

Smalltalk

Serving Providers & Families in Yolo County

Volume XXVI, Number 5

Dear Friends:

I hope you are all enjoying the summer and surviving the heat! I would like to provide you with information on the responsibilities of the Child Care Resource and Referral Program staff. As Acting Supervisor of the program, I am proud of each and every one of them! Our staff includes Rossana Vigil, Anna Lynn Dayton, Renuka Mannepperuma, Jennifer O'Rell and Jody Lusebrink.

Rossana, Anna Lynn, Renuka and Jennifer all handle incoming calls from parents requesting information on available child care in Yolo County. Rossana and Anna Lynn frequently field calls from providers or individuals interested in becoming providers. These include questions related to how to become a licensed provider, state licensing requirements, dates for tax assistance workshops, marketing classes, first aid, CPR and health and safety classes. Rossana and Anna Lynn also answer questions on Play Groups. Currently, Rossana plans and supervises the Tax, Marketing and Contracts classes. Jody Lusebrink continues on as the Mom's Together coordinator. Jennifer O'Rell is currently chief editor for Small Talk. Renuka, last, but not least, is our "Jill" of all trades and assists with phone calls, technical assistance as well as publications and mailings.

I think you will find each of our staff, helpful, courteous and eager to assist. Never hesitate to give us a call at (530)757-5691 if you think we can be of assistance.

Vicki Crescitelli
Community Services Administrator

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Meetings/Support Groups

DAVIS CHILDCARE COMMISSION

Oct. 26, 7:30 p.m.
Senior Center, 646 A Street, Davis. Public welcome.

FAMILY CHILD CARE LICENSING ORIENTATIONS

Sept. 19, Oct. 17, 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

Sept. 13, Call (530)668-3773 for October date, location and time.

BRIDGES

Support for parents of children in K-12 special ed.
No meetings in July and August.
Learning Center, Davis High School.
Call Inger at 756-8791 for information.

CH.A.D.D.

Children & Adults with Attention Deficit Disorders
Leake Room, Woodland Public Library.
Small group discussions, speakers and support.
Call 750-3929 for 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.
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, Pamela 750-0229, Nathaline 759-1106.

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.
For more information call Mental Health Assoc. of Yolo County at 756-8181.

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.

GROUP FOR TWINS & PARENTS

Play group for twins.
Starting Sept. 11th, 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 3rd Sunday of the month from 4:00 – 6:00 p.m. (Starting September 17th) at the Blanchard Community Room, Davis Public Library.
For information see article in Community News or call Karin Willhoit, 662-1448 or Jeanine Hill, 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: 2nd Tuesday of month, 6:30-8:00 p.m., Horizon School, 16 N. Cottonwood St., call by 4:00 p.m. 666-8632 for child care (evening meeting only).
1st Tuesday of each month, 10:30 a.m.-noon County Services Center, Putah Creek Conference Room, 170 W. Beamer St.
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.
No September or October meetings.
Call Kathleen Grey at 752-4150.

WOODLAND SPECIAL EDUCATION LINKS

Support for parents of children in K-12 special ed.
Meeting dates and times 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

- September**
- 4** Labor Day; all city offices closed
 - 6** Free Car Seat Inspection – Woodland*
 - 9** Woodland's Stroll through History*
 - 15** Deadline for Davis Children's Nutcracker application
 - 16** Conference for Relatives Raising Children**
 - 22** Light the Night Walk*
 - 24** Free Car Seat Inspection-Esparto*
- October**
- 30-1** Rosh Hashanah
 - 4-7** After School & School-Age Care Professionals Training**
 - 9** Yom Kippur
 - 13** Free Car Seat Inspection – Davis*
 - 20-22** CA Assoc. for FCC Semi Annual Conference**
 - 22** City of Davis 3rd Annual Harvest Festival*
 - 23-31** Red Ribbon Week
 - 24-27** After School & School-Age Care Professionals Training**
 - 28** Make A Difference Day*
 - 31** Halloween

- * See Community News for more information
** See Workshops, Conferences & Classes for more information

safely inside their destinations upon request. For more information call (530) 613-DART (3278), e-mail at D.A.R.T.@commutebydart.com or visit at <http://www.communtebydart.com>.

Free Car Seat Safety Inspections & Low Cost Car Seat Program

The Yolo County Health Department is offering free car seat safety inspections BY APPOINTMENT ONLY. These inspections will be held in Davis on October 13th and December 8th at the main entrance of Sutter Davis Hospital, 2000 Sutter Place from 9:00 a.m. until noon; in Woodland on September 6th and November 1st at the Surgery Center of Woodland Memorial Hospital, 1325 Cottonwood Street from 9:00 a.m. until noon; in West Sacramento on October 13th and December 8th at the County Services Center, 500 Jefferson Blvd. From 2:00 to 4:00 p.m.; in Esparto on September 24th at the Healthy Start Fair from 11:00 a.m. to 2:00 p.m.

Get a Car Seat at Low Cost!

The Yolo County Health Department is also offering a low cost car seat program that teaches car seat basics on use and safety as well as seat belt use. This program is available to residents of Yolo County who meet Child Health and Disability Prevention Program (CHDP) income guidelines. Those who meet the income eligibility requirements must take the class in order to purchase a low cost child safety seat. The classes will be held at the Woodland Memorial Hospital, 1325 Cottonwood Street on September 19th and November 21st from 9:00 to 11:00 a.m. (English) and 11:30 a.m. until 1:30 p.m. (Spanish). Classes will also be offered in West Sacramento at the County Services Center, 500 Jefferson Blvd., Suite A on October 17th and December 19th from 10:00 a.m. until noon. Registration is required for this program. If you have any questions regarding these two programs, please call the Yolo County Health Department at (530) 666-8645.

Transportation Solution

Looking for transportation for your child to and from child care, school/classes, after-school activities or camps? Davis Area Rapid Transit (DART) serves the city of Davis and Yolo County. They provide transportation on a one-time or as-needed basis, as well as regularly scheduled trips. Their drivers provide door-to-door service that includes escorting children

Community News

Educate Yourself on Poison: New Video Available to Parents and Child Care Providers

The Child Care Services Lending Library now has a video from the California Poison Control System which teaches poison prevention and helpful tips to follow in the case of accidental poison ingestion. In the state of California, Poison Control receives over 900 calls a day and over half of these calls involve children five years old and younger. Every day thousands of these children are exposed to a variety of poisons such as medicines, cleaning products, antifreeze, and hydrocarbons (which include: furniture polish, lighter fluid, lamp oil, kerosene, turpentine and paint thinner).

The video is available in English and Spanish. Please call Child Care Services for more information at (530) 757-5691 or 1-800-378-5044 or stop by the lending library at 604 Second Street, Davis, Monday through Friday 8:00 a.m. – 5:00 p.m.

California Poison Control System 1800-876-4766
www.calpoison.org

How Do you Play With Your Toddler? UCD Would Like to Find Out!

Michael Rahilly, a Ph.D. candidate at UC Davis in Human and Community Development, is conducting a study to find out how mothers and children interact in short play situations. He is seeking volunteers with 18 to 30 month old toddlers to participate in the study. Books and gift certificates to a local bookstore will be available to volunteers as appreciation for your participation. If you are interested, please call Michael Rahilly at (916) 705-5895 or e-mail him at mjrahilly@ucdavis.edu.

Who Would Want to Eat A House Plant? A Toddler Would!

In addition to household cleaning products, plants can be poisonous as well. If you have a young child, keep plants off the floor and out of their reach. When outside, keep a very watchful eye on children and their proximity to plants. Some common poisonous plants are*:

- Azalea
- Castor bean
- Daffodil
- Deadly nightshade
- Dieffenbachia
- Holly
- Jimson weed
- Laburnum berries
- Larkspur
- Mistletoe
- Mountain laurel berries
- Oleander
- Philodendron
- Poison sumac
- Poisonous mushrooms
- Pikeweed
- Potato leaves
- Privet berries
- Rhododendron
- Rhubarb leaves
- Rosary pea
- Yew

*Source: YCParmia, Safety Journal, March 2000

Playgroup Orientation

Are you looking for new playmates for your young children? Would you like to meet weekly with other parents for support and companionship? If so, then come to a playgroup orientation! Learn how to set up a playgroup that will best meet your needs and join other parents in forming a playgroup. While parents are talking, children can play with toys provided from the Toy Closet. No fee or pre-registration is required. On October 18, 2000 from 9:30 a.m. to 11:30 a.m. a playgroup orientation will be held in Davis at the Veteran's Memorial Game Room on 14th & B Streets. For more information on playgroup orientations or if you would like to receive a list of current playgroups in Yolo County, please call (530) 757-5691.

Videos on Child Care and Parenting Available at Public Libraries

A variety of video tapes on child care and parenting are available at various branches of the Yolo County Library and can be borrowed by any library card holder. Members of the Woodland Public Library may also

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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)

borrow these materials. These videos include topics such as, professional development and curriculum (with a series for infant toddler caregivers), health and safety, parenting and child development, and educational videos for children. Some of these videos are available in Spanish. Additional videos and books are available through the Child Care Services Book & Video Lending Library located at 604 Second Street, Davis. This lending library is open to all Yolo County residents. For more information, call Child Care Services at (530) 757-5691.

Adults Need Immunizations Too

The California School Immunization Law requires that children be up-to-date on their immunizations to attend childcare. Child care providers are required by the same law to check immunization records and ensure that children are up-to-date before they enroll, track a child's progress in getting more shots as they are due, and exclude children from care if they fall behind in their shots. But sometimes adults are so focused on their children's medical needs that they forget to take care of their own. What immunizations should adults be getting?

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

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

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

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

Looking for a Change of Career: How About Licensed Family Child Care?

Perhaps you have young children and you don't want to leave them to go off to work. You might be tired of working for someone else, or you just don't feel like what you do at work is satisfying. What can you do to bring in some income and make a difference in your community? If you are thinking about a new career, and if you enjoy working with children, then why not look into becoming a licensed family child care provider?

What's required? In order to become licensed to care for 6-8 children, you must live in a house or apartment that is up to code, and that has smoke alarms and a fire extinguisher. This may be your own home, or a rental. You must attend a three-hour orientation meeting where you will get the required paperwork, and find out what you have to do to apply. Every adult in the house must be finger-printed and cleared through the Department of Justice and FBI. You must take 15 hours of health and safety training which includes infant/child CPR, pediatric first aid, and a health and safety issues class. And you must apply for the license through Yolo County Department of Social Services.

When you're thinking about becoming a family child care provider, you'll need to decide what range of ages you want to care for. If you take four children under the age of two, you can't care for more children. If you have two school-age children, and no more than three under-2 year olds, you can increase your capacity from six to eight children. Before you decide on age range, you may want to call Child Care Services and ask what the need is in the area that you live. Generally speaking, there are lots of providers serving pre-schoolers, and few caring for infants and school-age children.

A family child care is a home-based business; it provides a great opportunity to increase your family's income. It also means that you must now become both a caregiver, and a business person. You will need to have a contract and policies; you will want to think about marketing your business; and, of course, you will have to keep good records and file your tax returns. Child Care Services offers free trainings for providers in these areas of business, and we have information and resources covering other issues.

Becoming a family child provider is a wonderfully rewarding opportunity, but also a real commitment to the children and families that you serve, and to your community. We want to encourage you to seriously consider it as a possible career move if you believe that you can provide high quality care for children. If you have questions, call Carrie at 757-5691 or 1(800)378-5044 from West Sacramento or rural Yolo County.

Training Loans Available to Cal Works Participants Interested in Becoming Child Care Providers

Training, one on one counseling and loans are available to Cal Works clients interested in becoming family Day Care providers. Interested individuals should contact their Cal Works social worker for more information.

Community News

3rd Annual Harvest Festival

Join the City of Davis Parks and Community Services staff for their 3rd annual Harvest Festival on Sunday, October 22nd from 4:00 p.m. to 6:30 p.m. at the Veteran's Memorial Center located at 14th and B Streets in Davis. Come in costume and enjoy festivities like carnival games, pumpkin decorating and a costume parade and contest, sing-alongs, hands-on craft activities, treats and much, much more! Tickets can be purchased at the Parks and Community Services office, 23 Russell Blvd., Davis: \$6 for children 0-12years, \$8 adult and \$25 for a family of four. The price of admission includes dinner and music.

Halloween Safety

Make sure your Halloween night is a safe one and absent of any REAL scares! Follow these safety tips recommended by the National SAFE KIDS Campaign and ensure you have a safe and fun Halloween!

- Use face paints or cosmetics instead of masks
- Make sure each trick-or-treater has their own flashlight
- Alter costumes to be short enough to avoid tripping and light/bright enough to visible at night. Avoid costumes with big baggy sleeves or billowing skirts which can easily come into contact with candles or other flammable objects
- Stay on the sidewalks, and do not cut across yards in the dark where hidden hazards may be lurking

- Trick-or-treat only at decorated and well-lit houses
- Decorate costumes and bags with retro-reflective tape
- Never dart out from between parked cars; always stop at all street corners, and cross streets only at intersections and crosswalks
- Bring home all treats and check them carefully before children eat any of them

Take a Stroll Through History in Woodland

The Woodland Stroll Through History will be held on Saturday, September 9th and includes many fun activities for the whole family. This is a yearly event sponsored by the Woodland Neighbors for Historic Preservation and the Woodland Downtown Improvement Association. The event includes open tours of local vintage estates, guided walking tours of historic residential and commercial neighborhoods, free musical entertainment, an antique market, crafts and home improvement fair, a pancake breakfast, antique auto display, horse and carriages, period costumes and train rides. Bring the whole family for a fun filled look back through history.

Light the Night Cancer Walk

On Friday September 22nd the Leukemia & Lymphoma Society is sponsoring a nationwide evening walk to celebrate and commemorate lives touched by cancer. Their mission is to raise funds to cure leukemia, lymphoma, Hodgkin's disease and myeloma as well as to improve the quality of life of patients and their families. The walk starts at the West Steps of the State Capitol at 7:30 p.m. For more information on registration and participation, call the Greater Sacramento Area Chapter at (916) 369-7581 or (916) 369-7582 or visit the web site at www.lightthenight.org

Help Celebrate Make A Difference Day

The 10th annual Make a Difference Day, celebrated on Saturday, October 28, is the nation's largest day of helping others. Volunteers all over the country will be working together in many ways to improve the lives of others. For project ideas, to register your project, to get help publicizing and/or organizing your project, or to be eligible for cash grants and awards to assist in financing your effort, visit the Make a Difference Day website at www.makeadifferenceday.com.

Community News

A New Group for Twins (and Their Parents!)

Would you like to meet other families who are experiencing the wonderful world of raising twins? If so, this group is for you! Beginning September 11th, parents and their twins are invited to meet for a playgroup from 10:00 a.m. to 12:00 p.m. every Monday. The meeting place will alternate between the cities of Davis and Woodland. On the 1st, 3rd and 5th Monday of each month the group will meet at Sycamore Park in Davis (1313 Sycamore Lane – next to Willett Elementary School) and on the 2nd and 4th Monday of each month, the group will meet at Ferns Park in Woodland (on the corner of Ashley and Southwood). The first playgroup on September 11th will be held at Ferns Park in Woodland.

This group is also organizing a monthly “support” meeting for parents only. The meetings will be held every 3rd Sunday evening of the month at the Blanchard Community Room in the Davis Branch of the Yolo County Library. The first meeting is scheduled on September 17th. They plan to organize guest speakers on relevant topics and provide time for parents to listen and learn from one another. These meetings should be helpful for anyone expecting or currently raising double delights! For more information, please call Karin Willhoit, 662-1448 or Jeanine Hill, 756-9698.

Could Homeschooling Be Right For You?

If you have been considering homeschooling for your child or children, the Yolo County Homeschoolers can provide you with information to help you get started.

Homeschooling has many benefits for parents and children such as:

- Families spending more time together
- Children have more time for in-depth study
- Peer pressure is greatly reduced
- Children are able to learn at their own pace
- Children can be guided in a family's values on a consistent basis

For more information on the Yolo County Homeschoolers, call Nathaline Shank at (530) 759-1106 or visit the Home School Association of CA webpage at www.hsc.org.

New Changes for the Woodland Toy Library

The Woodland Toy Library began ten years ago as a project of the Woodland chapter of FEMALE (a Mom's support group) and has recently been formally adopted by the City Council as a city sponsored community service. The Toy Library lends toys instead of books with an inventory of over 500 toys for infants through school age children. It is located at 1017 Main Street in Woodland. As of July 1, 2000 the Woodland Toy Library has undergone some organizational changes. Hours are Mondays 2:00 p.m. – 5:00 p.m., Fridays 10:00 a.m. – 1:00 p.m. and Saturdays 1:00 p.m. – 4:00 p.m. Holiday hours are variable. The annual membership is \$15 for non-volunteers, free for volunteers and scholarships are available for families in need. Membership entitles families to borrow 3 toys for a three-week period. The Woodland Toy Library's mission is to provide a wide variety of toys that promote mental and physical development, stimulate imagination, and nurture age-appropriate learning. For more information call (530) 666-2918.

Get Smart About Spanking

Spanking and other forms of physical punishment are shown to have a considerable negative impact on children's brain development, intelligence and motivation to learn. Recent research out of the University of New Hampshire, cited in [Parenting Magazine](#) this year revealed that the stress of physical punishment interferes with children's ability to think clearly and impairs brain development.

In a study involving 900 children ages 1-4, those who were rarely or never spanked by their parents scored higher on intelligence tests than children who received some sort of physical punishment. Researchers also pointed out that parents who don't spank, spend more time reasoning and instructing their child which stimulates the brain and neural connections.

Physical punishment also interferes with parent-child bonding which can undermine the child's motivation to learn.

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Community News

The Web Connection

Here are some internet addresses that have some useful information. If you know of a particularly helpful web addresses, send them to Child Care Services, 604 Second Street, Davis, CA 95616 and we will put them into *Small Talk*.

www.family.go.com: Expert advice, craft project ideas, recipes, entertainment, health, parenting, pets, travel and much more!

www.simplyfamily.com: "Where families come together!" Create your own family website and stay in touch with family members as well as sharing experiences and advice with other families

www.familymanagement.com: This e-collaboration system™ provides a wide-range of quality resources that are easily available to both individuals and organizations, for the purpose of enriching the lives of all families. Spanish available.

<http://healthyfamilies.ca.gov>: This [children's health insurance program](http://healthyfamilies.ca.gov/childrens_health_insurance_program) provides free or low-cost health insurance for children. The Healthy Families Program is a state and federal funded health Coverage program for children with family incomes above the level eligible for no cost MediCal. and below 250% of the federal income guidelines (\$34,704 for a family of 3). Healthy Families (800) 880-5305

<http://www.zerotothree.org/brainworks>: This site features information on development during the first three years of life. Launched by the Boston University School of Medicine in collaboration with the Erikson Institute and ZERO TO THREE.

<http://betterkidcare.psu.edu/lives.html>: Downloadable satellite workshops on such topics as; Active Kids Are Learning Kids, Hot Topics for Center Directors (legal issues), How To Take The Stress Out of Caregiving, Secrets of How to Get Parents Involved, How to Make and Use Puppets, What Brain Research Tells Us About Infant Care, When Behavior is OK or Not OK, and Taking a Look at Dramatic Play.

www.ca5aday.com/programs/skin/skin.htm: This new web page features cost free sun safety teaching materials designed for implementation to preschool children, three to five years of age. This web page was produced by the Skin Cancer Prevention Program, an entity within the California Department of Health Services.

Mural Project Underway in Woodland

Muralist Margarita Camarena is coordinating a mural project at Campbell Park on Thomas Street in Woodland from now until the project is done (through September and possibly October). Children ages 10-14 are invited to join in on painting Margarita's Chinese design located on the maintenance building in the park. The group meets Saturdays from 1:00 to 3:00 p.m. and Tuesdays and Thursdays from 6:00 p.m. to 8:00 p.m. There is not cost to participate in this project, but you must register at the Woodland Department or Parks and Recreation. For more information, call (530) 661-5880.

Woodland Plans Events in Honor of Red Ribbon Week

The City of Woodland will be scheduling several events during the Week of October 23 -31 to recognize National Red Ribbon Week. The Red Ribbon Campaign is an opportunity to bring together parents, schools and businesses to help create drug-free communities. The City of Woodland has planned many events with schools, after school recreation programs, Yolo County agencies and law enforcement to recognize Red Ribbon Week. For a schedule of events, call (530) 661-5880.

Workshops, Classes & Conferences

Provider Contracts Workshop

Sponsored by Child Care Services

October 14, 2000

9:30 a.m. to 11:30 a.m.

Community Room, Woodland Mall

For more information call (530) 757-5691

Provider Marketing Workshop

Sponsored by Child Care Services

December 9, 2000

9:30 a.m. to 11:30 a.m.

Community Room, Woodland Mall

For more information call (530) 757-5691

Recognizing and Reporting

Child Abuse (Course Code: 002-0003-000)

Offered through UCD Extension

This class clarifies the responsibilities of human service professionals for reporting child abuse. It examines issues such as incidence and indicators of child abuse, family dynamics in abusive households, California's child abuse reporting law, model child abuse reporting law, the role of child protective agencies and other community organizations, and other personal issues for the professional such as emotional reactions and coping skills.

Saturday, September 9

8:30 a.m. to 5:00 p.m.

Fee \$195

Family Child Care At It's Best

Sponsored by The Center for Human Services

Training & Development, UCD Extension

This workshop series offers licensed family child care providers the opportunity to learn the latest information about child development. Interested providers should contact the Child Care Services office to sign up. These classes are free of charge to licensed providers. It is strongly encouraged that providers attend the whole series, which are offered in English and Spanish. Enroll early because space is limited!

All classes are located at the Woodland County Fair Mall in the Community Room.

For more information call Diane Harkins, Project Manager, (530) 757-8643.

Making the Connection with Infants & Toddlers

(English)

8:00 a.m. – 12:00 p.m.

Saturday, September 23

Building Block of Learning (English)

8:00 a.m. – 12:00 p.m.

Saturday, October 21

Giving Children a Healthy Start (English)

8:00 a.m. – 12:00 p.m.

Saturday, November 4

Managing Difficult Behavior (English)

8:00 a.m. – 12:00 p.m.

Saturday, November 18

Setting Limits with Love/Part 2 of Managing Difficult Behavior (English)

1:00 p.m. – 4:30 p.m.

Saturday, November 18

Keys to Serving Children with Special Needs (English)

8:00 a.m. – 4:00 p.m.

Saturday, December 2

Making the Connection with Infants & Toddlers (Spanish)

8:00 a.m. – 12:00 p.m.

Saturday, March 10

Building Block of Learning (Spanish)

8:00 a.m. – 12:00 p.m.

Saturday, March 24

Giving Children a Healthy Start (Spanish)

8:00 a.m. – 12:00 p.m.

Saturday, April 7

Managing Difficult Behavior (Spanish)

8:00 a.m. – 12:00 p.m.

Saturday, April 28

Setting Limits with Love/Part 2 of Managing Difficult Behavior (Spanish)

1:00 p.m. – 4:30 p.m.

Saturday, April 28

Keys to Serving Children with Special Needs (Spanish)

8:00 a.m. – 4:00 p.m.

Saturday, May 19

Planning a Healthy Pregnancy/Healthy Lifestyles

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 Nevraumont, PHN at (916) 375-6386.

Life Skills Learning Center

A 20 or 52 week domestic violence program for perpetrators and victims/survivors dealing with issues of anger, conflict resolution and anger management. For upcoming fall classes and other information, call (530) 662-1624.

Workshops, Classes & Conferences

Techniques of Observing Children (ECE-11)

Offered through Woodland Community College

This course focuses on the exploration and application of a variety of objective and subjective techniques in relation to the observing children's developmental stages and interest areas.

Monday's, Wednesday's and Friday's 12:00 p.m. – 12:50 p.m.

October 2 – November 13

Special Topics in Early Childhood Education

(ECE-15R)

Offered through Woodland Community College

This course explores contemporary issues and practices for teachers and caregivers in the early childhood area, including curriculum, health and safety, legislation and advocacy, licensing regulations, and other related subjects.

Saturday, November 4

9:00 a.m. – 6:20 p.m.

Effective Parenting (ECE-56R)

Offered through Woodland Community College

This course emphasizes the development of effective parent-child relationships, including behavior, emotions, encouragement, and communication.

Saturdays November 4 – November 18

8:00 a.m. – 2:50 p.m.

Parent Seminar (ECE-72)

Offered through Woodland Community College

This seminar focuses on effective parenting techniques emphasizing dignity and respect of both parents and children.

Thursdays September 14 – September 28

6:30 p.m. to 9:20 p.m.

California Child Care Health Safety Course

(ECE-210R)

Offered through Woodland Community College

This course is designed to meet the requirements of Assembly Bill 962 and relates to child day care and is appropriate for anyone dealing with children on a regular basis where knowledge of CPR, Pediatric First Aid, and Health and Safety Training may be needed.

Saturdays, December 2 – December 9

8:00 a.m. – 5:20 p.m.

Parent/Child Classes

Davis Community Church Nursery School

412 C Street

Open to babies aged 10-18 months, and toddlers aged 16-24 months. Activities include creative movement, exploration with art materials, developmental toy play, and circle time. For more information call, Jeanne Lupien, (530) 758-2940

Kid's Turn

Mondays, beginning October 30, 2000 – December 11, 2000 final registration for this series is October 13, 2000 or Mondays beginning April 2, 2001 – May 14, 2001 final registration for this series is March 16, 2001

6:00 p.m. – 7:30 p.m.

Site in Davis to be announced later

Mondays, beginning January 22, 2001 – March 12, 2001 final registration for this series is January 5, 2001

6:00 p.m. – 7:30 p.m.

Site in Woodland to be announced later

Yolo Family Service Agency is presenting this six week series serving children and parents of separation or divorce. There is a sliding scale for fee for parents and no fee for children. **ADVANCE REGISTRATION REQUIRED.** For more information or registration materials, call (530) 662-2211, (530) 753-8674 or (916) 375-1254.

Conferences

2000 Semi Annual Conference

Sponsored by the California Association for Family Child Care

Workshop Tracks in Leadership, Technology, Early Learning and Child Car Business

October 20-22, 2000

Granlibakken Conference Center at Lake Tahoe.

Contact: Toni Teixeira (925) 625-3441

Kids' Time Training of the Trainers Institute

Sponsored by California School Age Consortium

For After School and School-Age Care Professionals

October 4-7, 2000

Kellogg West, Pomona AND

October 24-27, 2000

San Damiano, Danville

Contact: CalSAC (415) 957-9775

Workshops, Classes & Conferences

[For an application or information, call Tricia Kendrick, Project Director, \(415\) 957-9775 or send an e-mail to \[pkendrick@snowline.net\]\(mailto:pkendrick@snowline.net\)](#)

Conference for Relatives Raising Children

Sponsored by Grandparents as Parents (GAP),
California State University, Long Beach Department
of Social Work and AARP

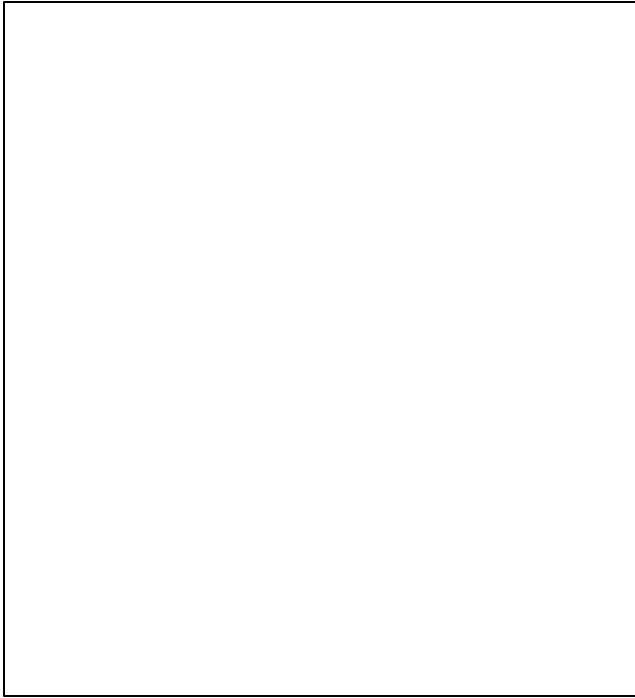
One day conference for relatives on topics such as,
legal issues, dependency court, benefits,
grandparenting adolescents, physical and mental
health, etc.

Saturday, September 16

The location will be in Long Beach at no or low cost.

For more information call, (562) 924-3996.

Especially for Parents



Three Thoughts on Parenting

By Sheila Kogan

Parenting is one of the hardest jobs in the world because it demands every part of us: our mind, our heart, our spirit and all the information we can gather. Parenting can never be reduced to following someone's advice because no two children are alike. With that in mind, I offer three suggestions. These thoughts come after raising three boys and teaching elementary school for 32 years.

1. Know your child: To be able to parent effectively we must constantly study our children. We are given all sorts of information from our own parents, neighbors, doctors and "experts," but in the end, this unique child is our responsibility. We have to look very carefully at how this particular child responds to our voice and actions. Is he very sensitive to raised voices? Does she thrive on rough-housing and constant action? Does he get overstimulated and need fairly consistent structure and routine? How does she show illness or nervousness or fear? Does your child need short directives or does he do better

with longer explanations? We must study our children like an intricate work of art --- which they are. We must observe them without judgment but with the goal of understanding what works best for them.

I remember when my youngest son was about 10, he said he did not want to go to his Judo class because his legs hurt. I thought he was being lazy. "Be tough," I said, "and get that uniform on." As we were leaving, I brushed the hair off his forehead and found that was burning up with fever. Because my other boys got headaches when they got sick I had not learned that this child shows illness through his legs. Two of my boys thrived on order and routine, one despised it. All three did best with a great deal of physical activity but the oldest required a lot more quiet time alone. These are the kinds of things we need to learn to truly know our children and respect them as individuals.

Every one of us wants to be known, understood and accepted for who we truly are. Training ourselves to see our children as unique individuals lays the foundation for their self esteem. That core of feeling, accepted as they are, will carry them through many trials. It will also help us parents to get along.

2. Be honest: I have a friend who loves rock and roll music, but when her children were in her care, she would quickly turn the station to classical music. The greatest gift we can give our children is our honest selves striving to be our best. When some friends were at my home, one woman sneaked outside, away from her 4 year old, to have a cigarette. The daughter came to me and said, "Mommy is in the backyard having sex." Children know most everything; it is better for them to know the truth. "You know, sweetheart, I hate it that I can't seem to give up these cigarettes completely but I am working on it."

However, being honest does NOT mean we have to tell our children everything. It is perfectly fine to say, "I don't want to tell you," or "This is just between daddy and me." But when we do say something --- from why they cannot have a new bike to why that person is sleeping in the doorway --- let it be the truth.

Especially for Parents

Sometimes being honest is more work for us. When a toddler asks for a cookie before dinner it is much easier to say "We don't have any." Telling the truth, "I don't want you to have a cookie before dinner because I want you to eat healthy food," creates the possibility of a confrontation --- there might be whining or pleading or we might have to go through the trouble of preparing a pre-dinner carrot. But I believe it is worth the trouble. If you say we don't have any cookies and then after dinner pull some cookies out of the jar, it takes away from your credibility and reliability. It makes truth a matter of convenience. Also being honest helps the child trust his/her own perceptions. S/he was pretty sure there were cookies in that jar and that was, in fact, correct. Nothing makes people more crazy than being told their perceptions are not true. If I ask, "Are you mad at me?" and, even though you are mad at me, you answer, "Of course not," it destroys my ability to trust my own senses and in the long run will destroy my belief in you.

- 3. Turn off the TV/computer/video game:** I have been guilty of using the TV to keep my kids quiet. with our kids, if we want them to do well in school, if we want them to think and be creative, if we want them physically fit --- we need to turn the TV off. Allow your children the luxury of getting bored. I was horrified to see an ad showing vans equipped with televisions for the back seats. Now children will not observe their world or sing or ask questions; they will stare mutely at the "boob tube." We will then wonder why they are becoming more hyper, violent, greedy, and fixated on having more TV. Give them a pencil and a piece of paper, go for a walk, fix dinner or the car together --- just turn the TV off.

Shiela Kogan has been teaching for 32 years. Movement/dance is her field for both children and adults. Presently she is teaching third grade in the Richmond, California schools. Her book, Step by Step, a curriculum for movement education, is being republished by Human Kinetics. She is married and has three boys who are almost grown.

Parenting Handouts

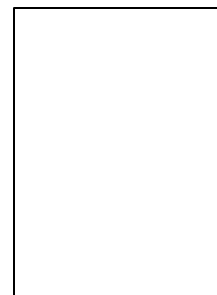
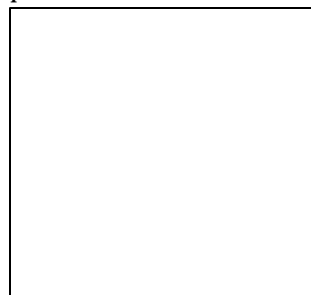
Is your child's restlessness, short attention span, problems following directions and disorganization simply a result of being a kid? Or could it possibly be a sign of Attention Deficit Hyperactivity Disorder (ADHD)? In the September, 2000 Parenting Handout, "Pay Attention! Helping Children With ADHD and Other Difficulties Succeed In School", Nancy Morrow from the UCD English Department explores some helpful ways to approach children's attention difficulties and ways to help them succeed in school.

Promoting good self-esteem in your children is an imperative component to ensure you child's happiness and success in life. In the October, 2000 Parenting Handout, "Building Your Child's Self-Esteem and Self-Confidence", Arthur Defenderfer, MA, a Marriage and Family Counselor, examines different ways to build your child's self-esteem and points out what may lower it as well.

Parenting Handouts are available at not cost to individuals and at those family child care homes and children's programs that request them for parents. An index of past handouts is also available. To request the index, individual copies of past handouts, or to be put on the mailing list, call City of Davis Child Care Services at 530-757-5691 or (800) 378-5044, or stop by the Child Care Services Office at the Hunt-Boyer facility, 604 Second Street, Davis.

See Your Child's Art Published!

We would love to print your child's artwork in Small Talk. Original line drawings done in ink or markers on paper not larger than 8 ½ by 11 inches reproduce the best. Please send a xerox of any drawing along with the child's name, age, and your name, address and phone number to Child Care Services, Attention Small Talk, 23 Russell Blvd., Davis, CA 95616. You will receive a copy of Small Talk when the artwork is published.



Legislative Update

Compiled by Jennifer O'Rell

The following are excerpts from On The Capitol Doorstep, Legislative Update on Child Development and reprinted from The ICES (Infant/Child Enrichment Services) July/August 2000 Handout. For more information on legislative updates, call (916) 442-5431.

Active Legislation

AB 25 (Mazzoni)

Kindergarten Age of Entry

This bill would change the date by which a child must be 5 in order to enroll in kindergarten from December 2 to September 1 phased in over three years. It would also change the date by when a child must be 6 before entering first grade from December 2 to September 1. The bill would require children to attend public or private kindergarten before entering first grade. It would require school districts to provide outreach to parents of children 3-5 years old determining the readiness of their children to attend school. The bill would require school districts to offer a kindergarten readiness program to at least 50% of the children eligible to enroll in kindergarten the following year with priority for children who have not attended a preschool program. Readiness programs that provide 110 hours of activities and instruction would be funded at \$500/child; programs providing at least 150 hours would receive \$750/child.

Last amended 7/5/00

Consultant: Amy Scribner (916) 319-2087

Status: Senate Appropriations Suspense

AB 212 (Aroner)

Child Care Training & Compensation

This bill would establish a matching fund program for local projects that provide stipends to reward child development training and retain qualified childcare 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.

Sponsors: Center for the Child Care Workforce (510) 654-1778, California Association for the

Education of Young Children (916) 442-4703, California Labor Federation (415) 986-3585
Last Amended: 3/6/00
Consultant: Sherry Novick (916) 219-2041
Hearing: Senate Health & Human Services 6/7

SB 1703 (Escutia)

Increased Subsidized Child Care for Working Poor Families

This bill would allow families that are receiving subsidized childcare to remain eligible until the family income reaches 100% of the state median income. (\$3761/month for a family of 3). It would express the intent of the Legislature to provide high quality child care and development services to all income-eligible families by 2005. The bill would require by March 1, 2001, the Superintendent of Public Instruction (SPI) to determine the cost to serve all income-eligible families by 2005. It would require the SPI to serve all income-eligible families beginning January 1, 2005.

Sponsor: Child Care Law Center (415) 495-5498

Amended 5/30/00: This amendment would delete the increased eligibility for families receiving subsidized childcare.

Consultant: Andrea Margolis (916) 445-5965

Status: Passed Senate* Introduced in Assembly

SB 1619 (Alpert)

Playground Regulations: Child Care

This bill would require the Department of Social Services (DSS) to convene a working group to develop alternate playground safety regulations for childcare centers by June 1, 2001 and submit recommendations to the Legislature by July 1, 2001.

Last amended: 5/16/00

Consultant: Lisa Giroux (916) 445-3952

Hearing: Passed Senate * Introduced in Assembly

Creative Corner

Compiled by Jennifer O'Rell

Halloween is a time of batty bats and goulish ghosts. Check out these two easy projects that are sure to haunt up your house just in time for the trick-or-treaters!

Going Batty

Materials:

- Toilet tissue tube
- Black tempura paint
- Paintbrush
- Black poster board
- Googly eyes
- Elastic cord
- Black felt (optional)

To construct each bat, cut out two triangular ears from one end of a toilet tissue tube. Next flatten the other end and staple it shut about one inch from the bottom. Cut a crescent shape in the stapled end to form the bat's tail. Paint the tube black and let it dry. Next, cut out a wing shape from a 1-foot-long strip of black poster board. (For a more hair-raising look, first glue a veneer of black felt to the poster board.) Staple the wings to the bat's body. Glue on googly eyes. Finally, staple the elastic cord to the bat's back at the balance point, then hang the creature from the ceiling.

Find this activity and more at the website <http://family.go.com> – Check out their Activities section!

Tissue Ghosts

Materials:

- 2 white tissues
- Yarn or ribbon (white, black or orange)
- Black permanent marker
- Fishing line
- Scissors
- Tacks

Wad up one piece of tissue and place it in the center of the second piece. Pull the corners up around the ball and tie it with the yarn. Make sure it is shaped like a ghost. Draw a face and be creative! Tie the fishing line to the yarn around it's neck. Hang from ceiling fan blades, in front of a swamp cooler, rig it to a door on a pulley system (so it comes down when someone opens the door), or just hang them from the ceiling!

Find this activity and more at the website [website www.kidsdomain.com](http://www.kidsdomain.com) – Check out their Craft Exchange section!

Child Care News

Reporting Child Abuse is Required By Law

Reporting child abuse can be a difficult and stressful decision for a family child care provider to make. What if you make a false accusation? But then again, if your instincts are right, what if you don't report it?

As a child care provider, you are required by law to report child abuse to the local Child Protective Services agency (888-400-002 or 530-669-2345 for Yolo County), and you must have a valid reason to suspect that abuse is taking place. You do not have to have hard proof of abuse, but a "reasonable suspicion" that child abuse is occurring requires you to report it. Childcare Providers are not punished for reporting child abuse or suspected child abuse, but if it is *not* reported, the provider will be held accountable and can be punished.

According to the March/April, 1999 issue of The Child Care Resources Newsletter, there are general behaviors a child care provider should look out for that might suggest child abuse or neglect is happening. The behaviors are:

- Mood swings
- Fear of certain people
- Grouchiness or irritability
- Is "too good", does not test boundaries
- Uses manipulative behavior to get attention
- Low self-esteem
- Unexplained developmental delays
- Inability to get along with other children
- Is wary of adult contact, rejects affection
- Has a vacant expression, cannot be drawn out
- Seeks constant affection from anyone or is very clingy
- Complains frequently or stomach aches or other pains; vomits

*Do remember that all children *occasionally* act in these ways, but consistent behavioral patterns reflecting the ones mentioned above may suggest abuse or neglect.

Source: *Child Care Resources Newsletter*,
March/April, 1999

California Child Care Healthline

The California Child Care Healthline is a toll free telephone consultation service for the California Child Care community. The Healthline team can provide answers to a variety of questions in the areas of: behavior problems, prevention of infectious diseases, injury prevention, nutrition in child care, health and safety training resources, caring for children with special needs, child growth and development, staff health, and child abuse and violence prevention. To contact this service, call 1-800-333-3212 or look up their web page at www.childcarehealth.org.

Child Care News

Make Your Place “Fall Proof”

Falls are a common part of any childhood and most of the time tender loving care and the occasional Band-Aid will soothe the tears of a child who has fallen. But some falls can be more serious, requiring emergency medical care or hospitalization. As a childcare provider, preventing falls is one of the greatest challenges to providing a safe environment for children.

Furniture (both indoor and outdoor), playground equipment, riding toys and tripping are commonly associated to injuries caused by falls. The best thing a child care provider can do is keep a watchful eye on potential fall triggers and attempt to prevent a fall before it happens. The following tips are designed to assist you in preventing falls and potential injuries:

- Make sure the playground and outdoor equipment used by children is safe and well maintained.
- Use only sturdy and balanced furniture that will not tip over easily.
- Get rid of baby walkers; they are prohibited by licensing.
- Place safety gates at the top and bottom of stairs.
- Keep windows screened and install window guards on upstairs windows.
- Make sure traffic areas are clear from toys and spills. Have a designated “clean up time” two or three times daily and involve the children in assisting you picking up and putting away toys.
- In the bathroom, use skid proof stickers and mats and replace them regularly when they begin to wear.
- Keep all play areas well lit.
- When travelling to the park or nearby schools, use safe playgrounds with a shock absorbent surface under equipment where potential falls may occur.
- Prohibit climbing or playing on furniture, stools or ladders.
- Never leave toddlers and infants unattended on beds, changing tables or in play areas.

- Discourage indoor running or pushing.
- Teach children how to play safely, involve them in making rules for playground behavior, and enforce these rules consistently.
- Remove a misbehaving child from play, and explain how his/her actions could hurt someone.

For more information on preventing falls, including handouts and safety checklists, call the toll free California Child Care Healthline at (800) 333-3212.

Home Visits and Morning Out

We are currently evaluating the structure of the Home Visitation and Morning Out Program and hope to resume new and improved programs late Fall. Family Day Care Providers will be notified about the program structure and dates for resumption when decisions are made.