

Smalltalk

Serving Providers & Families in Yolo County

Volume XXVII, Number 6

Dear Friends:

It seems as though the world as we know it has changed forever in a dramatic way since the last issue of SmallTalk went to print. The staff members of Child Care Services responded to many requests for information and resources to help parents and providers talk to children about the September 11th tragedy. We highly recommend a book that we have in our resource library called "Parenting Through Crisis" by Barbara Coloroso. Ms. Coloroso is a nationally acclaimed parenting expert. She has the unique perspective of living in Littleton, Colorado and wrote this book after the tragedy that occurred there at Columbine High School. Our thoughts continue to be with all the victims and survivors of the horrendous tragedy.

We have many new and wonderful things going on at Child Care Services. We now have a Lekotek home visitor specializing in helping providers accommodate children with special needs. Amy Strimling from Lekotek Family Resource Center will be available to work with providers and families on accommodating children with special needs in family child care homes. If you would like more information on this topic, please call our office and ask for Robbie or Tamiko.

We are also very excited to announce that our Mentor Provider project is about to begin. This project will fund mentors to support and train other family child care providers in their geographic region. We will be working with West Ed to train and provide ongoing technical assistance for the mentor providers.

We have other exciting news for family child care providers. Our Morning Out program has started up again after a very long hiatus. It is offered on Friday mornings at the Round House in Chestnut Park in Davis. We are thrilled to announce that we will be expanding Morning Out to Woodland and West Sacramento in January. Future locations and times will be announced. Renuka Mannapperuma has returned to coordinate the Morning Out project for us. Many of you know Renuka from our previous Morning Out project. We are really excited to have her coordinating this wonderful service for family child care providers.

Last but certainly not least, Parents Together has returned after taking the month of September off. Long time

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Resource and Referral employee Carrie Shepard has taken over facilitating this support group for parents of babies. Carrie will be helping us expand this program to Woodland and West Sacramento in January also. We are extremely pleased to have Carrie and her experience and knowledge to help us extend this wonderful support group to the rest of Yolo County. The times and locations will be announced.

As always, if you have any questions, suggestions or concerns please feel free to call me any time.

Regards,

Robbie Townsley
Child Care Supervisor

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS

Tues., Nov. 20 & Dec. 18, 9:30 a.m. to 12:30 p.m.
VMC Game Room, 203 E. 14th Street, Davis
For information call (530) 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

November 13th. New time: 2:30-4:30 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 education.
Learning Center, Davis High School
Call Suzanna at (530) 756-5411 for information.

GRANDPARENTS RAISING GRANDCHILDREN

2nd Tuesday of each month, 7:00 p.m.
Davis Senior Center Genealogy Library, 646 A Street
Call (530) 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: Christina
(530) 758-8270, Mary (530) 753-2932 or Lonna at (530)
756-3551. For information about a teen mother's group
call Angela (530) 757-7105.

PARENTS TOGETHER (Formerly known as Moms Together)

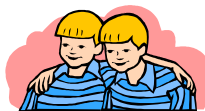
This group is for all parents and babies under 1 year. The
group meets Thursdays 1:00-2:30 p.m.; VMC Game Room
For information call Carrie Shepard at (530) 753-8602.

YOLO COUNTY PARENTS ANONYMOUS®

A support group for parents. For further information call
Kathy Dreyer at (530) 662-9463.

GROUP FOR TWINS & PARENTS

No host playgroup for twins.
1st & 3rd Mon. 10:00 a.m.-12:00
p.m. at Sycamore Park in Davis.
2nd & 4th Sat in Central Park near Merry Go Round.
Support meeting for parents only every 1st Sunday of the
month from 4-6 p.m. at the Blanchard Community Room,
Davis Public Library. New Moms group starting check the
web site www.dcn.davis.ca.us/~ypotc for more info. or call
Christine Deamer, 757-2728 or Jeanine Hill at 756-9698.



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.



PARENTS AND CAREGIVERS OF YOUTH INVOLVED WITH THE JUVENILE JUSTICE SYSTEM, new support

group, 2nd & 4th Thursday of each month, 6:00-7:00 p.m.
Conference Room, Dept. of Alcohol, Drug & Mental Health
Srvcs., 201 W. Beamer St., Woodland. Ophelia Gonzales,
Family Partnership Specialist, bilingual facilitator.
For more information call (530) 666-8632.

PARENTS AND CAREGIVERS OF TRANSITION-AGE YOUTH (16-25) WITH PSYCHIATRIC DISABILITIES

Group meetings held 4th Tuesday of every month
6:30-8:00 p.m., 600 A St., Davis
For more information call Joan, (530) 666-8632, ext. 9183.

WEST SACRAMENTO SIBLING GROUP (ages 6 to 12)

Meets 2nd Wednesday of month, 3:00-5:00 p.m.
at Bryte School, room 17 in West Sacramento.
For more information call Jan at (916) 371-9561.

WOODLAND SPECIAL EDUCATION LINKS

Support for parents of children in K-12 special ed.
Woodland Joint Unified School District
626 Cottonwood Street, Woodland
For meeting dates and more information call Sue Owens
at (530) 666-0246.

YOLO CO. CHILDREN & FAMILIES COMMISSION

2nd Wednesday of the month, 3:30-5:30 p.m.
403 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

PARENT SUPPORT

Community News

Calendar

November 12	Veterans' Day city offices closed
22 & 23	Thanksgiving Day city offices closed
29	Davis Holiday Open House & Parade
December 8	Woodland Holiday Parade
9	Hanukkah begins
21	First Day of Winter
24-31	Child Care Services closed
January 1	New Year's Day, city offices closed

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

New Support Group - MOPS® Mothers of Preschoolers

There is a new support group for mothers in Woodland. MOPS® international is committed to nurturing every mother of preschoolers. The group offers encouragement and fun, instruction relating to womanhood, marriage and children. Small group discussions, creative activities and child care are also available. The first MOPS® group was established in 1973 near Denver, Colorado when a small group of mothers met to share their common needs. There are now over 2500 MOPS® groups meeting across the country and world. MOPS® groups exist to support every mother of preschoolers and adapt to fit the size and "personality" of the group's community. The group meets the 4th Thursday of the month at 7:00 pm. You must call to reserve a space for child care. For more information, call (530) 662-5921.

DADS Group

The Family Resource Center and Yolo Family Service Agency are sponsoring a new DADS group. The goal of the program is to encourage lifelong relationships between DADS and kids, and to foster social support among fathers to help them enjoy their parenting role to the fullest. The group is for fathers of children 0-5 years of age, and meets weekly for 6 consecutive weeks. For more information and registration call (530) 662-2211, ext # 20.

Look Great for your Next Interview

Do you want to look your best for your upcoming interview? Yolo County Family Resource Center's Career Closet makes clothing available for school or job interviews. The career closet is located within the Family Resource Center at 409 Lincoln Street in Woodland. Yolo County Residents can benefit from this free resource. Different sizes and styles are available for loan. The Career Closet also accepts donations of career and work attire. For more information, call (530) 406-7221.

Parents Together Resumes Meetings

Parents Together, a support group for parents of infants under 1 year old, has resumed meeting on Thursdays, from 1:00 to 2:30 p.m. at the Veterans Memorial Center Game Room, 203 E. 14th Street in Davis. The group meets weekly to discuss issues affecting parents and infants during the first year of life such as breast-feeding, sleep and parental support. It offers a good opportunity to meet and network with other new parents. The group's new facilitator is Carrie Shepard. There is no need to register and it is free of cost! If you would like more information about the group, please contact Child Care Services at (530) 757-5691 or Carrie Shepard at (530) 753-8602.

Save the Date for the Child Development Mini-Conference

Child Care Services will be hosting a Child Development Conference on **Saturday, April 13, 2002!** This conference will be for child care professionals, parents and the general public. Workshop topics will include: health and nutrition, age appropriate curriculum, preschool readiness, marketing your business, working with children with special needs and parenting workshops among others. For more information see future issues of Small Talk or contact Child Care Services at (530) 757-5691.

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 Wednesdays, 1:00-3:30 p.m.

Woodland, 10 Cottonwood, Mondays, 2:00-4:00 p.m. & Fridays, 9:00-11:00 a.m.

West Sacramento, 500 B Jefferson Blvd., Ste 170 Tuesdays, 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 call:

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

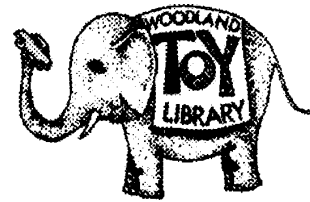
Nutrition program for women, infants & children.

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)



Woodland Toy Library – Ten Years and Going Strong

We invite you to become a member of the Woodland Toy Library! Located in downtown Woodland, the Library has an impressive array of over 600 toys, including such offerings as board games, puzzles, dress up clothes, puppets, educational CD-roms, ride-on toys, and dollhouses and other make believe items. Members may check out up to three items for a three-week period. Party toys are also available for special events.

As of October, the Woodland Toy Library has been in continuous operation for 10 years, and we look forward to another decade (at least!) of serving the families of Yolo County. A community service organization, the Library is staffed and governed entirely by member-volunteers. Please consider joining this worthwhile organization – you will save money and reduce household clutter, while enabling your children to try out toys they would otherwise insist you buy for them! Membership is \$15/yr or FREE for volunteers. Please contact Amy Wilson (668-1985) or Kathi McFarland (668-6355) for more details.

Location: 1017 Main St. (across from Freeman Park, behind the United Way building)

Hours: Monday 2:00-5:00 p.m.
Friday 10:00 a.m.-1:00 p.m.
Saturday 1:00-4:00 p.m.

New SIDS Video Available

We have a new video available in our Resource Library. "Make A Difference: Help Reduce the Risk of Sudden Infant Death Syndrome (SIDS.) This video is available in both English and Spanish, and it has been donated by the National Back to Sleep Campaign and Yolo County Health Department. For more information about SIDS, call (800) 505-CRIB. For information about video availability call Child Care Services at (530) 757-5691 or (800) 378-5044.

Community News

Free Kindergarten Readiness Programs

The Children's Center and Child Development Centers in Davis currently have openings for their State Preschool or Kindergarten Readiness Programs. The programs are free to income eligible families. The programs offer:

- 3 hours of daily enrichment Monday to Friday (call for times)
- Ages 2 years 9 months to 5 years
- Hands-on learning
- Child oriented environments
- Diversity appreciation
- Nutritious snacks/meals

For more information call The Children's Center at (530) 757-5340 or the following Child Development Centers: Cesar Chavez CDC (530) 753-3808; Patwin CDC (530) 756-1360 or Valley Oak CDC at (530) 753-9223.

Child Care Services can provide you with information on other preschool programs in other Yolo County communities. Please call (530) 757-5691 or (800) 378-5044.

Saturday Evenings Out

Parents- this is your chance for an evening out on the town! Drop your children off at the Alternative Recreation Bldg. in Davis, where they will participate in games, crafts, activities and more! This program is for children ages 4 to 11 years old. The hours are 6:00 p.m. to Midnight, and children should eat dinner prior to attending. Prior registration is required. For more information call the Parks and Community Services office at (530) 757-5626.

November 11, 6:00 pm – 12:00 am
December 8, 6:00 pm – 12:00 am

Davis Children's Nutcracker Performance

The annual Davis Children's Nutcracker will once again be one of the highlights in the month of December. Performances will be Thursday, December 13 through Monday, December 17. Tickets will be on sale beginning December 6th at a cost of \$4.50 for a dress rehearsal and \$6.50 for regular performances. For more information, including times, call the City of Davis, Parks and Community Services Department at (530) 757-5626.

New Craft Class for Kids!

The Family Resource Center is sponsoring a free craft class for kids ages 0 to 12 in Woodland. Children 4-12 without parents and younger children must be accompanied with a parent. The class meets Wednesdays from 3:30 to 4:30 p.m. For more information contact the Family Resource Center at (530) 406-7221.

Get a Visit from Santa in your Home

Don't wait till the night before Christmas to see Santa! Have him visit you before! The City of Davis has a Santa to make available for your holiday party or family gathering. Santa will visit for thirty minutes and take note of all the wishes and wants and pass out candy canes. The cost is \$35 for thirty minutes. To make your reservation or for more info, please call the Parks and Community Services Department at (530) 757-5626.

STEAC's Holiday Program

Each year in December, the Short Term Emergency Aid Committee (STEAC) coordinates the Holiday Program for low income Davis families and individuals. Families, civic groups, business and UCD departments volunteer to adopt a family and provide food and gifts. Sponsors and families remain anonymous. To qualify for the program you must be a Davis resident at or below the poverty income level and apply by December 8. For more information contact STEAC at (530) 756-5929.



For information on similar programs in other communities, contact the following organizations.
West Sacramento: Department of Social Services, (916) 765-6200.
Winters: Walk-in intake at City Hall, 318 1st Street, Nov. 1st-16th. You must show proof of residency in Winters, a phone/utility bill or rent receipt can be accepted.
Woodland: The Wayfarer Center, (530) 661-1218.

Health and Safety News



Starting January 1st, 2002 the California Highway Patrol will be enforcing the new child restraint law. The new law states that **children under the age of 6 OR weighing less than 60 pounds MUST use a child safety seat or other child restraint system.** The current law requires children to be 4 years of age and 40 pounds to be exempted from using a car seat. The new law increases the age and weight of the child.

Free Car Seat Inspections and Low Cost Car Seat Program

Yolo County residents can benefit from free car seat inspections sponsored by The Yolo County Health Department. Low cost car seats are also available for purchase after attending a car seat safety class if income criteria is met. For more information and registration call the Health Department at (530) 666-8645 Ext. # 9162.

Car Seat Safety Classes & Low Cost Car Seat Program (Registration is required)

West Sacramento: December 18
10:00 - 12:30 p.m. (English)
1:00 - 3:30 p.m. (Spanish)
County Services Center
500 Jefferson Blvd. Suite A

Woodland: November 20
9:00 - 11:00 a.m. (English)
11:30 - 1:30 p.m. (Spanish)
Woodland Memorial Hospital
1325 Cottonwood Street

Free Car Seat Inspections (By appointment only)

Davis: November 9, 9:00 - 12:00 p.m.
Sutter Davis Hospital Birthing Center
2000 Sutter Place

West Sacramento: November 16, 9:00 - 12:00 p.m.
County Services Center Parking Lot
500 Jefferson Blvd.

Woodland: December 14, 9:00 - 12:00 p.m.
Woodland Memorial Hospital Surgery Center
1325 Cottonwood Street

Healthy Families: Low-Cost Health Coverage

What is the Healthy Families Program?

The Healthy Families Program is low cost insurance that provides health, dental and vision coverage to children who do not have insurance today and do not qualify for no-cost Medi-Cal.

How will the Program provide health care to my child?

When you enroll your child in the program, you will choose The health, dental and vision insurance plans. The plans provide the health, dental and vision coverage for your child. This insurance pays most of your child's costs for visits to doctors, dentists and specialists. The insurance plans also contract with clinics, laboratories, pharmacies and hospitals for your child's health care.

Who can apply?

Parents, legal guardians, stepparents, foster parents or caretaker relatives may apply for insurance for a child. Only the parent's income will be considered. If you are a legal guardian, stepparent, foster parent or caretaker relative who lives with a child, your income will not be used to qualify the child for the program. If you are age 18 and under, you may qualify to apply for your own insurance if you meet the income requirements. Minors who do not live with parents, legal guardians, stepparents, foster parents or caretakers may be eligible for the program for themselves or their children if they meet all other requirements. Newborns and children under one year old may qualify for Healthy Families if the family meets the income requirements for children under one year of age.

Who can help me fill out the application?

If you need help to complete the application, **call toll-free, 1-800-880-5305**, 8:00 a.m. to 8:00 p.m., Monday through Friday, and 8:00 a.m. to 5:00 p.m. on Saturday. Phone operators can give you a list of Certified Application Assistants (CAAs) in your area. These CAAs can help you fill out the application **at no cost to you.**

****You may also call this number to find out if you qualify for Medi-Cal for children.**

Campustalk

Submitted by Barbara Ashby, Child Care Coordinator
Student Housing Office (530) 752-5415.

ChildCare & Family Services Has a New Home

We are now located at TB 122 on the southwest side of campus at the intersection of California Avenue and Old Davis Road. Our phone number (752-5415) and web address (www.childcare.ucdavis.edu) remain the same. Please feel free to visit Monday-Friday, 8am-noon and 1-5pm. Services include resource and referral, financial assistance, and breastfeeding support.

DOWNTIME for Student Parents

Here's your chance to connect with other students who are juggling school and parenting! DOWNTIME is an electronic discussion group by, for, and about student parents. It's a place where you can ask for advice or information, share your experiences, and read about the concerns and strategies of others. You can do it any time, day or night, via your computer. To subscribe, email listproc@ucdavis.edu. In the message section, type sub studentparent@ucdavis.edu first name and last name. For more information, call the Women's Resources & Research Center at 752-3372

PEA POD Study

The Department of Nutrition is seeking parents of young infants to participate in a research study of infant body size and composition. The PEA POD project is designed to test the accuracy of a new technique for determining infant body composition. The results will have far-reaching consequences regarding advancement in the evaluation of infant growth and nutritional status and in the provision of health care to infants worldwide.

The study is directed by Kathryn Dewey, Ph.D., a professor in the Department of Nutrition who has been involved in infant growth and nutrition research in the Davis community for more than 15 years.

Parents who agree to participate will be asked to bring their infant to the Department of Nutrition for measurement of body composition during a 2-week study period, and will receive \$100 in gift certificates for completing the study. For more information, please call the study coordinator MJ Yao at 530/219-0114 or obtain a brochure from ChildCare & Family Services.

New staff at Center for Child & Family Studies

The 2001-02 academic year has brought many new faces to the Center for Child & Family Studies, the laboratory school of the Department of Human and Community Development. Mary Helen Young replaces Kay Jeanne Gaedeke, who retired in June, as Associate Director. Michael Rahilly is the Academic Child Development Specialist for the Infant/Toddler program; Carla Andalis, AM Preschool; and Angela Curtis, PM Preschool. Associate Professor Carol Rodning continues as Center Director, and Wilma Garcia as Administrative Assistant.

The center, located at the corner of First and A Streets, offers part-time early care and education programs for children age 6 months through 5 years. Enrollment selection is based on criteria designed to support the teaching, research, and demonstration missions of the Center. For more information, call 752-2888.

Subsidy Program for Student Parents

The initial lottery for the reg-fee-funded subsidy program was held in mid-September. A total of 57 children from 45 families were selected to receive the subsidy, which pays a partial cost of care at licensed centers and family child care homes. This year's reimbursement rates are \$800 for infants; \$650 for toddlers, \$550 for preschoolers and \$315 for school-age children. Families who are new to campus, have recently adopted or given birth, or missed the initial lottery are strongly encouraged to apply to the wait list for winter quarter. For more information, call the subsidy program at 757-5695 or visit the "money" section of the ChildCare & Family Services website.

Make History—Participate in a Campus Study

One provision of the agreement that governs the operation of the LaRue and Russell Park Child Development Centers is support of campus research. The past year has been particularly productive. Many families enrolled at the centers have participated in research studies conducted by the Departments of Psychology, Nutrition, and Human and Community Development. Other campus families are also invited to participate. Please contact ChildCare & Family Services for a current listing of studies seeking participants.

Especially for Parents

November's Parenting Handout titled "Dangerous Duo: Hotdogs and Toddlers" by Janet Roche will highlight the importance of toddler and children supervision while they eat and making foods available in small pieces to prevent choking.

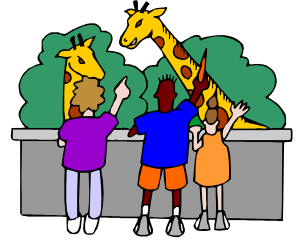
10 Tips for Stress-less Parenting

1. Take time out each day to do something **for yourself**. Exercise, stretching, listening to soothing music, reading or meditation are some proven ways to reduce stress.
2. If you are feeling overwhelmed, arrange for some **outside help** so you can manage all aspects of your life more effectively.
3. Keep your **sense of humor** when things don't go as planned. No one is a perfect parent - or a perfect child.
4. **Accept** that children sometimes make mistakes, are inconsistent, and act thoughtlessly -- this is part of being a child.
5. **Count** to 10 before you react when you get angry.
6. Ease tension with a human **touch** -- share a hug, hold hands, or give a pat on the back.
7. **Listen** to your child and show you value your conversations. Good communication can prevent conflict and stress.
8. Schedule in family **fun and fitness**. Laughter and physical activity are great stress reducers.
9. Spend time with friends talking about your parenting concerns. Also share your reflections on the **joys of parenting**.
10. Learn how children mature so your expectations for your child's behaviors are **realistic**.

Source: The Positive Line™ and Yolo County Children & Families Commission handout. For more information visit their website at www.yolochildren.org.

Partners in Education: California Zoos

The California Department of Education (CDE) proudly announces its partnerships with outstanding zoological institutions throughout California. The zoos offer focused, hands-on programs-aligned with California's science content standards – for students in kindergarten through high school and beyond!



What's the latest at the zoo? Day programs, camps, career exploration, service learning, lending libraries, and even CEU credits for teachers. Check the listings for the zoo in your region to find out about the rich and exciting learning opportunities awaiting you and your family at the zoo.

For more information about these programs, visit or contact the nearest zoos in the area: The Sacramento Zoo: (916) 264-5888 or www.saczoo.com the San Francisco Zoo: (415) 753-7080 or www.sfzoo.org.

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 copy 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.

Especially for Providers

California Child Care Health Line

Do you ever find yourself with health related questions about the children in your care? If a child in your care has been diagnosed with impetigo, can the child still attend your care? There is an outbreak of head lice in the center, what can you do as a provider to alleviate the problem?

The California Child Care Health Line is there to assist providers with health related questions. Its purpose is to provide information that will promote the health and well being of children, families and caregivers in a variety of child care settings. To accomplish this, the Healthline Project provides a state-wide toll-free number for use by child care services and families: 1-800-333-3212.

The Healthline Services Team is coordinated by a Nurse Consultant who specializes in child care health issues, and includes specialists in the fields of Child Health and Safety, Nutrition, Child Behavior and Mental Health and Children with Special Needs.

The Child Care Healthline Team can provide answers to a variety of questions in the areas of:

- Prevention and Control of Infectious Diseases
- Safety Promotion and Injury Prevention
- Nutrition in Child Care Setting
- Health and Safety Training Resources
- Identifying and Caring for Children with Special Needs
- Child Growth, Development and Behavior
- Staff Health and Child Health Promotion
- Disaster Preparedness for Child Care Programs
- Child Abuse and Violence Prevention
- Caring for Children Who are at Risk as a Result of Prenatal Exposure to Alcohol or Drugs

Reaching the Team of Specialist is easy!! Just call (800) 333-3212. The call and the information are FREE!

The California Child Care Healthline is funded by the Child Development Division of The California Department of Education and administered by the Graduate School of Public Health, San Diego State University.

The Healthline Services cannot substitute for:

- The local child care health consultant you identify in your licensing application
- Diagnosis and treatment by a child's health care provider
- Advice and management of disease outbreaks by local Health Department
- 911 emergency advise

Tax Preparation Workshop

Save the date! Our annual Tax Preparation Workshop will be on Saturday, January 12th from 10:00 to 12:00 p.m. Meredith Coghlan from Coghlan & Associates, will be presenting the workshop. Meredith specializes in child care tax preparation. The workshop will give you insight into record keeping and provide you with the opportunity to ask questions and get answers directly from a tax professional. Please call Child Care Services at (530) 757-5691 or (800) 378-5044 to sign up early. The class has a size limit, and is available on a first come first serve basis.

***Please see the class and workshop section of Small Talk for more information on other provider classes.*

New Car Seat Law

If you're a provider who transports children in your care, you need to be aware of a new law in California. Starting January 1st, 2002 the California Highway Patrol will be enforcing the new child restraint law. The new law states that **children under the age of 6 OR weighing less than 60 pounds MUST use a child safety seat or other child restraint system.** The current law requires children to be 4 years of age and 40 pounds to be exempted from using a car seat. The new law increases the age and weight of the child. If you have any questions, contact Child Care Services at (530) 757-5691 or (800) 378-5044.

New West Sacramento Provider Support Group

A new West Sacramento provider support group is currently being formed. The group will focus on issues affecting family child care providers. Benefits of joining the group will include provider support and networking among others. For more information call Tamiko Eslick at Child Care Services (800) 378-5044 or (530) 757-5691.

Creative Corner

Compiled by Tamiko Eslick & Leticia Hardin

Painting with Pine Branches

Materials:

Pine branches, pinecones, paper, paint

Preparation:

Pour paint into shallow containers. Cover the floor around the table (painting can and should be messy!)



Activity:

Have the children use the pine branches and pinecones to paint on their paper. Children will enjoy seeing the different patterns that are made by the branches and pinecones.

Variations:

-If the pine branches are small, then you can staple them to the finished painting (if the child desires).

-Make the used pinecones into holiday decorations by sprinkling them with glitter while the paint on them is still wet. Then attach yarn to the tops of the pinecones to hang them.

Finding Fall Fun Leaf Masks

Materials:

Paper plates
Hole puncher
Yarn
Paper lunch bags
Leaves
Glue

Process:

1. Cut out paper plates to make a mask (with eye holes)
 2. Punch a hole on both sides of the mask and tie some yarn through them
 3. Take the children on a little walk with their bags and have them gather some leaves
 4. Use the glue and leaves to decorate the paper plate masks
- ...then have a Masquerade!

Pinecone Bird Feeder

Materials:

Pinecones in varying sizes, peanut butter, wild bird seed, yarn, plastic spoons

Preparation:

Put peanut butter into small dishes, put birdseed into a large bowl

Activity:

-Have the children put the peanut butter onto the pinecone with their fingers and/or the plastic spoon (whichever the children choose).

-Put birdseed onto the pinecone by rolling it in the birdseed bowl, sprinkling the birdseed onto the pinecone, or squishing the birdseed onto the pinecone.

-Tie the yarn around the top of the pinecone and hang from the nearest tree.

-Watch and identify the types of birds that come to enjoy the food you've made for them!

Tortilla Snowflakes

-from *Cooking Art*

Ingredients:

package of flour tortillas
shredded mozzarella or jack cheese

Utensils:

kitchen scissors
baking sheet
oven mits
spatula



Process:

1. Fold the tortilla in half and then in half again
 2. Cut out shapes and designs from the folded edges
 3. Open the tortilla and sprinkle shredded cheese on it
 4. Place it on the baking sheet and place it in the broiler for just a few seconds
 5. Use the spatula to remove it from the baking sheet
- ...then Enjoy!!

Classes, Workshops & Conferences

Parenting Classes

Kinship Care Education Program is sponsoring the following workshops and classes. For more information call Debra Wiegel at (530) 668-9231.

Love & Logic Parenting with Dana McKnight
Thursdays, November 1, 8 & 15, 6:30 - 9:30 pm

Preparing your Children for the Holidays with
Lorraine E. Fox, M.S.W.
Saturday, November 3, 9:00 am - 3:00 pm

ADHD & Learning Disabilities with John Capel, PH.D.
Friday, November 16, 6:30 to 9:30 p.m.

Controlling the Parent – Grandchild Triangle with
Joan Callander
Friday, December 7, 6:30 to 9:30 p.m.

Parenting the Difficult Child with Tom Young, LMFT
Friday, January 18, 6:30 to 9:30 p.m.

The *Yolo County Office of Education* is sponsoring these free workshops for parents and individuals interested in special education topics. For more information contact Barbara Horrocks at (530) 668-3786.

Learning Outside the box
November 7, 3:00 – 5:00 p.m.

Jonathan Mooney shares his experiences as a learner with disabilities.

“F.A.T. City” How difficult Can This Be?

November 7:00-9:00 p.m.

Understanding learning disabilities video and discussion.

Yolo Connections sponsors free parenting classes throughout Yolo County. Classes meet for nine-weeks and are free to Yolo County Residents. The agency offers classes in West Sacramento, Woodland, Davis and other county communities. For more information and the dates and times of January classes contact Jada Chapman at (530) 669-3285.

ECE 8: Exceptional Child

Offered by Sacramento City College

Exceptional children are those children who differ from the norm to such an extent that individualized programs are required to meet their needs. This includes children who benefit from both Special Education and those who benefit from Gifted and Talented Education. The course provides an introduction to the characteristics, assessment techniques, curriculum design, community resources and current issues of exceptional children.

The course is of particular interest to teachers and practitioners working with exceptional children as well as parents and others involved in their daily lives.

This course is offered through Sacramento City College, through the Davis Outreach Center. It is scheduled to be held Tuesday evenings 6:30-9:20 p.m., January 22 - May 30, 2002. For more information call the Sacramento City College, Davis site at (530) 753-4114.

Provider Training

This is a series of classes for licensed family child care providers and for those persons in the process of becoming licensed. These classes are free of charge and on a first come first serve basis. Priority will be given to licensed child care providers. To enroll to all or any of the classes feel free to contact Rossana Vigil or Tamiko Eslick at Child Care Services (530) 757-5691 or (800) 378-5044.

** Class locations have been changed. Call for new location.

Setting Limits with Love

November 17, 8:30 to 12:30 p.m.

Call to register and for location

Managing Difficult Behavior

December 8, 8:30 to 12:30 p.m.

Call to register and for location

Partnering with Parents

January 12, 8:30 to 12:30 p.m.

Call to register and for location

Family Child Care Tax Workshop

January 26, 10:00 to 12:00 p.m.

Call to register and for location

Babysitter's Training

December 1 & 2, 9:00 a.m.-2:00 p.m.

Course Fee: \$35.00 (includes book and kit)

This program targets youth ages 11 to 15, and teaches decision-making skills, basic child care skills, leadership, and professionalism. It also emphasizes important injury prevention and first aid skills. Classes are held at the Woodland Red Cross Chapter. For more information, call the Yolo County Red Cross at (530) 662-4649.

Legislative News

Legislative Update

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

Governor Davis has finished signing and vetoing all legislation sent to him this year (his deadline was October 14). Urgency legislation takes effect upon his signature; other legislation will take effect January 1, 2002. The Legislature has recessed until January 7, 2002. Two-year bills must pass the house in which they were introduced by the end of January or they die.

NEW LAWS

Legislation signed by the Governor:

AB6 (Cardenas) Before and After School Programs- Allows Before and After School Learning and Safe Neighborhoods Partnership Programs to operate up to 30 hours per week (as opposed to the current 20 hours/wk) without a license requirement. Provides for additional funding for those programs serving children before school. (Chapter 545)

AB188 (Vargas) This bill makes it an infraction to smoke or dispose of tobacco-related waste in a playground or tot lot sandbox area or to retaliate against someone trying to gain compliance with these restrictions.

AB297 (Kehoe) Before and After School Programs Expansion of the Six-to-Six Program. Expands the Six-to-Six Before and After School programs that currently operates in San Diego. It requires programs to operate at least 3 hours each day and until 6:00 p.m. It allows programs to operate for up to 30 hours a week without a license. (Chapter 453)

AB1539 (Pavley) Preschool Transfer Act-- Requires the Superintendent of Public Instruction to ensure that, with permission from parents or guardians that state-funded child care programs and Head Start programs transfer information that is beneficial to the child on to public schools. (Chapter 629)

AB685 (Wayne) Family Child Care: Increased visits- Subject to available resources, allows the Department of Social Services to evaluate the effectiveness of unannounced site visits. Requires family child care homes to report any injury or act of violence against a child to the parent or guardian of the child as soon as possible. Family child care must verbally report injuries requiring medical attention, death of any child, or unusual incident that threatens the physical or emotional safety of a child to the Department of Social Services by

the close of the day following the incident and in writing within 7 days. Requires the Department to maintain the reports filed in a manner that allows the department to report the data to the Legislature. (Chapter 685)

SB819 (Johnson) Child Care: Reopening Investigations- Requires the Department of Social Services to reopen an investigation into a licensed child care facility when notified that a court has determined that a child's injury may have been inflicted while in the custody of the facility. (Chapter 378)

Legislation vetoed by the Governor:

SB1197 (Romero) Parental Sick Leave Usage- Would have clarified previous legislation allowing employees to use sick leave to attend to the illness of a child, parent or spouse.

2 Year Bills

January will begin the second year of the 2-year legislative session. Bills held in committee at the end of the first year, become 2 year bills. All bills must be signed, vetoed or die by the end of the second year of the 2 year session which ends typically in late August.

AB298 (Steinberg) After School Program Expansion- Allows after school programs to operate for an extended school year or for more than 15 hours a week and receive additional reimbursement. Increases the maximum grant amount and requires an annual COLA to the per pupil reimbursement.

AB1105(Simitian) Foster Care: Child Care Reimbursement- Requires the development of a system to provide child care assistance to foster parents and relative caregivers using licensed child care. This bill would maximize federal foster care funding for child care assistance.

SB248(Ortiz) School Readiness Program- Requires CDE to submit to appropriate committees of the Legislature an estimate of the cost of ensuring the availability of accredited school readiness programs for all children five years of age and younger who live in the school areas scoring in the lowest 20% of the Academic Performance Index and to set up standards for accreditation of those programs.

SB390(Escutia) Child Care and Development Master - Appropriates \$140,000 from the General Fund for each of two fiscal years if an additional sum of at least \$360,000 (for two years) is received from non-state sources.

Legislative News

SB541(Scott) Child Care Family Support and Accountability Act (CAPPA)- (This bill has an urgency clause and therefore, isn't required to adhere to timeline for processing bills.) It would require that all adults who are regularly present while a child is in care in a licensed-exempt child care arrangement register with the Trustline Registry. It outlines Fraud review and implementation requirements related to Alternative Payment Programs role in monitoring child care payments.

These bills have been held aside as possible vehicles for legislation to be developed following hearings on the child care subsidy delivery system in California:

SB308(Escutia) (CCCR&R Network & Child Care Law Center bill) formerly to provide child care subsidies for all eligible children.

SB993(Figueroa) Early Care and Education Act (CCDAA bill)- formerly would have provided a cost-of-living adjustment (COLA) for state-subsidized center based programs to "back fill" COLA lost from previous years.

Other Bills of Interest:

AB396 (Papan) Regional eligibility for State-subsidized child care - Requires the Department of Education to report to the Legislature the impact of using the regional rather than the state median income to determine eligibility and fees for subsidized child care.

AB634 (Wesson) Mandatory Kindergarten- Lowers the age of compulsory school attendance (kindergarten) from 6 to 5, beginning July 1, 2003. Allows for a waiver process if parents/guardians feel the need to delay school attendance.

AB1146 (Chan) Governor's School Readiness Initiative- requires the Office of the Secretary of Education and the Secretary of Health and Human Services to convene a working group to identify legislation or regulations necessary to implement an effective school readiness initiative. Requires collaboration with the State and local Children and Families Commissions.

AB1525 (Liu) Alternative Payment Programs: More than 75% of children at a facility-Requires Alternative Payment Programs (except CalWORKs Stage 1) to obtain a special waiver in order to place a subsidized child in a child care program that is already serving 75% or more children with state-subsidized services.

The Teen Perspective

Hello again!

As average teenagers, we don't just get up in the morning, go to school, come home, eat and go to bed. No. Our schedules are often much more complicated than that. Take me as an example, after school Monday through Thursday, I practice for the school play, Anne of Green Gables. Then, if I don't have too much homework, I rush home, change into my swimsuit, and go to swim practice at the DAC (Monday, Wednesday, and Friday). I come home exhausted at about 6:00 p.m., and then I take a shower and eat, which takes me another half-hour. So I don't get started on my homework until about 6:30 p.m., and I do that until about 10:00 or 11:00. Tuesdays I work as a volunteer for community meals and on Thursdays, aside play practice, I go to Confirmation at the synagogue. And then I wake up at 6:30 in the morning and start it all over again. Isn't life so complicated?

What we as busybodies have to do is maintain a balance in our lives between school, extracurricular activities, exercise, and social time. We have to set priorities, like deciding whether I can go to swim practice or if I have to stay late at play practice and have 5 hours of homework. Or like not going to confirmation if I'm too tired. Sometimes, I don't know how to limit myself, and I want to do everything without stopping. But my body says, "Wait! I have to rest! This schedule isn't getting me enough sleep!"

One thing I do in order to unburden myself a bit is check to see if there is any homework I can do over the weekend that is due in the middle of the week. That way, I don't have to do as much when I get home at 9:00 p.m. on Thursday night for Friday. I also try to see if there are any tests or big projects coming up so I can study for them over the weekend too. I try to get plenty of rest, like taking naps on Saturday and Sunday. And I also try to fit in some time with my friends, so I don't drive myself crazy!

I hope this article has helped you, since I know I am not the only one with a busy schedule.

Rachel :)

