

Smalltalk

Serving Providers & Families in Yolo County

Volume XXVII, Number 3

Dear Friends:

We send warm springtime greetings out to all of you. I hope you have been able to get outside and enjoy the nice weather we have been having.

As usual, there has been a lot going on at Child Care Services. We are sponsoring a significant amount of parent and provider classes in the months of April and May. If you are interested in attending any, check on page 6 for specific information on subjects, dates and times. This month we are also debuting *Campustalk*, a new page that will be a regular feature in Smalltalk. This page will be the place to read about events and programs that UC Davis sponsors for families and children in our community.

Our big up and coming event is of course the annual provider recognition dinner on May 18. This event allows us to give thanks and recognition to the hard working family child care providers in Yolo County. We are very excited about the event this year. We have arranged for what promises to be a wonderful and memorable event. Our guest speaker will be Judy Ishiura from West Ed. Judy is a popular speaker and trainer on topics revolving around family child care. In addition to her professional training, Judy was a family child care provider in Sacramento for almost 14 years! She brings personal experience, humor and concrete advice to share at the recognition dinner. Many Yolo county merchants have been extremely generous this year in donating door prizes. We have many nice prizes to give out including; numerous free dinners at area restaurants, gift certificates from many local stores and our grand prize, a brand new VCR. We hope many of the family child care providers will join us this year for a chance to meet other providers and have a wonderful evening with good food and entertainment.

We are in the final phase of preparation for our new Home Visit program. We will be sending out information very soon to all family child care providers letting them know how they can participate in this exciting program. We will also be contacting all of the child care centers in Yolo County very soon to let them know all about the new Health Linkage grant that we will be collaborating on with the Public Health Department. This grant will fund personnel to visit licensed centers and provide support and resources for center staff around health and safety issues.

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We are very excited to be able to offer on site support for centers as well as family child care homes.

As always, if you have any questions, needs or concerns, please call our office at 757-5691.

Robbie Townsley
Child Care Supervisor

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS

Tues., May 15 & June 19, 9:30 a.m. to 12:30 p.m.
VMC Game Room, 203 E. 14th Street, Davis
For information call 757-5691 or (800) 378-5044.

WOODLAND PARKS, RECREATION & COMMUNITY SERVICES COMMISSION

4th Monday of each month, 7:00 p.m.
City Council Chambers, City Hall, Woodland
Public welcome. Youth and children's issues discussed.

YOLO CHILD CARE PLANNING COUNCIL

May 16 & June 13, 3:00-5:00 p.m.
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.

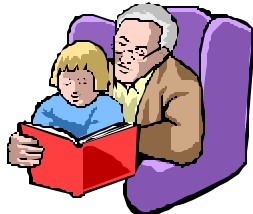
CH.A.D.D.

Children & Adults with Attention Deficit Disorders
May 24 & June 21, 7:30 p.m. Woodland 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.

PARENTS TOGETHER (Formerly known as Moms Together)

Mom's Together has been renamed Parent's Together.
This group is for all parents and babies under 1 year.
Thursdays 1:00-2:30 p.m.; VMC Game Room
For information call Jody at 758-5494.

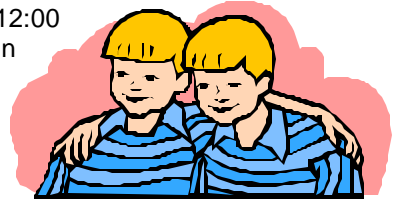
YOLO COUNTY PARENTS ANONYMOUS®

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

Playgroup for twins.
Every Mon. 10:00 a.m.-12:00
p.m. at Sycamore Park in
Davis.

Support meeting for
parents only every 1st
Sunday of the month
from 4-6 p.m. at the
Blanchard Community Room, Davis Public Library.
For information call Christine Deamer, 757-2728 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: 2nd Tuesday of month, 6:30-8:00 p.m., Horizon
School, 16 N. Cottonwood St. Supervised play for children
at this meeting only.
West Sacramento:
3rd Tuesday of month, 10:30 a.m.-noon,
County Services Center, 500-B Jefferson Blvd., Ste 150
Davis: 4th Tuesday, 10:30 a.m.-noon
Mental Health Offices, 600 A Street.

WOODLAND SPECIAL EDUCATION LINKS

Support for parents of children in K-12 special ed.
Meeting dates and time to be announced
Woodland Joint Unified School District
626 Cottonwood Street, Woodland
For more information call Sue Owens at 666-0246

YOLO CO. CHILDREN & FAMILIES COMMISSION

2nd and 4th Wednesday of the month
402 Court Street in Woodland
For more information call (530) 669-2475.

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

Community News

Calendar

May	8	Setting Limits with Pre-Teens and Teens class series begins
	11	Provider Appreciation Day
	11-13	Whole Earth Festival - Davis
	13	Mother's Day
	18	Provider Recognition Dinner
	19	Knights Landing Spring Gathering
	20	Cyclebration Festival - Davis
	28	Memorial Day - City offices closed
June	17	Father's Day
	21	First day of summer
July	4	Independence Day - City offices closed

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

Provider Appreciation Day

In 1996 a group of New Jersey volunteers saw the need for a day of appreciation and recognition for child care providers. They initiated a pilot program within their network that was met with great enthusiasm by parents and providers. With the success of this pilot program behind them, the group accepted the challenge to expand the initiative to make Provider Appreciation Day a yearly event to recognize child care providers everywhere.



Since that time, information about the day has been sent to over 5000 child care leaders nationwide and the day has been supported by groups in all 50 states as well as Canada, Europe and Asia! Supporters have initiated proclamations that have been signed by many local governments and governors. Parents, business and community leaders have honored child care providers this day.

Child Care Services thanks all child care providers for the important job they do on a daily basis. We invite you to take time to honor your child care provider on this very special day. They care for the youngest members of our community and help shape our future generations. Provider Appreciation Day is on May 11th this year. It is always celebrated the Friday before Mother's Day.

Do You Need Summer Child Care?

Summer vacation is nearing. Have you made childcare arrangements for the summer months? There are a variety of options during the summer to keep your children entertained in a safe environment. Family child care homes, child development centers, recreational programs and summer camps are available throughout Yolo County. For a child care referral and a listing of available programs in your area, call child care services at (530) 737-5691 or (800) 378-5044.

Knights Landing Spring Gathering

On Saturday, May 19th, Knights Landing will host the 2001 Spring Gathering. This will be a day of family fun, food and festivities. The event will be at the Knights Landing Community Park from 4:00 to 8:00 p.m.

New Group for DADS

DADS, group for Dads and Daughters/Sons (under age six) meets at the ABC family Resource Center in Woodland. This is a place for fathers to bring young children to spend time with other Dads. This group will provide you with parenting tips, resources and ideas for creative activities with your kids from child development professionals. The group meets Mondays from 5:30–7:00 p.m. This is a free service and you must register to attend by calling ABC Family Resource Center and asking for the DADS Program at (530) 669-2430.



Summer Reading Club

Woodland Public Library will sponsor Summer Reading Club this summer. Although all the dates of events aren't set yet, Summer Reading Club will run from the **week of July 2 through the week of August 6**. The full schedule will be available in the Library by May 1. For more information, please contact Children's Librarian Carol Beckham at 661-5983.

Community News

Community Resources

FEDERAL FOOD DISTRIBUTION PROGRAM
Eligibility is based on income.

Last Wednesday of the month, 12:30-1:30 p.m.
Senior Center, 646 A Street, Davis, 757-5696
Last Friday of month:

Winters Community Center, 12:00 noon-1:30 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)

Playgroup Orientation

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

In Davis

Thursday, May 10, from 9:30-11:00 a.m.
Veterans' Memorial Center
203 E 14th Street

In West Sacramento

Thursday, May 24, from 10:00 to 11:30 a.m.
Sam Combs Community Center
205 Stone Boulevard

In Woodland

Wednesday, May 30, 10:00 to 11:30 a.m.
Woodland Toy Library
1017 Main Street

If you have any questions or would like to get a referral for
current open playgroups call Child Care Services at (530)
757-5691 or (800) 378-5044.

Free Immunization Clinics

CommuniCare Health Centers has 3 walk-in pediatric
immunization clinics throughout the county. In you need
your child immunized you do not need to make an
appointment if you go during their walk-in hours. This are
low-cost or no-cost immunizations depending on your
income. For more information contact the clinic of your
choice.

In Davis

Davis Community Clinic
Every Friday, 1:00 – 4:00 p.m.
2040 Sutter Place
(530) 758-2060

In West Sacramento

Salud Clinic
Every Thursday, 1:00 – 4:00 p.m.
500 B Jefferson Blvd. # 180
(916) 375-6400

In Woodland

Peterson Clinic
Every Wednesday, 1:00 – 4:00 p.m.
8 N. Cottonwood
(530) 666-8960

Community News

Week of the Young Child Art Display

Week of the Young Child was celebrated throughout the nation April 1st through the 7th. This year, Child Care Services sponsored a Children's Art Display at different local Davis businesses. We also worked with City of West Sacramento and City of Woodland Parks and Recreation Departments to co-sponsor the art display in these cities. Thanks go out to all the participants, businesses and child care providers who together have highlighted this special week and helped celebrate children.

Looking for a Preschool Program?

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

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

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

Writers Wanted

City of Davis Child Care Services is seeking articles on topics directed towards parents and child care providers. The articles will be used as parenting handouts or newsletter articles during fiscal year 2001-2002. They will be distributed in paper form and possibly via the Internet. They may be translated into a number of languages used in Yolo County.

Articles can cover topics such as nutrition, discipline and learning to mention a few. They should be 1000-1500 words in length and be written in a simple and concise manner.

Authors of selected articles will be contacted during the summer months. Payment will be in the range of \$50.00-\$70.00 per article. Completed articles must be received by Friday, June 15 2001. Send them to: Robbie Townsley, Child Care Services, 23 Russell Blvd., Davis, CA 95616. For more information call Child Care Services at (530) 757-5691 or 1(800)378-5044.

New Center Opens in Esparto

Esparto has a new preschool program as of April 13th. The Esparto-Capay Valley Neighborhood Child Care Center proudly opened its doors last month. This center is partially funded by the Yolo County Children and Families Commission (Proposition ten). Center Director Patrick Huit was previously a director/owner of a long time child care center in Davis. The capacity of the center is 25 children, ages 2-5 year olds. The 2 year old children must have mastered toileting in order to be enrolled. The number to call if you would like more information is 787-1826.

Parenting Handouts

Child Care Services provides parents with Parenting Handouts from September to June each year. Parenting Handouts cover a variety of topics and issues useful to parents such as child care, discipline and child development to mention a few.

May's Parenting Handout will feature an article, "Guiding Children's Behavior", co-authored by Lynn Arner-Cross and Sarah Neville-Morgan who both worked as Child Development Specialist for the UCD Center for the Child and Family Studies.

Lynn Arner-Cross will present the parenting class series "Parenting the Preschooler" which will Thursdays, May 10, 17, 24 and 31 from 7-9 at the Veterans Memorial Center. There are still openings for this class and you must pre-register to attend. For more information, on parenting handouts and/or to sign-up for Parenting the Preschooler, please contact Child Care Services at (530) 757-5691 or (800) 378-5044.

Toy Resources

This summer, borrow toys instead of buying them. City of Davis Child Care Services' Toy Closet and the Woodland Toy Library give you another option to buying toys. Both facilities have developmentally appropriate toys for children which parents and child care providers may borrow. There is an annual membership fee for each facility. For more information on *The Woodland Toy Library* call (530) 666-2918. For information on the *Toy Closet in Davis*, call Child Care Services at (530) 757-5691 or (800) 378-5044.



Community News/Parent Education Classes

Parenting Classes

Please call Child Care Services to register for any of the parenting classes at (530) 757-5691 or (800) 378-5044.

Padres Activos de Hoy (Español)

La clase se enfocará en estrategias para disciplinar, comprender y educar a sus hijos de edades 2-12. Aprenda a comunicarse con sus hijos, la importancia de ser consistentes con la disciplina, la importancia de conocer a sus hijos y las razones por las cuales se comportan de alguna manera ú otra. La clase le dará la oportunidad de discutir temas y poder dar ejemplos específicos.

Esta clase sera dirigida por el Sr. Esteban Montaña, consejero de la escuela Waggoner en la ciudad de Winters.

“Padres Activos de Hoy (Spanish)” presentada por el Sr. Esteban Montaña se llevará a cabo los jueves (abril 26 – mayo 17) de las 6:30 – 8:30 pm en el Alternative Education Building del 517 Hayes Street en Woodland.

Parenting the Preschooler

This class will answer all your questions about your preschooler. Parenting can be challenging. Meet with other parents and a child development specialist to discuss why preschoolers behave the way they do and how we can interact with them and use appropriate discipline to change their behavior. Specific topics include discipline and communication, eating habits, age appropriate activities, TV and computers, guns and super hero play.

This class will be taught by Lynn Arner-Cross. Lynn earned both her Bachelor's Degree in Human Development and Master's Degree in Child Development from UC Davis. She worked as a director of a day care center in Columbia, Missouri. She was an Academic Child Development Specialist for the Morning preschool program at the Center for Child and Family Studies at UC Davis for 9 years. Lynn is also a mother of three children.

“Parenting the Preschooler” with Lynn Arner-Cross MA will be housed at the Veterans' Memorial Center on Thursdays May 10,17,24 and 31 from 7-9 PM. This class will also be **free** of charge.

Setting Limits with Teens & Pre-Teens

Does your teen/pre-teen argue with you about friends, curfews or the telephone? Does (s)he test your limits, ignore your requests or tune you out? Then this four-week workshop is for you! Learn how to set clear and appropriate limits with your children. Teach responsibility and decision making. Support your rules with effective consequences and improve communication and understanding with your teen or pre-teen.

This workshop is taught by Dr. Rob MacKenzie, Family Counselor/Parent Educator and author of best-selling parenting book, *Setting Limits* (Prima Publishings). Dr. MacKenzie has more than 18 years of experience helping parents and teachers solve children's challenging behavior problems.

“Setting Limit with Pre-Teens and Teens” presented by Dr. Robert MacKenzie, will be held at the Senior Center, 646 A Street in Davis. This four-week class will meet on Tuesdays May 8, 15, 22 and 29. There will be a fee based on income for this class. Price range for this class will be from \$20 to \$60 per person.

The IEP process: A Team Opportunity

Take the stress out of the IEP process. This workshop will help parents be more comfortable and knowledgeable communicating during IEP's. Come to an evening of collaboration and learning with Laurel Clumpner, Special Education Coordinator for Davis Joint Unified School District and Courtney Tessler, Davis High School Counselor. Location: Davis Joint Unified School District, East Room. 526 B Street, Davis

Campus*talk*

Dear Friends:

Welcome to the inauguration of *Campus talk*, a regularly featured page of news and events focussing on UC Davis. This page will highlight university information regarding; resources, services, and research for and about children and families. For starters, we would like to present an overview of a few of the many and varied programs sponsored by or connected to the university. As time goes on, we will bring you more information about many other programs and projects that are connected to the university. We would love to have your input and help as *Campus talk* unfolds. Both the City of Davis and UC Davis is very excited about the creation of yet another avenue for on-going collaboration between the campus and City of Davis Child Care Services. We look forward to hearing your feedback.

Barbara Ashby
Child Care Coordinator
University of California, Davis

Family Service

- ◆ **UCD Breastfeeding Support**
530/752-5415
Provides lactation sites, supplies & consultation
- ◆ **UCD Emergency Notification - -Women's Resource & Research Center,**
First Floor North Hall, 530/752-3372
Contacts student parents in class/lab in the event of a child's health-related emergency.
- ◆ **Maternal Child & Adolescent Health**
Yolo County Health Department, 10 Cottonwood Street, Woodland, CA , 530/666-8645

Financial Assistance

- ◆ **UCD Child Care Subsidy**
600 A Street, 530/757-5695
Provides income-based, partial subsidies.
- ◆ **UCD Financial Aid**
Human Resources Admin Bldg.
- ◆ **UCD Employee Benefits**
190 Admin Annex, 530/752-1774

Child Care Facilities

A Directory of Facilities serving infants-preschoolers available from UCD Child Care Services www.childcare.ucdavis.edu, 530/752-5415, FAX 530/752-9462.

Child Care within Your Home

- ◆ UCD Student Employment Center, Dutton Hall, 530/752-0520 <http://jobs.ucdavis.edu>
- ◆ Orchard Park Apartments Community Bulletin Board, Bldg. 23 & 25, 530/752-3959
- ◆ Solano Park Apartments Community Bulletin Board, Building 27, 530/752-3958
- ◆ UCD Center for Child & Family Studies, West House, 530/752-2888
- ◆ UCD Human & Community Development Internship Office, Hart Hall, 530/752-1321

Summer Programs

- ◆ **UCD Aggie Kids Camp**
50 Atrium Way, 530/753-8716
- ◆ **UCD Memorial Union & Campus Recreation Summer Youth Programs**
 - Bowling 530/752-2580
 - Craft Center 530/752-1475
 - Equestrian Center 530/752-2372
 - Outdoor Adventures 530/752-1995

Campus & Subsidized Child Care Program

- ◆ **UCD LaRue Park Child Development Center**
50 Atrium Way, 530/753-8716; laruecdc@ucdavis.edu
- ◆ **UCD Russell Park Child Development Center**
400 Russell Park, 530/753-2487; russellcdc@ucdavis.edu
Privately owned under University contract to serve infants-kindergartners year-round.
- ◆ **UCD Center for Child & Family Studies**
West House, 530/752-2888
Teaching & research laboratory offering part-time programs for infants-preschoolers
- ◆ **UCD Perfect Tender Infant Care**
King Hall, 530/752-0243
Cooperative infant care for UCD School of Law students

Campustalk

Summer Program for Youth

The UC Davis National Youth Sports program is a free five-week sports and education summer program hosted by the UC Davis campus. The dates for this summer will be June 21 – July 30. Since 1995, the UC Davis NYSP program has provided round-trip transportation, sports instruction, educational courses, and breakfast and lunch to over 400 Local economically disadvantaged youth, ages 10-16. This year, over 400 participants will be served from Yolo County and surrounding Communities.

This 5-week enrichment program includes a health education course, a math and science course, drug awareness and prevention, along the sports component, which includes basketball, swimming, football, waterpolo, bowling, volleyball, soccer and golf among others.

A daily hot breakfast, snack and hot lunch is provided. Students will be provided with free physicals "Free Physical Day," on May 19. In addition, students will be taken to an Oakland A's game, a Sacramento Monarchs game and Water World.

90% of participants must meet income guidelines. The other 10% can be from any income category. For a program application and more information, please call (530) 757-3325. *Application due date is May 19.*

Aggie Kids' Camp 2001

Aggie Kids' Camp is now taking reservation for summer day camps. The primary objective of Aggie Kids' Camp is to provide children with the highest quality recreational experience in a safe, positive learning environment.

This summer camp provides children aged 6-12 with a hands on exploratory environment. There are five 2-week sessions starting June 18 to August 24 from 7:30 a.m. to 5:30 p.m. Each camp session offers a wide variety of recreational sports and outdoor activities which may include soccer, basketball, track, bowling and swimming, as well as a mix of noncompetitive, nontraditional outdoor games and activities.

For fees and other information including enrollment, please call (530) 753-8716.

Pregnancy Nutrition Study

Are you pregnant or planning a pregnancy soon? If so, you can participate in a study of iron and zinc nutrition during pregnancy and breast-feeding conducted by the Western Human Nutrition Research Center and UC Davis.

Benefits:

- Complete diet evaluation
- Pre-natal vitamin and mineral supplements
- Information on iron and zinc status
- Compensation up to \$1200

Requirements:

- 20-40 years old
- Planning to breastfeed
- Less than 10 weeks pregnant or planning a pregnancy very soon.

For more information please call (530) 752-5177.



Community Agency Spotlight

Child Care Services provides a variety of services in Yolo County such as referrals to child care providers, parenting classes, Parenting Handouts among others. We also provide referrals to other agencies with a variety of services benefiting families. We would like our readers to become aware of other agencies that provide services to our community and to familiarize themselves with the type of services they offer. It is for these reasons, that from time to time, we will feature a community agency in Small Talk.

This issue's community agency is the Yolo Crisis Nursery.

Yolo Crisis Nursery

The Yolo Crisis Nursery opened March 29th of this year. The nursery has been created to protect the youngest, most vulnerable children from abuse and neglect – and to help their parents or other caregivers during stressful times.

The nursery is a safe and healthy place where parents may voluntarily place their children in times of turmoil – since instances of child abuse or neglect significantly increase when caregivers experience high levels of stress without resources, support or relief.

Who can use the services of the Yolo Crisis Nursery?

The Yolo Crisis Nursery provides services to Yolo County families with young children (under 6 years of age), who are experiencing life crises or high levels of stress.

Is there a fee for the services?

Yolo Crisis Nursery services are free for parents/caregivers.

What happens at the Yolo Crisis Nursery?

When a parent/caregiver calls the nursery, he or she will speak with an intake worker, who will help determine the family's immediate needs.

The Nursery is a 24-hour caring and nurturing 6-bed home in Yolo County. Experienced staff provide respite care for children, who may stay at the Nursery for as little as 24 hours or as long as 30 days, depending on the individual situation.

While at the Nursery, children receive nutritious meals as well as medical and dental care. They engage in activities appropriate for their stage of development.

Services include:

- Transportation arrangement
- Assessment referrals for the children
- Parenting assistance
- Nutritional advice
- Problem-solving assistance
- Support networks
- Referrals to community resources

Who is involved in the Yolo Crisis Nursery?

Social service agencies in Sacramento, Yolo County, Placer and Nevada Counties have formed an alliance called the Regional Crisis Nursery Collaboration. This group of social service providers has been sharing resources and expertise in an effort to expand and enhance the successes of the Crisis Nursery services.

FamiliesFirst has been selected as the lead agency to provide these services in Yolo County. To encourage community participation, the Yolo Crisis Nursery Advisory group was formed. This group consists of social service organizations, community service groups and concerned community members.

The agency is partially funded by the California Endowment, through the Regional Crisis Nursery Collaboration. Funds from the Yolo County Children and Families Commission provide additional funding support. Additional contributors include – private foundations, businesses and individual community members.

For more information on the Yolo Crisis Nursery, call (530) 758-6680.

Especially for Providers

Provider Health

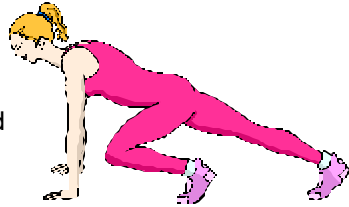
Caring for Ourselves

By: Judith Kunitz, MA,
Child Development Specialist

As caregivers, we often overlook our own health needs to tend to the children in our care. But our well-being is paramount if we are to be positive role models and provide quality care. Exercise, relaxation and good nutrition can rejuvenate us and help balance our hectic daily lives.

Getting started with exercise

- Make exercise a regular and integral part of your life. (Caring for children is not exercise, just hard work.)
- Start slowly to avoid strain. Check with your health care provider if you have health concerns.
- Find the type of exercise you enjoy. Experiment and try out different types of classes or programs.
- Try to exercise for 20 to 30 minutes at least three times a week.
- Take a walk or bike ride. Enjoy the passing scenery.
- Use the stairs instead of the elevator.
- Park a few blocks from your destination and walk the final distance.
- Find exercise classes at your local YMCA, fitness center, health club, community center or adult school.
- Ask friends where they take exercise classes. Go along for an introductory class.



Taking time to relax

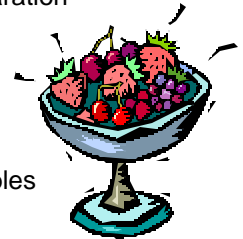
- Be sure to take the breaks you are entitled to while you work (15 minutes every four hours) and at least a 30 minute lunch break.
- Find a quiet, safe place to sit or lay down. A few deep breaths can help release tension. Try to empty your head of busy thoughts.



- Take a leisurely walk. Ten minutes of exercise can ease stress.
- Relax with music, movies, reading or talking with a friend.
- Take a hot bubble bath or shower.
- Soak your feet in warm water, then in cold.
- Search out a yoga or meditation class.
- Write a letter to a friend or family member. Keep a journal.
- Sit and allow yourself to daydream.

Eating for better health

- Attempt to sit and eat meals with the children rather than stand and gulp your food. Model good eating habits.
- Follow the same food preparation standards used for the children in your care when preparing your own meals.
- Avoid junk food, and add more fruits and vegetables to your diet.
- Attempt to drink up to eight glasses of water throughout your day.



Adapted in part from Child Care Provider's Guide to Health and Wellness, YMCA Childcare Resource Service, San Diego County. Child Care Health Connections, 5500 Campanile Drive San Diego, CA 92182-1874

RECOGNITION DINNER

Child Care Services invites you to our annual family child care Provider Recognition Dinner on Friday, May 18th 2001. This is our way of saying thanks to you for all the work that you do with the youngest members of our community.

The Provider Recognition Dinner will be at 6:30 p.m., at the Veterans' Memorial Center. Please join us for this special evening. You will have an opportunity to meet your fellow colleagues. There will be many items raffled, including our grand prize, a VCR. We look forward to seeing you.

You should have received your invitation last month. If you haven't, please call Child Care Services and we will send you one. For more information, call (530) 757-5691 or (800) 378-5044.

Especially for Providers

Provider Trainings

There are still spaces available for many of the provider classes offered this spring. These classes are free of charge. If you would like to attend any of the classes, please call Child Care Service to sign up at (530) 757-5691 or (800) 378-5044. Spaces are limited.

IN WOODLAND

Staying Healthy in Family Day Care

Saturday May 5, 10 – 11:30 a.m.
ABC Family Resource Center
518 Main Street in Woodland

Appropriate Practices in Family Day Care

Saturday May 12, 1-2:39 p.m.
ABC Family Resource Center
518 Main Street in Woodland

It's Your Business: Contracts & Record Keeping

Tuesday May 15, 7 – 8:30 p.m.
ABC Family Resource Center
518 Main Street in Woodland

IN WEST SACRAMENTO

It's Your Business: Marketing Workshop

Tuesday May 1st, 7-8:30 p.m.
Arthur F. Turner Branch Library
1212 Merkeley Avenue in West Sacramento

It's Your Business: Contracts & Record Keeping

Tuesday May 8th, 7-8:30 p.m.
Arthur F. Turner Branch Library
1212 Merkeley Avenue in West Sacramento

Appropriate Practices in Family Day Care

Saturday May 12, 10-11:30 a.m.
Arthur F. Turner Branch Library
1212 Merkeley Avenue in West Sacramento

Staying Healthy in Family Day Care

Saturday May 19, 10-11:30 a.m.
Arthur F. Turner Branch Library
1212 Merkeley Avenue in West Sacramento.

Claves Para Atender las Necesidades Especiales del Niño (Spanish)

Sábado, 19 de Mayo, 2001
8:00 a.m. – 4:00 p.m.
Woodland County Fair Mall Community Room
1264 Gibson Road en Woodland

California Association for Family Child Care

2001 Semi-Annual Conference
"Unite ...To Make A Stand for Quality"
October 19 – 21, 2001
Santa Clara California

This conference is for Family Child Care Providers and will include workshops on provider networks, early learning, child care business and taking care of the provider among others. There will be workshops in both English and Spanish. For cost and more information, please call Elda Fontenot at (530) 536-9273.

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.

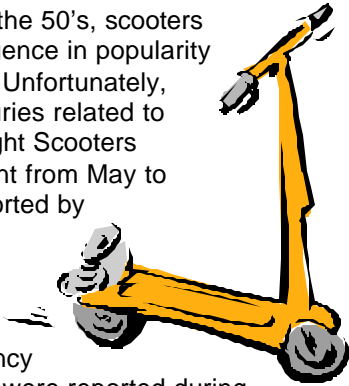
Free School-Age Training

Are you looking for free quality school-age training for your staff? If you are, KIDS' TIME is what you are looking for. Funded by the Department of Education and developed by CalSAC, KIDS' TIME provides quality trainings for school-age professionals which focus on promoting, nurturing, supporting and enhancing all area's of a child's development. For additional information or to schedule a training, contact Cheri Chord at (916) 277-6089.

Especially for Parents

Scooter Safety

Originally popular in the 50's, scooters experiences a resurgence in popularity this holiday season. Unfortunately, emergency room injuries related to the popular light weight Scooters increased 700 percent from May to August 2000, as reported by the U.S. Consumer Product Safety Commission (CPSC). More than 10,000 emergency room treated injuries were reported during 2000. 90% of these injuries occurred to children under the age of 15.



The CPSC recommends that riders, especially children, use safety gear. It is estimated that 60% of the injuries could be eliminated or reduced in severity by the use of proper safety gear and by following some basic guidelines. Most of the injuries occurred as a result from falling. 29% of the injuries were fractured bones or dislocations.

RULES OF THE ROAD

- Ride on paved, smooth streets free of gravel and cracks
- Do not ride on wet or extremely smooth surfaces
- Do not ride on heavily travel streets
- Remain visible to other vehicles
- Ride 20 ft. apart
- Follow Traffic rules
- Avoid riding at night. If you must ride at night, install lights.

SAFETY GEAR

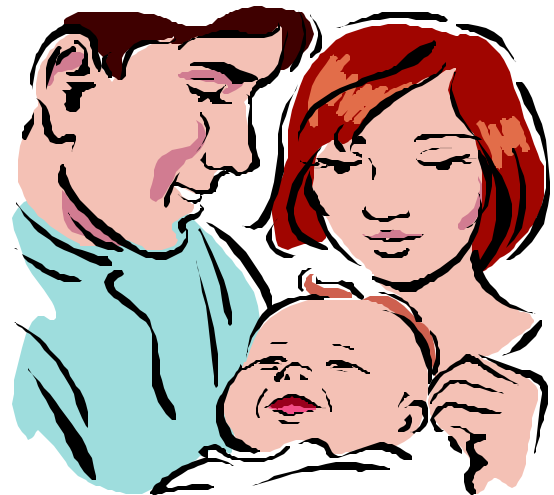
- Helmet
- Knee pads
- Elbow pads with wrist guards
- Long sleeved shirts
- Long pants
- Sturdy, closed toe shoes

Reprinted with permission from *YCPARMIA Safety Journal*

Recipe for a Happy Home

4 cups of love	5 spoons of hope
2 spoons of tenderness	2 cups of loyalty
3 cups of forgiveness	4 quarts of faith
1 cup of friendship	1 barrel of laughter

Take love and loyalty, mix it thoroughly with faith. Blend it with tenderness, kindness and understanding. Add friendship and hope, sprinkle abundantly with laughter. Bake it with sunshine. Serve daily with generous helpings.



Kindergarten Cookies

1 small child
5 or 6 years of tender loving care
1 proud patience
2 heaping measures of good manners
4 drops of safety rules
1/2 teaspoon humor
Generous pinch of reading time
10 sticky fingers

If dough is wiggly, add a few extra hugs until desired consistency is obtained. Allow to stand 5 to 10 minutes for proper discipline. Place in desired world with interest. Set goals at a degree that will give a feeling of accomplishment. Will produce a creative, enthusiastic, capable child.

CAUTION: will crumble easily - must be reassured often.

The Teen Perspective

Teen issues are an important part of family life in every family at one point in time or another. The Teen Perspective will be a new semi-regular section in Small Talk where families will have an opportunity to read relevant news and information about teenage issues, and where teens can voice their opinions. We would like to introduce our guest teen writer, Rachel Jones. Rachel is a 13 year-old eighth-grader from Emerson Jr. High School in Davis. She will share the experiences of teenager, their dreams, goals, and concerns. We hope you enjoy this new section.

Hi! My name is Rachel Jones. I am 13 years old and am an eighth grader at Emerson Junior High.

I remember being a 7th grader. At first it was all very confusing (where 3rd period was, how to open my locker, etc.) and there were a lot of things to worry about like making new friends and figuring out my classes & teachers. It was great, though. I made lots of new friends.

Things are a lot mellower in 8th grade. I personally like it much better because there is not so much pressure to do this or that and I am now used to the school and the people in it. People just don't seem to care as much about things anymore.

A lot of people my age (especially 8th and 9th graders) have concerns about going to high school. The 8th graders are worried about the fact that their grades will count on their college transcripts next year. And as we move into the end of the year, we are concerned about which classes we will take. 9th graders are worried about going to DSHS next year (they will go through the whole 7th grade thing all over again. Fun!)

We are also concerned about California's power situation. We are concerned both practically about air conditioning (or lack of) and environmentally about whether we will have power when we get older.

There are lots of things I like to do in the summer. I enjoy swimming (both for fun and on a team) going to day & overnight camps, taking ceramics and art classes, and taking dance classes. I also like to go to the movies with my friends and hang out. The summer is also a good time to travel. I do a lot of that in the summer.

I hope you enjoyed my column and good luck!

-Rachel Jones

Top Ten Things To Do in Davis in the Summer

1. Swim, swim, swim! Davis has lots of cool pools
2. Go to the movies-2 theaters
3. Go to camp
4. Take an art class
5. Take a dance class
6. Travel, explore Davis and UC Davis
7. Hang out with friends
8. Go out to eat (there are many good restaurants here)
9. Go to a better place to bead or the pottery place
10. Go out on the greenbelt (rollerblade, bike or walk)

By Rachel Jones

Class Offered for Parents of Pre-Teens and Teens

Registration is being taken for "Setting Limits with Pre-Teens and Teens" a class for parents of children age 10-18 years of age. The class will be presented by Dr. Rob MacKenzie who is a Family Counselor, Parent Educator and author of the best-selling book, *Setting Limits* (Prima Publishings). In this class, Dr. MacKenzie will give you practical tips on how to set clear and appropriate limits, teach responsibility and decision making, improve communication and understanding, end battles over chores and homework and much more.

"Setting Limits with Pre-Teens and Teens" is sponsored by City of Davis Child Care Services and is open to all Yolo County residents. The class will be held on Tuesdays, May 8 through May 29, from 7:00 to 9:00 p.m. at the Davis Senior Center, 646 A Street in Davis. The 4-week class is being offered on a sliding fee scale from \$20 to \$60. You must pre-register for this class by calling City of Davis Child Care Services at (530) 757-5691 or (800) 378-5044.

The Teen Perspective

Davis Teen Center

The Davis Teen Center is a safe place where teens in the 7th to 12th grade can go spend time with their friends. Teens can use the computer, Play Station, Pool tables and other amenities free of charge.

The Teen Center also has special events and field trips for a fee. On June 14th, there will be a 6th grade dance and BBQ. An Overnight Lock-in will be hosted on June 29th for 7th-9th grade students from 9 p.m. to 8 a.m.

Various fieldtrips to places such as Santa Cruz, Waterworld in Sacramento and Great America are just some of the events waiting for teens this summer. For more information call (530) 757-5626.

*It is required that all participants have a medical release form on file to participate or take part of the Davis Teen Center.



Club West in West Sacramento

Club West, a program in West Sacramento for 7th and 8th graders has a variety of activities for these teens. The daily program includes activities such as daily pool tournaments, air hockey, basketball, football, arts and crafts and more! This is a place where 7th and 8th graders can come and spend time with their friends in a supervised setting. Free of charge.

Some upcoming activities include the annual Peanut Butter and Jam Friday, a dance for all incoming 7th grade students on June 1st and the 7th grade Celebration Dance for all incoming 8th grade students. Club West also has summer events that include field trips, cheer clinics among other events. The Club West Express can also take you home on Mondays at 4 and 5 pm and Tuesdays-Thursdays at 4:30 and 5:30 pm. There is a fee for field trips and special events.

Club West is opened Monday from 2:30 to 5:00 pm and Tuesdays to Fridays from 2:30 to 6:00 pm. It is located at 1125 Riverbank Road in West Sacramento. For more information, please call (916) 373-5877.

Woodland Teen Center

The Woodland Teen Center operates a program for teens ages 12-18 Monday through Friday from 12-4 p.m. There will be basketball, games, special events and much more. This program will be free of charge. (Some fees may apply for some special events.)

The City of Woodland Parks, Recreation and Community Services Department has other events and summer activities planned. *Teens Helping Seniors* is an ideal program for hard working teens. This is an opportunity for local teens to volunteer their time to work on projects that help senior citizens. Teens who volunteer on a regular basis will earn free admission to special activities and outings.

For more information, call City of Woodland Parks, Recreation and Community Services Department at (530) 661-5880.

Creative Corner

Compiled by Leticia Hardin

Water Painting

Materials:

Bucket
House painting brushes
Water
Outdoor area with
sidewalks, rocks, or
buildings



Process:

1. Fill the bucket with water.
2. Dip the brush into the water.
3. Work outdoors, painting sidewalks, sides of buildings or fences, rocks, swing sets, and more.
4. Paint designs or simply paint to cover objects with a bright, shiny coat of water.

Plastic Bird Feeder

Materials:

Plastic gallon milk container
Heavy scissors
Wire or string
Bird food such as seeds,
bread, or dry cereal
White glue
Wild flowers, grass, or small
pebbles for decoration



Process:

1. Cut through milk carton with heavy scissors.
2. Make several openings large enough for birds to enter and exit.
3. Leave about 2 inches of the milk carton at the bottom so that you have a place to put the bird food.
4. Use the white glue, wild flowers, and pebbles to decorate the sides of your bird feeder.

Streamer Rings

Materials:

Plastic lid (from coffee, margarine, or shortening tubs)
Strips of newspaper, crepe paper, ribbon, or cloth
Scissors
Tape (optional)

Process:

1. Poke the point of a scissors into a plastic lid.
2. Cut a large circle in the lid of the plastic container. Save the rim or edge of the lid. Discard the center circle.
3. Tape or tie strips of newspaper or colorful ribbons and cloth strips to the plastic rim.

Hold the decorated rim in the wind and watch the streamers move, or use body movement to make the streamers move.
