

# Smalltalk

Serving Providers & Families in Yolo County

Volume XXVII, Number 1

**Dear Friends:**

What an unusual Fall we have had! It has been very interesting to watch the entire election process unfold regardless of which candidate you voted for. Many parents and teachers that I have spoken with have commented on the numerous wonderful conversations the election situation has inspired with the children (and adults) in their lives. I hope everyone had a chance to vote. Now more than ever there seems to be a true realization that every vote does indeed count.

The last few months have been very busy at Child Care Services. Our program turned in an application for Proposition Ten funding that we hope will be successful. It will allow for increased training and support for Family Child Care providers as well as additional support and training for child care providers who take care of children with special needs. Child Care Services also supported several other Proposition Ten proposals that would help extend parent education opportunities to rural areas and in languages other than English. Wish us luck! We will keep you posted on the results. For those of you who would like more information on the who, what and where of the Yolo County Proposition Ten commission, please visit their web site at <http://yolochildren.org/index.html>.

As we move into the year 2001, Child Care Services will be changing with the times. Look for a change in the format and makeup of **Smalltalk**. We are in the process of looking at ideas and requests for upcoming issues right now. Is there something that you always wanted to see included in Smalltalk? If so, please email your idea to me at [Rtownsley@city.davis.ca.us](mailto:Rtownsley@city.davis.ca.us) or call me at 757-5691. I would love to hear from you.

We hope the month of December was a happy and exciting one for you and your family whether you celebrated Christmas, Hanukah, Kwanza or any other cultural event that is meaningful to you and yours.

Have a happy and healthy New Year!

**Robbie Townsley**  
Community Services Supervisor

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# Meetings/Support Groups

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**FAMILY CHILD CARE LICENSING ORIENTATIONS**  
Tuesdays, Jan. 16 and Feb. 20, 9:30 a.m. to 12:30 p.m.  
VMC Game Room, 203 E. 14<sup>th</sup> Street, Davis  
For information call 757-5691 or (800)378-5044

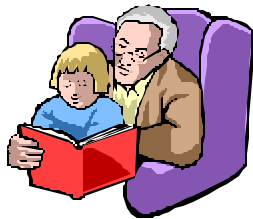
**WOODLAND PARKS, RECREATION & COMMUNITY SERVICES COMMISSION**  
4th Monday of each month, 7:00 p.m.  
City Council Chambers, City Hall, Woodland  
Public welcome. Youth and children's issues discussed.

**YOLO CHILD CARE PLANNING COUNCIL**  
Jan. 10, 3:00-5:30 p.m., Feb. call Melinda for info.  
Yolo County Office of Education, 1240 Harter 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 each month  
7:00 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.

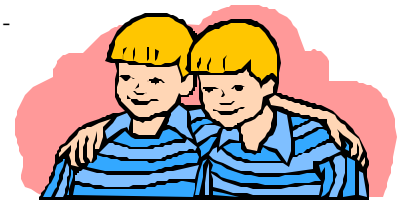
1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Mon. of  
each month at  
Sycamore Park in  
Davis

2<sup>nd</sup> and 4<sup>th</sup> Mon. of

each month at Ferns Park in Woodland.

Support meeting for parents only every 1<sup>st</sup> 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:* 1<sup>st</sup> Tuesday of each month, 10:30 a.m.-noon  
County Services Center, Putah Creek Conference Room,  
170 W. Beamer St.

2<sup>nd</sup> 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:*

3<sup>rd</sup> Tuesday of month, 10:30 a.m.-noon,

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

*Davis:* 4<sup>th</sup> 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

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VMC = Veterans' Memorial Center

203 E. 14<sup>th</sup> Street, (14<sup>th</sup> & B), Davis

YCSS = Yolo County Social Services

120 West Main Street, Woodland

# Community News

## Calendar

- January**
- 1** New Year's Day  
(city offices closed)
  - 15** Martin Luther King Jr. Birthday  
(city offices closed)
  - 16** Family Child Care  
Licensing Orientation\*
  - 16** Car Seat Safety Training  
(Woodland)\*
  - 20** Tax Preparation Workshop \*
- February**
- 10** Saturday Evenings Out
  - 12** Lincoln's Birthday
  - 14** Valentine's Day
  - 19** President's Day  
(City offices closed)
  - 20** Family Child Care  
Licensing Orientation\*
  - 20** Car Seat Safety Training (West  
Sacramento)\*
- March**
- 24** Saturday Evenings Out

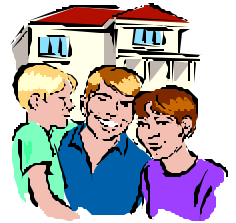
\*See Workshops and Classes for more information

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

## Become a Foster Parent

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

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



## Sea un Padre de Crianza

Llame al Departamento de Empleo y Servicios Sociales del Condado de Yolo al (530) 666-8471. Se necesitan hogares donde se hable el español.

*En cien años, no importará,  
La clase de carro que manejé,  
La clase de casa en la cual viví,  
Cuanto dinero tuve en mi cuenta de banco,  
Ni como era mi vestuario.  
Pero el mundo pudiera ser un poco mejor  
Porque yo fui alguien importante en la vida de un niño.*

## Volunteers Needed for Growth Study

Davis has been chosen as the only U.S. site for a world-wide project that will result in the development of new growth charts for children birth to 5 years of age. The current growth chart is outdated. The UCD Department of Nutrition will be conducting the study, which is sponsored by the World Health Organization and the U.S. National Institutes of Health and directed by Kay Dewey, Ph.D. from the UCD Department of Nutrition.

Recruitment will take place during the months of January through June 2001. If your child is eligible, and you decide to participate, members of the research team will visit your home on 3 occasions to measure your child, and collect some background and feeding information. All participants will receive a gift certificate from local merchants (Alphabet Moon or The Avid Readers Children's Store) For more information, please call (530) 754-9711.

## Low Cost Car Seat Program!

The Yolo County Health Department has reduced cost car seats for residents of Yolo County who meet CHDP (Child Health and Disability Prevention Program) income guidelines. The participants qualify to purchase **one** car seat at a reduced cost if the income criteria is met. To buy a car seat at the reduced cost, participants must attend the *Low Cost Car Seat Class*. You must register for this class (see dates and times of classes in the class/workshop section of Small Talk) For more information call the Yolo County Health Department at (530) 666-8645.



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# Community News

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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, 1<sup>st</sup> 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)

## Saturday Evenings Out

February 10 and March 24 from 6:00 p.m. to Midnight.

This is your chance for an evening out on the town! The City of Davis Recreation Department has an evening of fun activities planned for your children while you go out. They will be able to enjoy games, crafts, movies and treats. Children should eat dinner prior to being dropped off and bring their sleeping bag and pillow. The cost is \$15 and pre-registration is required. For more information call (530) 757-5626.

## Preschool Storytime

Your local library is continuing their Preschool Storytime program. Reading is an important part of the development of your child. It sparks interest in learning and helps them explore new things and expand their imaginations. Your child will be able to listen to stories and become familiar with the library. If your child can write his/her name, he will be able to get a library card and check out his/her own books! For information on dates and times contact your local public library.

**Davis Public Library** (530)757-5596

**Esparto Public Library** (530)787-6593

**West Sacramento Public Library** ((916)375-6465

**Winters Public Library** (530)795-4955

**Woodland Public Library** (530)661-5983

## Free Car Seat Inspections

Did you know that up to 98% of all child safety seats are installed incorrectly? Improper installation and use of car seats can lead to severe injury or death of a child.

Here are some things to consider when thinking about the safety of your child.

- Is the child facing the correct direction according to both weight and age?
- Does the car seat fit correctly in the vehicle?
- Does the harness fit the child properly?

The Yolo County Health Department is offering free car seat safety inspections by appointment only in Davis, West Sacramento and Woodland. For more information on times and dates, check our Calendar, or call the Yolo County Health Department at (530) 666-8645.

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# The Web Connection

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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.familyplay.com](http://www.familyplay.com)

Provides parents with hundreds of kids' activities, parenting advice, daily bedtime stories and reviews of children's websites.

[www.beansprout.com](http://www.beansprout.com)

A branch of the Pediatrics Network made up of doctors, parents, educators and Internet professionals. This site assists in finding pediatricians in your area, and has the latest information such as ages and stages of development, expert advice, health issues, activities and fun.

[www.icra.org](http://www.icra.org)

This site can assist you in selecting computer and video games, with their games rating system.

[www.parentsplace.com](http://www.parentsplace.com)

This site hosts multiple homeschooling chats per week. It includes an index on children's health, a reading room, parenting news and bulletin boards. The site covers issues from pregnancy to parenting information.

[www.parentsoup.com](http://www.parentsoup.com)

Provides information for those interested in pre-pregnancy issues, expecting parents and information for parents with an emphasis on the particular ages and stages of development. You can also subscribe to receive their newsletter via e-mail.

[www.myparentime.com](http://www.myparentime.com)

Get informed, educated, and entertained. This site brings you informative articles such as how to teach your child to deal with bullies to breastfeeding advice. It also has useful resources, online games, child safety information and more.

[www.americanbaby.com](http://www.americanbaby.com)

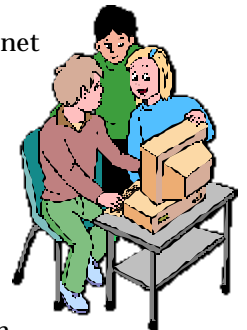
This site is perfect for those who are expecting or currently have a baby. It covers issues from prenatal care, labor and delivery, and taking care of baby with information on development and special issues and links to other helpful resources.

[www.parenthoodweb.com](http://www.parenthoodweb.com)

This site provides you with information on pregnancy, child rearing, family safety issues and weekly articles. Check out their article on RSV (Respiratory Syncytial Virus) a virus very common during the cold and flu season but with great dangers especially for premature babies. The site also has links to other useful resource sites.

## The Internet & Your Family

A computer with access to the internet can provide you and your children with unlimited information. You can find educational resources, get help with homework, travel the world and learn about other cultures, keep in touch with loved ones, obtain parenting information and other resources all in a matter of seconds. Although the internet can be a wonderful resource of information, it is important that you establish rules for your children to follow when using the internet. The American Academy of Pediatrics suggest the following:



1. Set time limits your children can spend on the internet.
2. Do not let surfing the net take the place of homework, playing outside or with friends.
3. Make sure your child knows that people on-line are not always who they say they are and that online information is not necessarily private.
4. Teach your child the following:
  - NEVER give out personal information.** (including name, address, phone number, age, race, school name or location, or friends' names) without your permission.
  - NEVER use a credit card on-line** without your permission.
  - NEVER share passwords**, even with friends.
  - NEVER respond to messages that make them feel confused or uncomfortable.** Your child should ignore message, end communication and tell trusted adult.
  - NEVER use bad language** or send mean messages on-line.

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# ***Health and Safety Tips***

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## **Immunizations**

Let's start the year off right by making sure our little ones are up to date with their immunizations! The American Academy of Pediatrics and the Center of Disease Control recommend that you follow this Childhood Immunization Schedule. If you have questions or concerns about a particular vaccine or side effects, consult your pediatrician or you can visit the American Academy of Pediatrics website at [www.aap.org/family/vaccine.htm](http://www.aap.org/family/vaccine.htm) Keep in mind, that if your child is not up to date with his immunizations, your health care professional can advise you on when to immunize your child.

### **Recommended Childhood Immunization Schedule**

## **Back To Sleep**

In November 2000, Child Care Services mailed information on Sudden Infant Death Syndrome (SIDS) prevention to all family child care providers in Yolo County. The Maternal Child & Adolescent Health (MCAH) Program through the County of Yolo Health Department provided these materials. We combined our efforts to bring awareness to all providers on how to prevent SIDS. The materials contained an informational/prevention letter, a brief summary of a study "Sudden Infant Death Syndrome Child Care Settings," a put me back to sleep door hanger and a material request form. If you are a family child care provider who did not receive this packet let us know and we will gladly send you one. This is the list of recommendations for the prevention of SIDS:

- 1. Place your healthy baby on his/her back to sleep**
- 2. Keep your baby in a smoke-free environment**
- 3. Your baby needs to sleep on a firm, flat surface**
- 4. Avoid overheating or overdressing your baby**
- 5. Your baby needs to have regular checkups and immunizations**
- 6. Breastfeed your baby**

For more information you can log on to <http://nrc.uchsc.edu/sids.html>

Approved by the Advisory Committee on Immunization Practices (ACIP), The American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP).

# Health and Safety Tips

## Flu or Cold?

When your child is sick, it sometimes becomes difficult to distinguish between a cold and the flu. Here is a quick guide published by the Federal Drug Administration in their website that can help bring some light to this question. Contact your family physician for more information and a diagnosis.

<b>SYMPTOMS</b>	<b>COLD</b>	<b>FLU</b>
<b>Fever</b>	<b>Rare</b>	<b>Characteristic, high (102-104 F); lasts 3-4 days</b>
<b>Headache</b>	<b>Rare</b>	<b>Prominent</b>
<b>General aches, pains</b>	<b>Slight</b>	<b>Usual; often severe</b>
<b>Fatigue, weakness</b>	<b>Quite mild</b>	<b>Can last up to 2-3 weeks</b>
<b>Extreme exhaustion</b>	<b>Never</b>	<b>Early and prominent</b>
<b>Stuffy nose</b>	<b>Common</b>	<b>Sometimes</b>
<b>Sneezing</b>	<b>Usual</b>	<b>Sometimes</b>
<b>Sore throat</b>	<b>Common</b>	<b>Sometimes</b>
<b>Chest discomfort, cough</b>	<b>Mild to moderate: hacking cough</b>	<b>Common; can become severe</b>

## On Handwashing.....

Whether it is the cold, the flu or any other germ, one of the best prevention methods is handwashing. Simple right? Wrong! Most people do not wash their hands often enough, and even when they do, they do not wash properly, this is particularly true of children. Here are some pointers on hand washing. They should help you keep healthy not only during this season, but throughout the year as well.

### Wash your hands before:

- -Prepare or eat food
- -Treat a cut or wound or tend to someone who is sick
- -Insert or remove contact lenses

### Wash your hands after you:

- Go to the bathroom
- Handle uncooked foods, particularly raw meat, poultry or fish
- Change a diaper
- Blow your nose, cough or sneeze.
- Play with or touch a pet, particularly reptiles and exotic animals
- Handle garbage

## How should you wash your hands?

1. Use soap and warm running water.
2. Wash all surfaces thoroughly, including wrists, back of hands, fingers, and under fingernails.
3. Rub hands together for at least 10 – 15 seconds.

## The Facts of Lice

While this is the season that makes all of us want to get close and cozy, there are some precautions we must take especially with our children. LICE, those little bugs that send shivers up your spine, can become a nightmare for you and your children. It is important that you know the following:

- ◆ Lice infestation can happen to anyone. They are equal opportunity invaders.
- ◆ They live in the human head and need human blood to survive. (Your pets are not carriers.)
- ◆ Cleanliness has nothing to do with head lice infestation. (They actually seem to prefer clean heads!)
- ◆ You become infected by direct contact with infected person or with contact with their headgear or clothing. It also occurs with furniture/carpet contact, but this scenario is rare. (Despite popular belief, they don't fly or hop!!)
- ◆ ITCHING is the main symptom.

## What to do? Your child has lice!!!

- ◆ Consult your pediatrician, they can guide you on what steps to take. There are lots of products you can use, both prescription or over the counter and your doctor will be able to guide you with this selection.
- ◆ Treat all infested a second time to make sure treatment works. (Use nit comb daily while washing hair.)
- ◆ Check all your other children, yourself and anyone else living in the household to see if others are infected.
- ◆ Wash all bedding, clothes, stuffed animals and hair brushes/combs. Vacuum furniture, rugs, and carpets.

## Prevention

- ◆ Do not share articles that come in contact with your head, neck, or shoulders (combs, brushes, hats, towels etc.).
- ◆ Make sure you check your child's head regularly.
- ◆ Pay attention to your child's itching. Scratching may be an indicator of infestation.

Talk to your pediatrician and surf the web, there are many sites on the subject!

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# Classes & Workshops

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## Classes

### Car Seat Safety Training

Sponsored by the Yolo County Health Department  
Learn the basics about car seat use, car seat safety and safety belt use. You can also qualify to buy one car seat at a reduced cost. In **Woodland** it will take place at the Woodland Memorial Hospital, 1325 Cottonwood Street on January 16<sup>th</sup> 2001 9:00-10:00 am. In **West Sacramento**, at the County Service Center, 500 Jefferson Blvd., Suite A on February 20, 2001 10:00 – 12:30 p.m. This class is also available in Spanish, call the Yolo County Health Department for more information at (530) 666-8645

### Family Child Care Licensing Orientation

If you are interested in becoming a Family Child Care Provider you must attend the Family Child Care Licensing orientation. All orientations are held at the Veterans' Memorial Center, 203 E. 14<sup>th</sup> Street in Davis from 9:30 to 12:30. (you don't need to register). January 16<sup>th</sup> and February 20, 2001. For more information, you may call Child Care Services at (530) 757-5691, 1(800) 378-5044 or call the Family Child Care Licensing office at (530) 666-8470.

### Tax Preparation Workshop

That time of year has come—TAX SEASON! Child Care Services will sponsor a free Tax Preparation Workshop for family day care providers and anyone who is interested in the field of family day care on January 20, 10:00 a.m. to 12:30 p.m. at the County Fair Mall Community Room. Meredith Coghlan C.T.P. specializes in day care and other small business tax preparation. This workshop will assist you in learning how to keep accurate records, what deductions if any you can take and what is consider a business expense. This workshop is open to anyone who is interested in the child care profession. Space is limited and we urge you to call Child Care Services to reserve your seat at (530) 757-5691 or (800) 378-5044.

### After School Program Forums

An adhoc group of organizations concerned about after school programs is holding a series of regional meetings around the state over the next few months. The purpose of the meetings is to gather information on community needs around after school programs by doing the following:

1. Discussing the current landscape and condition of after school programs.
2. Solicit input on potential legislation to expand after school programs.
3. Continue building broad-base support for after school programs.

Information gathered at these meetings will be presented at a joint legislative hearing in January sponsored by Senator Dede Alpert and Assemblymember Darrell Steinberg.

Meetings will be held in the following cities from 9:30 a.m. to 1:00 p.m.

**Sacramento, the meeting will be January 9<sup>th</sup>**

**Los Angeles, January 11<sup>th</sup>**

**Fresno, January 18<sup>th</sup>**

To reserve a spot to attend the forum and get location information, contact Debbie McCartney at (916) 646-3636 ext. 3011 or by e-mail at [dmccartney@consortium.net](mailto:dmccartney@consortium.net)

### Parenting Classes

Yolo Connections will be hosting their *Parent Empowerment Series* of parenting classes. The classes will begin early in the year and will be held in Davis, West Sacramento and Woodland. You will need to register for the classes in advance. Yolo Connections is a non-profit agency whose mission is to promote volunteerism, mentoring and community partnerships in Yolo County. The agency's primary goal is to build healthy and strong families by providing family support, resource referrals, volunteer mentors and wholesome youth and family activities. For information on dates and times of classes or to enroll in a parenting class, call Yolo Connections at (530) 669-3285.

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# Legislative Update

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The following are excerpts from *On The Capitol Doorstep*, a monthly report on public policy issues affecting young children in California. For more information, call (916) 442-5431.

Signed bills

## **AB 480 (Ducheny)**

### **Child Care Tax Credit**

This bill provides a tax credit for child care expenses for California residents. The credit is 63% of the federal credit for tax payers with incomes up to \$40,000, 53% for taxpayers with incomes up to \$70,000 and 42% for taxpayers with incomes up to \$100,000. The bill allows a taxpayer to receive a refund if the credit exceeds the amount of taxes owed.

## **SB 1004 (Escutia)**

### **Parent Notification: Exclusion**

This bill requires the Department of Social Services, when the department excludes an individual from a licensed family child care home (as a result of a criminal background check), to provide an addendum to the parents' right form clearly identifying the name or names of any individuals excluded from the family child care home. It requires the licensee to provide copies of the addendum to parents of children in care and obtain their signatures on the addendum.

## **AB 1015 (Gallegos)**

### **Healthy Families: Parents**

This bill, beginning July 1, 2001, expands eligibility for the Healthy Families program to parents of eligible children, subject to federal financial participation and appropriation of funding in the annual budget act.

## **AB 1814 (Lempert)**

### **Jury Service: Breastfeeding Mothers**

This bill provides that a breastfeeding mother shall be excused from jury service for one year. It allows a breastfeeding mother to be excused from jury service after one year upon written request of the mother. The bill requires the Judicial Council to adopt a standardized jury summons for use around the state, including a reference to the rules for breastfeeding mothers.

## **AB 2164 (Pescetti)**

### **Trustline Registry: In-Home Services**

This bill allows a person who provides in-home educational or counseling services to become a Trustline registrant.

# Especially for Providers

## Lo Mejor en Cuidado

### Infantil Hogareño

#### (Family Child Care at its Best)

Child Care Services estará patrocinando la serie de clases "Lo Mejor en Cuidado Infantil Hogareño" nuevamente durante los meses de marzo, abril y mayo. Estas clases son gratuitas para proveedoras de cuidado con licencia. Les enviaremos más información por correo. Mientras tanto, puede encontrar la lista y horario de las clases en la sección de Classes and Workshops. Para más información ó para reservar su espacio, llame a Rossana Vigil al (530) 757-5691 ó al 1-800-378-5044 de West Sacramento y partes rurales del Condado de Yolo.

#### Conectándose con Bebés e Infantes

Sábado, 10 de marzo 2001

8:00 am – 12:00 pm

#### Bloques Constructivos de Aprendizaje

Sábado, 24 de marzo, 2001

8:00 am – 12:00 pm

#### Dando a Niños un Comienzo Saludable

Sábado, 7 de abril, 2001

8:00 am – 12:00 pm

#### Manejando un Comportamiento Difícil

Sábado, 28 de abril, 2001

8:00 am – 12:00 pm

#### Estableciendo Límites Con Amor

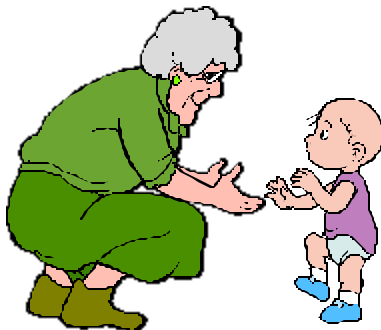
Sábado, 28 de abril, 2001

1:00 pm – 4:30 pm

#### Claves para Atender Las Necesidades Especiales del Niño

Sábado, 19 de mayo, 2001

8:00 am – 4:00 pm



## Tax Preparation Workshop

That time of year has come—TAX SEASON! Child Care Services will sponsor a free Tax Preparation Workshop January 20<sup>th</sup> 10:00 to 12:30 pm. at the County Fair Mall Community Room. Meredith Coghlan C.T.P. specializes in



day care and other small business tax preparation. This workshop will assist you in learning how to keep accurate records, what deductions if any you can take and what is consider a business expense. This workshop is open to anyone who is interested in the child care profession. Space is limited and we urge you to call Child Care Services to reserve your seat at (530) 757-5691 or (800) 378-5044.

## Health & Safety Reimbursements

We still have funds available for Health and Safety reimbursements. You can receive up to \$50 dollars for taking the appropriate CPR, Pediatric First Aid and Health and Safety Class. For more information, or if you need a reimbursement form, call Child Care Services and request that we send you one. Remember, reimbursements are made on a first come first served basis and only as long as funds are available.

## Thanks!

I would like to thank all of the providers who participated in the Family Child Care At It's Best class series. I am happy that I've had the opportunity to meet dedicated providers who still continue to search for ways to improve the quality of care of our most precious gifts, our children. I hope you found the classes both interesting and helpful. I would also like to thank Peggy Kottner our instructor. Many thanks and I hope to see you at other trainings!! – Rossana Vigil

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# Especially for Parents

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## Diarrhea in Children

By Esther Cistone, M.D.

### What is Diarrhea?

Various definitions of diarrhea exist but generally it is a loose watery bowel movement occurring frequently throughout the day as a change from the previous bowel pattern of the child. Remember that breastfed infants have runny yellow stools up to 12 times a day as a normal pattern in the first months of life so diarrhea would represent a change from the pattern. It may or may not be associated with stomach pain or cramping, vomiting, or fever. It can last briefly for a day as with a food reaction or poisoning, or for up to two weeks as with some viruses.

### Why should I be concerned if my child has diarrhea? What is it that can be dangerous?

The primary risk of a rapid loss of large amounts of fluid, especially in an infant or small child, is dehydration and shock. Diarrhea can deplete the body of essential salts and cause acid-base imbalances in the blood that would result in seizures or coma. The most common cause is a viral infection that damages the intestinal lining and its enzyme functions to exchange water and salts, along with digestion. The intestine actually pours extra water into its tubes and is unable to reabsorb it. Watery material passes quickly through along with undigested food and mucus. The appearance of blood indicates significant inflammation or irritation and can be a serious sign of bacterial infection as well. Fever and vomiting increase the loss of fluid as well.

### What are the signs of dehydration?

It is important to recognize when your child may be becoming dehydrated before it is serious. Generally it evolves over days of continuous fluid loss without sufficient fluid replacement. The child grows pale and cool, but quite dry. There is less and less urine produced. If the eyes appear sunken into the head and the lips chapped, or there is no urine put out over a full day, it is quite urgent to get help.

### What can I do to prevent a serious problem for my child?

For early stages of diarrhea, it is recommended to continue the child on his/her regular diet to maintain adequate nutrition. Pay attention to the amount of fluid they drink and keep it varied among milk, juices

and electrolyte solutions. Large amounts of juice can produce more diarrhea because of the high sugar content that draws fluid out of the bowel. White grape juice is better tolerated for this. Milk can aggravate intestinal cramping and gas but is often a major source of fluid for a young child. Infants do best with breast milk. If they are formula-fed, a soy formula can hasten recovery. Monitor the frequency of wet diapers. Encourage easy-to-digest foods such as applesauce, bananas, crackers, rice, rice water, and soup. If the child is very fussy and refusing food and fluid, get creative with flavoring electrolyte solutions such as Pedialyte or Ricelyte with Kool-Aid powder or try the Pedialyte popsicles. Offer it by spoon or straw, small amounts very frequently while the child is awake. Often a sick child needs to sleep more so take advantage of the time while awake to offer fluid. A young child needs a couple ounces per hour of fluid. Don't give only water or you will get behind in the salt replacements. Oral Rehydration Solutions (ORS, like Pedialyte) can prevent the progression to serious dehydration and need for hospitalization. Most pediatricians do not recommend medications to slow the bowel activity in young children because that can be dangerous. Antibiotics will not cure most of these infections and can make the diarrhea worse. Always call your doctor for guidance if your child is not responding or you are worried.

### Is my child likely to get diarrhea?

Although most children will experience a bout of diarrhea within the first few years of life, we know the incidence is much lower in breastfed infants. We now know that the most common virus responsible for severe diarrhea is the rotavirus. Recently, an effective vaccine for rotavirus was released for infants but last year it was recalled due to a statistical association with bowel obstruction. Until a safer vaccine is available, parents need to know how to care for the child with diarrhea. Rotavirus is more common in formula-fed infants and daycare settings so good handwashing and environmental cleansing is critical to prevention where babies are diapered and touching toys to their mouths. Proper food handling can also prevent bacterial sources of bowel infection, like E. Coli and Salmonella. Remember to wash your hands often.

*Esther Cistone, M.D. is a physician on sabbatical leave from Kaiser to do local community health projects and to provide a "presence" to her children, ages 11 and 14.*

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# Book & Video Lending Library

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We have some new additions to our lending library. If you haven't done so, come by and check out our new materials. Our library is located at 604 Second Street in Davis. There is a \$10.00 dollar annual fee for unlimited use of both the Book and Video Lending Library and the Toy Closet.

## Videos

### **Bully Smart™**

With a special narration by Kareem Abdul Jabbar, this video teaches your child to effectively use *StreetSmart's* 4-step personal safety system to deal with bullies. Your child will learn techniques to say "no" to peer pressure, self esteem and to gain confidence along with other useful information that will aid your child in keeping safe.

### **Homework? I'll Do It Later!**

Offers a practical, how-to advice to parents with children struggling through the often difficult preadolescent and teenage years. Through dramatized vignettes, this video shows you how to find out if your child is having difficulty with homework and how to motivate and teach your child the most effective way to do homework.

### **Kids Raising Kids—Teenage Parenthood**

This video stresses the importance of developing a positive and responsible attitude in order to make the best of the situation. It allows expectant mothers to become aware of the benefits and problems associated with the options of marriage or single parenting.

### **Who Says You Can't?**

#### **How to Create Quality in School-Age Care**

This video produced by the California School-Age Consortium gives insight to an outstanding program, West Portal C.A.R.E. of San Francisco. It focuses on the 5 most common barriers on the road to quality care. It also provides help in dealing with issues such as academic enhancement, building partnerships, dealing with limited resources, and staff retention among others.

### **"El Futuro Está en Nuestras Manos: Estableciendo un Programa de Cuidado Infantil Familiar"**

Este video provee información valiosa sobre como establecer un programa de cuidado infantil en su hogar. El video le dará ideas de lo que tiene que hacer no solo para comenzar, si no tambien para poder

proveer cuidado de calidad y que usted sobresalga en su negocio.

## Books

### **Kids With Special Needs**

This book helps promote awareness and understanding of our children through information and activities. What is it like to write when letters look backwards to you? How does it feel to be the last one to finish the assignment? Is it okay to ask someone about his or her disability? This is an ideal resource book, which can assist you in helping your students understand the special needs of their peers.

### **Kids Explore the Gifts of Children with Special Needs**

This book, which is written by third to sixth-graders profiles 10 admirable young people, answering children's questions about disabilities. Each chapter tells what is like to live with a different disability and how each person deals with their disability in a courageous way.

### **Wiping Out Head Lice**

by Nicholas Bakalar

Published by Signet Books

This handy little pocket sized book tells you all you want or need to know about battling head lice. It covers a variety of useful topics including: what a nit is, most effective and safe treatments, how lice are transmitted and much more. Especially interesting was the section on urban legends of lice lore. The author seems to have heard of every zany lice solution from covering heads in margarine and a swim cap to dousing hair in kerosene. He does a good job of debunking those myths with a gentle sense of humor. He also explains how you can and cannot get lice in a no-nonsense easy to understand manner. This book is an excellent resource for anybody but in particular teachers and parents. Every child care setting should have this little gem tucked away in the cabinet!

You can find this and other books on the subject at your local library.

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# Creative Corner

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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 2<sup>nd</sup> Street, Davis, CA 95616.

## Valentine Card

You will need:

1. Card-weight paper (6" X 9")
2. A photograph (3" X 5")
3. Paper (6" X 4 ½ ") this will be the front panel
4. Glue
5. Scissors

Create a personal Valentine's Day card by including your children's picture. You will need to do the following:

1. Fold the 6 X 9 paper in half to form card
2. Fold the 6 X 4 1/2 paper in half, (front panel)
3. Trace the half heart pattern and cut it out.
4. Open and flatten the front panel.
5. Glue the picture behind the opening of panel, so that the picture is seen.
6. Glue panel onto card and write a message inside



## Valentine Wigglers

4 small packages of red gelatin  
2 ½ cups boiling water.

Whipped topping.

Bits of fresh fruit or nuts to garnish (i.e. banana, strawberries and almonds).

1. Pour gelatin in mixing bowl.
2. Add boiling water and stir.
3. Place gelatin in pan (rectangular).
4. Place gelatin in refrigerator and let it chill until firm (several hours).
5. Remove pan from refrigerator and place in sink filled with 2 inches of warm water to loosen gelatin from pan.
6. Trace heart shape in pan and cut along shape with knife.
7. Carefully with two or more hands lift heart and place on serving plate.
8. Decorate heart with whipped topping and garnish ingredients

## Lets Make Music!

### Maracas

1. Paper plates
2. Stapler
3. Beans, macaroni or rice
4. Crayons
5. Craft sticks
6. Tape



Take 2 paper plates and staple them together face to face, ¾ of the around the edge of the plates. Put dried beans, rice or dry macaroni inside the plates and finish stapling. Let the children decorate the plates and tape a stick to the back of the maracas. Then let the music begin.

