is \$3 per person, but members, teachers (with ID), and children under 4 are free. And the 4th Saturday of every month is free to all! Call (530) 756-0191 for more information or visit their web site www.dcn.davis.ca.us/go/explorit/

Davis Farmers Market

Wednesdays, 2:00 - 6:00 p.m.

Saturdays, 8:00 a.m. - noon

Davis Central Park 4th & C Streets.

The Davis Farmers Market is hosting Saturday Craft Fairs November 4, 11, 18, and 25. There will be a Thanksgiving Feast Display and a Cooking Demonstration by a Market Chef Saturday, November 18 and a Special Pre-Thanksgiving Market Wednesday, November 22.

In December, come to the Saturday Holiday Markets December 2, 9, 16, 23, and 30 where there will be craft shows, holiday music, cooking demonstrations, and on December 23, Santa Claus.

Community News

Playgroup Orientation

Are you looking for playmates for your little ones? Join us for a Playgroup Orientation and meet other parents who are looking for playgroups. The orientation is free of charge and there is no need to register. Bring your children, there will be toys for them to play with while you meet with other parents.

In **West Sacramento**

Wednesday, November 15 9:30 to 11:30 a.m.
Sam Combs Family Center, 205 Stone Boulevard

In **Woodland**

Thursday, November 30, 9:30 to 11:30 p.m.
Woodland Toy Library, 1017 Main Street

Saturday Evenings Out

November 25 and December 16, 6:00 p.m. – midnight. This is your chance for an evening out on the town! Drop your children off at the Veterans' Memorial Center, where they will participate in games, crafts, activities, movies, treats & movies. Then head out for an evening on your own. Trained recreation staff will supervise the children. Children should eat dinner prior to drop off and bring their sleeping bag and pillow. Call (530) 757-5626 for more information. Cost -- \$15 **(Pre-registration is required)**

Holiday Open House and Parade in Downtown Davis

Thursday, November 30 -- Don't miss the 19th annual children's parade, tree lighting ceremony, & business open houses. Meet many costumed characters, listen to local musical groups, enjoy special holiday treats, & visit with Santa Claus. Call (530) 756-8763 or visit the web site for more information:
<http://www.davisdowntown.com/>

Davis Children's Nutcracker

December 14 - 18. Reserved seating. Tickets will be made available to the general public Thursday, December 7, with a 6 ticket maximum per sale. Admission is \$ 6.50. "The Davis Nutcracker" has sold out every year, so get your tickets early. It would be impossible to produce a show the size of "The Davis Nutcracker" (250 children 6-12 participate) without help from many volunteers whose jobs have ranged from sewing costumes to ushering at each performance.



Winters

Winters Parade and Holiday Celebration

December 4, 5:00 - 8:00 p.m.

Come on down to downtown Winters and enjoy Holiday music, food, Victorian Christmas Costumes, Santa Claus and more. Call the Winters Chamber of Commerce at (530) 795-2329 for more information.

Winters Fire Department Toys for Tots

Once again, the Winters Fire Department will be putting on its Toy's for Tots program for children from infancy to 10 years of age. Toys will be available at the fire department on Christmas Eve from 9:00 - 11:00 a.m. Refreshments will be available for children and adults, and Santa will be there to visit with all the children. Participants in the program must be residents of Winters, and school age children must be enrolled in a Winters school. Applications for the Toys for Tots program are available at the fire station, 10 Abbey Street, and can be picked up through November from 8:00 a.m. - 4:00 p.m. An anonymous committee will screen all applications.

Please contact Chris Calvert at (530) 795-4131 for more information about the program, or to contribute new toys or cash donations to the Toys for Tots Program. Woodland's Chamber of Commerce will once again sponsor Woodland's Annual Christmas Parade December 9th at 10:00 a.m. on Main Street. For more information on this event, contact the Chamber of Commerce at (530) 662-7327.

Woodland

Woodland Christmas Parade

Woodland's Chamber of Commerce will once again sponsor Woodland's Annual Christmas Parade December 9th at 10:00 a.m. on Main Street. For more information on this event, contact the Chamber of Commerce at (530) 662-7327. The Downtown Woodland Association will also have other events during this Holiday Season. For upcoming events, contact Al Eby at (530) 661-1234 or log on to www.historicwoodland.com

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

Call (530)666-8645 (Woodland, Winters) or

(916)375-6380 (West Sacramento) for information

WELL AND SICK CARE CLINICS

for Women's Health Care & general medical information

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

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

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

YOLO COUNTY CHILDREN'S MEDICAL SERVICES

Child Health &

Disability Prevention Program

Free health check-ups for children through 20 years of age on MediCal and for low-to-medium income children through 18 years of age. Call 666-8249 for appointment.

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)

West Sacramento

Holiday Tree Lighting Ceremony

West Sacramento will have its annual Holiday Tree Lighting Ceremony on December 8th at 5:30 p.m. It will be held at the West Sacramento Land Company Business Center at the corner of Merkley and Jefferson. This event is sponsored by the West Sacramento Chamber of Commerce and you can contact them at (916) 371-7042



Esparto/Capay Valley

Kids Shopping Day!! (Date to be announced)

Becky Carson along with volunteers and donations from the community will continue to make Kids Shopping Day possible once again. This December event allows children 10 and under to shop for gifts for loved ones during the holiday season. All items are under \$1.00, children choose their gifts, (parents are not allowed in the room) and volunteers wrap them. This event is only for Esparto/Capay Valley residents. For more information, please contact event organizer Becky Carson at (530) 796-3606. This event is sponsored by the Esparto Friends of the Library.

Yolo Basin Foundation Field Trips

Saturdays, November 13 & December 11

9:00 to 12:00 noon

Tour the Vic Fazio Yolo Wildlife Area and learn more about flooded seasonal & permanent wetlands, native grasslands, & young riparian forests (what's a riparian forest? Come and find out!). Depending on the season, you might see migrating and resident waterfowl, shore birds, songbirds, raptors, and wading birds. This is a driving tour on gravel roads with several stops and short walks, so dress in layers because it can be windy, and wear shoes that can get muddy. Bring binoculars & spotting scopes to check out the wildlife up close. A \$3.00 donation is requested for each person 12 and up. Rain or flooding may cancel the tours, so call (530) 758-1018 on the day of the trip to hear the recorded message. For information about becoming a member or other activities sponsored by the Yolo Basin Foundation call (530) 757-4826 or visit their web site www.yolobasin.org/

The Web Connection

Do you have a favorite website that would be useful to Small Talk readers? Let us know and we can include it in future issues of Small Talk.

www.dcn.davis/ Summaries on the Davis Farmer's Market, the Turkey Trot, Saturday Evenings Out, the Holiday Open House & Parade, the Davis Nutcracker, Explorit!, and the Yolo Basin Foundation Field Trips and other events are available on this site.

<http://www.fathersnetwork.org/>: A Web site designed to support fathers, with news & resources, a calendar, bulletin boards, beautiful photographs, articles by dads, and links to other related web sites

www.parentsoup.com: This site is filed with resources for families. It is a place for parents of children of all ages to share their joys and their concerns of parenting and to find useful tips and support for problems small to serious. The site is very user-friendly, especially for beginning "surfers," offering instructions to "Web surfing basics" and a tour of the site's resources and activities. There is a message board, a chat room, games and activities for adults and children, education information from preschool to college, and a section to "Ask the Experts." The advice given is developmentally appropriate, respectful, and supportive of children and parents.

<http://www.habitot.org> : The Habitot Children's Museum in Berkeley has hands-on drama, art, and science activities for children of all ages. They have a wide variety of resources for families, including a lending library and seminars. The web site has an incredible link system to other informational web sites, as well how to get in touch with all kinds of legislative leaders.

www.123child.com: "The Activity Idea Place" with songs, games, snacks, arts and crafts, books, and more. There is also a bulletin board where you can post questions and get answers from other site visitors like yourself.

www.presource.com: Child Care Providers Resource Guide: Products and Services. This is a site that provides numerous links to sites that might be useful to people working with children. Child safety, music, record keeping, storytelling, curriculum and more!

<http://www.exploratorium.edu/> : Find out about San Francisco's Exploratorium and then check out the science of sports, the solar system, "Science Explorer" with fun experiments and scientific explanations, the "10 Cool Sites" of the month and more.

<http://www.geocities.com/EnchantedForest/Dell/1548/links.html> This is a Web site in Spanish that is all about "Cri-Cri" a Spanish children's folk song musician, with lyrics to many of his songs, his autobiography, stories and more. It also has links to other sites in Spanish for those who are learning the language. Vengan al Bosque de Cri-Cri el grillito cantor, y encuentren información sobre el famoso cantor, su música e historia También encuentran conecciones a otros sitios de interés para niños y grandes.

<http://www.dalmantes.com/mibebe/>: This is a site in Spanish which tries to help new parents in dealing with all the questions that arise from having a new little one. The site gives information on nutrition, breastfeeding, pregnancy and more! Este sitio trata de ayudar a nuevos padres con las dudas que surgen al tener un nuevo bebito. El mundo del bebé tiene información sobre el embarazo, la lactancia, alimentación, y más. También tiene secciones especiales solo para mamá y papá.

Wanted: residents of Yolo County to help influence the development and improvement of child care services in their community. Yolo County Board of Supervisors and Yolo County Office of Education are now recruiting membership for the Local Child Care Planning Council in the following categories:

1. Consumers of child care (people who are presently using or have used child care within the last 3 years).

2. Providers of child care

Council participation will require that members attend monthly meetings and are willing to serve from one to three year terms. If you are interested, please contact Melinda Waring, Coordinator for the Yolo County Child Care Planning Council at 530-668-3773.

News You Can Use

Shedding Light on Safety at Night

Fall brings more darkness. A cloak sometimes used by perpetrators of crimes. Remember to stay alert to potentially risky situations for your personal safety, night and day.

- ◆ **Avoid walking dark streets** alone at night.
- ◆ **Identify and avoid risky places** such as back stairways, dark alleys and large bushes. Go another way.
- ◆ **Don't take shortcuts** through vacant lots or unpopulated areas.
- ◆ **Wait for public transportation in well-populated, well-lit areas.** Sit near the driver. When dropped off by a taxi, ask the driver to wait until you are safely inside.
- ◆ **Always have your key ready** to open the car door as you approach.
- ◆ **Before unlocking your car door, look through the windows** to check the rear seat area.
- ◆ **When driving, lock your doors** and keep windows shut or barely open.
- ◆ **If your car breaks down**, first pull to the side of the road and turn on your car's emergency lights. Then stay in the car with your doors locked and windows rolled up. If a stranger pulls over to help, roll down the window just enough to ask the person to call your auto club or the police. Do NOT unlock the door, get out or let strangers inside the car.
- ◆ **If something is amiss as you approach your home** - for instance, a door or a window is ajar - **do not enter.** Call the police immediately.

Best advice for self-protection: **BE AWARE.** **1.** Avoid putting yourself in vulnerable situations. **2.** Stay alert wherever you are.

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How to Feel Comfortable with Breastfeeding Almost Anywhere

If you think breastfeeding around other people could be a little embarrassing, you are not alone. Many new mothers worry about how they will feel when they are breastfeeding in public, even around people they know. But with a little planning, they soon find they can breastfeed almost anywhere. And you will too.

1. Put baby under cover.

Sometimes, breastfeeding in public is as simple as throwing a blanket over your shoulder. Loose-fitting tops that pull up from the bottom are easiest. Special nursing bras also help. With a little practice (try a mirror at home), you will soon learn how to breastfeed so that no one notices.

2. Get away from the crowd.

Even if you are out in public, you can usually find an out-of-the-way spot for breastfeeding - a dressing room, restaurant booth, or your parked car. Many stores now have special rooms for breastfeeding moms. If you are at a friend's house, don't be afraid to ask if there is a room you can use for some privacy.

3. Focus on the baby, not what other people say.

When babies get hungry, they need to eat (just like the rest of us!). It's unfortunate that sometimes, you will run into people who try to make you feel uncomfortable for breastfeeding in public. The point is, you know you are doing the right thing. For your baby and you. If you cannot ignore them, decide what you will say ahead of time to show your confidence. Their feelings are their problem, not yours.

4. Seek out the support of those around you.

Support for breastfeeding comes from many people - your family, your friends, other moms who have breastfed (or wished they had), your health care providers and neighbors. If you ever feel embarrassed about breastfeeding, know that you can talk to any one of them. If someone in your family asks about breastfeeding in public, explain why it is good for you and your baby. Show them how you can cover up.

5. Remember the rewards for baby and you.

Breast milk helps your baby's brain grow and is easier to digest, causing fewer upset stomachs. Research shows babies stay healthier, with fewer allergies and tooth decay. Breastfeeding burns calories and can help you lose weight. Most important, breastfeeding is a special time, which mom, baby and everyone can share. Nothing is embarrassing about that.

Courtesy of WIC

Classes & Workshops

Classes

Woodland Community College has many different parenting and early childhood education classes available. The Winter term begins in January. This is the time to register. For more information call (530) 661-9231

Yolo County American Red Cross Youth Programs

BAT Training

Specifically designed for children ages 8 to 11 years old. Learn safety information and first aid for breathing difficulties, bleeding, poisoning, burns, shock, drugs, strangers, and other emergencies. Meets the requirements for Webelo Cub Scout Ready Man Badge! Remember to bring a sack lunch. November 5, 9:00 a.m. - 4:00 p.m. 6 hours \$25.00

Babysitter's Training

For 11 - 15 year olds. Learn the qualities of being a good babysitter. Interact positively with the family who hires you. In this class you will learn how to interview, make responsible decisions, keep kids and yourself safe, react in an emergency, and perform basic child care skills. It also emphasizes injury prevention and first aid skills. Further, it addresses the professionalism and leadership of babysitters. Remember to bring a sack dinner. November 7, 9, & 14 4:00 - 7:30 p.m. 9 hours \$35.00 For more information about these classes, call (530) 662-4669.

Kinship Care Education Program

Sponsored by Woodland Community College

Kincare Adoption & Legal Guardianship

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

Yolo County Legal System

January 19, 2001, 6:30 - 9:30 p.m.

Contact Debra Wiegel at (530) 668-9231 for more information.

All classes at Woodland Community College
41605 Gibson Rd, Woodland.

Classes are open -- bring a friend.

Foster Care Education Program

Sponsored by Woodland Community College

Post Traumatic Stress Disorder

November 4, 9:00 a.m. - 5:00 p.m.

The Impact of Child Abuse

November 30, December 7 & 14, 6:30 - 9:30 p.m.

The Judicial System/Court Process

January 11, 18, & 25, 2001, 6:30 - 9:30 p.m.

Spanish Series -- To be announced CPR

Sponsored by Woodland Community College

November 18, 9:00 a.m. - 4:00 p.m.

College Conference Room

Contact Cherie Schroeder at (530) 678-3021 for more information.

Parent to Parent

Thursdays from 7:00 - 8:30 p.m. This eight-week course is designed to activate and empower parents to deal directly with their children on critical issues of adolescence such as sex, drugs, violence and personal values. Teens are welcome to attend with their parents. The course is free, but there is a \$10 charge for the booklet. Host/Facilitator -- Kenton Keithly. Please call (530) 666-7621 in advance to confirm location, date and time.

Community Parenting Classes

Sponsored by Yolo Connections

Yolo Connections is a non-profit organization that offers free of charge parenting classes throughout the county. Classes meet once a week for a few hours. Registration is required. For more information call (530) 669-3285

West Sacramento Broderick Christian Center,
110 6th St., 9:00 - 11:00 a.m.

Active Parenting (2-12 years) -- November 22 to
January 24, 2001

Parent to Parent (12-18 years) -- January 31 to March
28, 2001

Woodland Yolo Connections,
327 College ST #100, 6:30 - 8:30 p.m.

Bonding & rebuilding (0-5 years)

SPANISH -- November 2 to January 4, 2001

Davis, Davis Headstart

1850 Hanover Dr., 6:30 - 8:30 p.m.

Active Parenting (2-12 years) -- January 9 to March 6,
2001

Grandparenting Class

3rd Tuesday of the month, 6:30 - 9:30 p.m.

Davis Senior Center, Game Room, 646 A Street.

Call (530) 757-5696 for more information.

Workshops

Legislative Update

Workshops

Yolo Family Service Agency Presents *Kid's Turn: A six week series serving children and parents of separation or divorce.*

If you are a parent concerned about the possible effects of separation or divorce on your child or yourself, Kid's Turn can help. Kid's Turn provides a safe place for all family members to learn skills that can improve communication between parents and children, help parents understand the experience of children during and after divorce, and teach children how to cope more effectively when parents separate or divorce.

The program offers workshops consisting of six 90 - minute weekly sessions and serves children ages 4 through 14. Children meet in groups according to their ages. While children attend their groups, parents go to their groups at the same site. Parents of the same family meet in separate rooms. Both parents are strongly encouraged to attend. This series is underwritten by Catholic Healthcare West, Children's Trust Fund, Community Based Resource, and Target, Inc. Advance registration is required. Mondays, beginning January 22, - March 12, 2001 From 6:00 - 7:30 p.m. in Woodland (site to be announced) Final registration is January 15, 2002. Program Coordinator: Beth Kaffka, LCSW For more information or registration materials, call (530) 662-2211, 753-8674 or (916) 375-1254. Sliding scale fee for parents - no fee for children. Advanced registration is required.

The following are excerpts from *On The Capitol Doorstep*, September 2000 Issue. For more information on legislative updates, call (916) 442-5431

The following bills have been signed by Governor Davis.

SB567 (Speier) Child Passenger Restraints

This bill would require a child to be secured in a child passenger restraint system until the child is age 6 years of age **or** weighs at least 60 pounds (instead of 4 years of age and at least 40 pounds).



SB1703 (Escutia) Child Care Facilities Funding

This Bill would appropriate \$42 Million for renovations to child care facilities to improve access for disabled children and to expand the capacity of subsidized child care facilities in underserved areas.

AB25 (Mazzoni) Kindergarten Age of Entry

This bill would allow school district to require children to be 5 years old by September 1 of the year they enter kindergarten. Participating school districts would be required to provide a kindergarten readiness program to children entering kindergarten. School districts would be compensated for the drop in enrollment and for providing the readiness program.

AB212 (Aroner) Child Care Retention

This bill would distribute funding for retention of child care workers to local child care planning councils based on the percentage of subsidized center-based child care funding that the county receives.

Especially for Providers

Are you interested in becoming a Family Child Care Provider? Are you a provider who would like information on marketing and taxes? If so, the following information may be useful to you! Child Care Services is sponsoring **free** workshops for both licensed providers and those who are interested in learning about the field. To sign up or for more information on any of these workshops, please contact Rossana Vigil at Child Care Services (530) 757-5691 or 1 (800) 378-5044.

It's Your Business: Marketing Workshop

Carrie Shepard will discuss what you need to know to establish your family day care home. Learn how to promote yourself and your business, how to establish fees, the importance of communication with parents and more in this workshop.

December 9

9:30 to 11:30 a.m.

County Fair Mall, Community Room

Tax Preparation and Record Keeping

Do you have questions about taxes? Think you're paying too much? This workshop will answer these questions and more. This workshop will feature Meredith Coghlan, C.T.P a former child care provider who has been specializing in income tax preparations for providers for over a decade.

January 20, 2001

10:00 a.m. to 12:30 p.m.

County Fair Mall, Community Room

Family Child Care At It's Best

Sponsored by the Center for Human Training and Development, UCD Extension

This is a series of free classes for licensed providers. Learn the latest information of child development. The classes have been designed to assist child care providers in dealing with every day situations and how to provide quality child care .

Family Child Care Orientation

If you or someone you know is interested in becoming a licensed child care provider, you must attend a Yolo County Child Care Orientation. For more information contact Yolo County Family Child Care Licensing at (530) 666-8470 or Child Care Services

Orientation Schedule:

Tuesday, November 21 and Tuesday, December 19, from 9:30 a.m. to 12:30 p.m. It will be held at the Veterans Memorial Center Game Room located at 203 E. 14th Street in Davis.

“Elves” by James Medel Jr. age 6

Especially for Parents

Food for Thought

By C. A. Tkach

I had a white knuckle grip on the table edge, and my teeth were clenched. I was facing an ugly sight: dinner.

My eight year old was grief stricken at the lack of a bun for his hot dog, "I have never," he wept, "eaten a hot dog without a bun in my whole life!" The six year old was shocked that elbow macaroni was on his plate. "Don't you know I like only straight spaghetti?!" The three year old was distraught at the sight of white cheese. "I only like YELLOW cheese!" The 18 month old was the lone omnivore but was joining in the decibel level just for the fun of it.

What was going on here? Emotionally messy and chaotic mealtimes, that's what. And all the guesswork about others people's food preferences was exhausting. Is it this type of rice or that brand of soup that he likes? That kind of ketchup or this box of crackers that she likes? Amidst the quibbling, my own needs for replenishment were being neglected, and I found myself snacking and eating second dinners after the children were in bed in order to regain a sense of calm and control.

Out of frustration I had even tried ordering the children to eat the disliked food ("This or nothing!") but my heart was not in it. I wanted to guide my children in decision making, not impose jailer tactics on them. My goal was to enable them to recognize wholesome foods and make their own choices from these however wide or narrow the choices might be. I wanted our meals together to provide emotional and physical refueling, and I was ready to try something crazy in order to achieve this.

Into the grocery store I went with all four children. I could read the sympathy in other shoppers' eyes for a woman traversing the aisles with four lively children. But, in fact, I was feeling lighthearted and liberated. I was sharing the responsibility for making food choices with the children, starting at the grocery store.

I tried to create the right conditions for this expedition: allowing plenty of time, choosing a quiet time at the store, and eating before we went so as to avoid impulse buying for any of us.

Was I horrified by their choices? No! Did I have to pull out everything that they put into the shopping cart? Not at all.

The children were in charge and rose to the occasion. They deliberated as they moved their carts slowly up and down the aisles. The two older children were eager and adamant about pushing their own increasingly heavy cart, an activity that I could see enhanced their sense of control and commitment to this endeavor.



I listened delightedly while Daniel coaxed David to try a new food with him, his cajoling accomplishing what my proddings into new foods arenas had not. "What's in this package, Mommy?" asked Sarah, holding up an ornately decorated cereal box which she promptly discarded when the ingredients were read to her.

The children did initially gravitate to cookies and crackers, and each child was allowed to select a box of crackers and a box of cookies. This sense of ownership and control made them quite happy, and there were no requests for more. A garishly yet enticingly packaged cookie lured David only to be later judged the worst cookie he'd ever eaten, with a lesson now learned from experience ("All that glitters is not gold."), rather than "just" from mom's admonitions.

I was proud of their wise use of the freedom given them, and they were impressed with the cost of the food!

The children don't go with me every time I go to the store. Instead, a shopping excursion gives me a sense of eating trends, and I can restock with short trips. When I begin to sense discontent with dinner, then I know it is time for another group shopping trip to purchase foods that more accurately reflect their evolving tastes.

We've had some good laughs as we've tasted some bad choices, and the merriment has been great for our digestion.

And the other night, as the children cooed contentedly at the dinner table, David, the oldest, declared, "You know, Mom, I think I could start cooking dinner sometimes." He's right, he could, and I pass on my apron to him with respect for the good choices he will be making now and in the future.

Book Corner

National Children's Book Week

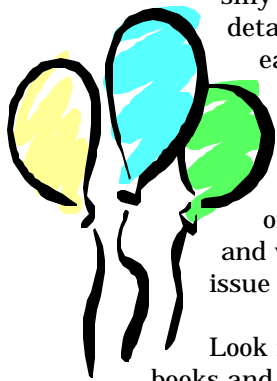
November 13-19 is National Children's Book Week so head on down to your local library and check out some fun! Explore new books and librarians' choices with your little people. Don't forget to look for that book that was your child's favorite (or even yours when you were little). Books encourage and develop curiosity, imagination, and a life-long love of learning. Don't forget that spending the time to read a book with children not only conveys to them how important reading is but also how important they are to you.

Where Do Balloons Go?

An Uplifting Mystery

by Jamie Lee Curtis, illustrations by Laura Cornell

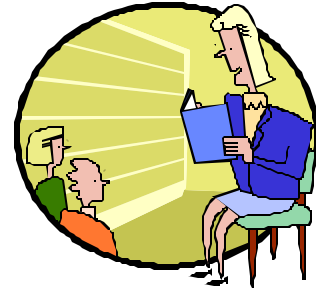
Have you ever let go of a balloon and watched as it rose upwards and out of sight? What did it see? How high did it go? Who did it meet? Is it dangerous up there? Curtis addresses all of these questions and more in her new children's book (there is an underlying message for adults as well). Cornell's squiggly and colorful drawings complement Curtis'



silly rhymes and are packed with details that keep this book interesting each time around -- read along with the Astronauts in their space manual or keep track of the balloons that keep popping up throughout the story. Curtis once again eloquently, accurately, and with respect, looks at a serious issue that affects us all -- letting go.

Look for this duo's other excellent books and share them with someone you love: *Today I Feel Silly & Other Moods That Make My Day*, *When I Was Little - A Four-Year-Old's Memoir of Her Youth*, and *Tell Me Again About the Night I Was Born*.

Preschool Storytime



The **Davis Public Library** is hosting storyteller Tricia Brown on November 15 at 2:00 p.m. The Preschoolers story times are Wednesdays at 7:00 p.m. and Thursdays at 10:15 a.m. You must pre-register for these two story times; however, on Saturday, November 4 at 11:00 a.m. there is a storytime that is open for all with no registration required. Please call (530) 757-5596 for more information.

The **West Sacramento Public Library** will celebrate Children's Book Week with Puppeteer Marylou Linville on November 19 at 3:00 p.m. Preschool Storytime (for 3-5 year olds) meets Tuesdays at 11:00 a.m. and Thursdays at 7:00 p.m. The library will also host a Family Holiday Program on December 14 at 6:30 p.m. (shhh there will be a special visitor!) For more information, call the library at (916) 375-6465

The **Winters Public Library** hosts Preschool Storytime and Pajama Storytime. Preschool Storytime is Tuesdays from 10:30 -11:00 a.m. This is a volunteer program sponsored by the Winters Friends of the Library. Pajama Storytime is held the second Thursday of each month from 7:00-7:30 p.m. For more information, visit the Winters Branch Library at 201 1st St. or call (530) 795-4955.

The **Woodland Public Library** will celebrate Children's Book Week with a program presentation by Noa Baum. This family pajama party will include bedtime stories and music (pajamas are optional). This event will be Tuesday, November 14, from 7:00 to 7:45 p.m. Preschool Storytime for children 3-5 yrs. is on Wednesdays from 12:30 to 1:15 p.m. Toddler Storytime for children 18-36 months is on Thursdays from 11:30 to 12:00 p.m. For more information, call Children's Librarian Carol Beckham at (530) 661-5983.

Creative Corner

See Your Child's Art Published!!!! If you would like to see your child(ren)'s works of art published on a future issue of Small Talk, Send a xerox copy to Rossana Vigil at Child Care Services, 604 2nd Street, Davis, CA 95616.

Sand, Glitter or Bead Squiggles

White or clear glue
Waxed paper
Ribbon or string
Sand, glitter or beads (beans & colored rice are fun, too)

1. Squirt glue on waxed paper to make different designs.
2. Sprinkle either sand, glitter or beads over the glue.
3. Let dry. Peel designs off paper and hang with ribbon or string.

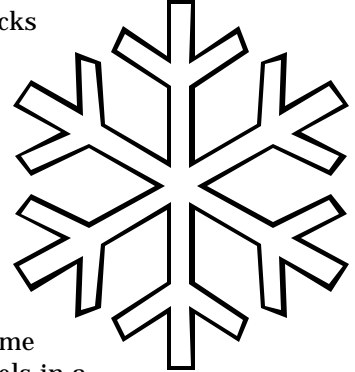
Nature collage-picture frame

Cardboard
Glue
Nature items
A photo
Scissors or an exacto knife (Adult supervision required)

1. Go outside and collect things that are beautiful to you - small stones, twisty twigs, smooth shells, groovy grasses, little leaves... the possibilities are endless!
2. Cut out a shape for your photo, or just glue your photo to the cardboard.
3. Arrange all the treasures you collected around your photo and glue them in place.
4. Let dry and enjoy the little bit of outside you brought in.

Snacks - Snowflake pretzels

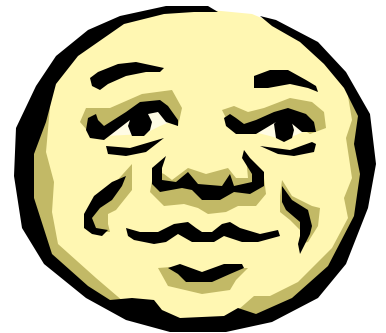
30-oz bag of pretzel sticks
½ cup white chocolate morsels
¼ cup white non-pariels
waxed paper
small zip-lock bag



1. Break pretzels into different lengths, leaving some whole. Place morsels in a small plastic bag and microwave 30-40 seconds, until soft. Squeeze air from bag, seal, and gently knead the chips. Snip off a small part of the corner for piping.
2. Pipe quarter-sized circles of chocolate onto a sheet of waxed paper about four inches apart. Press pretzel pieces around edges of the circles to make snowflake points. Pipe smaller circles over the larger circles and insert more pretzel pieces, pointing them upward for 3-D effect.
3. Drizzle a small amount of melted chips over pretzels and sprinkle immediately with non-pariels. Let cool and remove from sheet to enjoy!

Full Moon Cookies

½ cup wheat germ
1½ cups peanut butter
1½ cups honey
3 cups dried milk
¾cup graham cracker crumbs
powdered sugar



1. Mix the first 5 ingredients together.
2. Roll the dough into small balls.
3. Roll balls in powdered sugar. Makes about 2 dozen moons.

Legislative Update
