

Smalltalk

Serving Providers & Families in Yolo County

Volume XXVII, Number 5

Dear Friends:

Summer is winding down and everyone is caught up in preparations for the fall season and all the wonderful changes it brings our way. Often times the changing seasons will necessitate a change in child care arrangements for families. If you are a parent that uses child care, be sure to plan ahead and discuss any possible schedule changes and resulting needs with your child care provider. If you need help making new arrangements or have any questions, please do not hesitate to call our office. Our hours will remain 7-3:30 for the month of September but then will revert back to 8-5 at the beginning of October. Our days of operation are Monday through Friday. If you call the main phone number after business hours, you may leave a message for an individual if you know their extension. The main extension for our referral line is 7354.

The Child Care Services Resource and Referral office is in the process of planning and coordinating parent and provider training for the next nine months. We would like to gather input and feedback from community members in this area. In order to achieve this goal, we need to survey the residents of Yolo County. We are hoping to accomplish this task in the month of September. We will be sending out a survey to everyone on our mailing list. We hope everyone will take the time to fill the survey out and return it to our office. This is the most reliable way for our program to determine the needs and desires of the community we serve. As always, members of the community are welcome to call my office to discuss individual ideas or concerns. I very much look forward to hearing from all of you.

Last, but certainly not least, Child Care Services would like to extend a warm thank you and a fond farewell to Jody Lusebrink, the facilitator of our Parents Together program (Formerly known as Mom's Together). For the last six years, Jody has helped new parents adjust to the many changes a new baby brings into their life. On behalf of our program and the community, we wish to say thank you to Jody. We are currently searching for a replacement for Jody. The program will take a hiatus for the month of

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September but will then start up again in October with a new facilitator. It is a goal of Child Care Services to bring this program to other parts of Yolo County. Stay tuned for further news.

Robbie Townsley
Child Care Supervisor

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS
Tues., Sept. 18 & Oct. 16, 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
Sept. 11 & Oct. 9. 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 ed.
Learning Center, Davis High School
Call Suzanna at (530) 756-5411 for information.

CH.A.D.D.
Children & Adults with Attention Deficit Disorders
Small group discussions, speakers and support.
Call (530) 750-3929 for information.

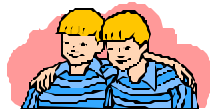
GRANDPARENTS RAISING GRANDCHILDREN
2nd Tuesday of each month, 7:00 p.m.
Davis Senior Center Genealogy Library, 646 A Street
Call (530) 757-5696 for information.

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 will not meet in September and will resume in
October. Thursdays 1:00-2:30 p.m.; VMC Game Room
For information call Rossana at (530) 757-5691.

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.

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.



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

Community News

Calendar

Sept.	3	Labor Day City offices closed
	8	Woodland's Stroll Through History
	9	Esparto Health Fair
	12	UCD child care grant application due
	14	UCD child care grant lottery
	17	Rosh Hashanah
	26	Yom Kippur
	28	Davis Playgroup Orientation
Oct.	2	Woodland Playgroup Orientation
	6	Community Day Parade in W. Sac.
	21	Harvest Festival in Davis
	31	Halloween

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

Esparto/Capay Valley Health Fair

The Esparto/Capay Valley Healthy Start and Yolo County Children & Families Commission are sponsoring the third annual Health and Safety Fair on Sunday, September 9th from 11:00 am to 3:00 pm. at the Esparto Community Park.

The focus of the fair is to provide free health screenings and preventative information. Some highlights of the event will include: Dental and vision screenings, diabetes and blood pressure checks along with child care seat installation checks. Agencies participating will be the American Red Cross, the Bread & Books Bus and Child Care Services among others.

The whole family will enjoy this event which will also include free raffles, face painting, fun bounce house and booths with free community and local information. For more information contact Letty Mata or Sandra Enriquez at (530) 758-3510.

Take a Stroll Through History in Woodland

The Woodland Stroll Through History will be held on Saturday, September 8th and includes many fun activities for the whole family. This is a yearly event sponsored by the Woodland Neighbors for Historic Preservation and the Woodland Downtown Improvement Association. The event includes open tours of local vintage estates, guided walking tours of historic residential and commercial neighborhoods, free musical entertainment, an antique market, crafts and home improvement fair, a pancake breakfast, antique auto display, horse and carriages, period costumes and train rides. Bring the whole family for a fun filled look back through history. For more information, log on to the Stroll Through History website at www.stroll.org.



Riverbank Music Festival

The 8th annual edition of this music-filled festival will take place September 29 from 3:00 pm to 9:00 pm in West Sacramento's River Walk. This event is sponsored by the City of West Sacramento and is free to the public. Various performers will make this event a joyous one for the whole family. For more information contact the City Manager's Office at (916) 373-5800.

Harvest Festival

The City of Davis Parks & Community Services has the event to bring the entire family together for some fun. Join the Parks and Community Services Staff for the 4th Annual Harvest Festival on Sunday, October 21 from 4:00 –6:30 pm at the Veterans' Memorial Center. Children and Adults can come in costume. Festivities include: Carnival games, pumpkin decorating, costume parade and contest, clowns and much more! Tickets will be available in advance at the Parks & Community Services office. For more information call (530) 757-5626.

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
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)

SIDS Awareness Month

October is SIDS Awareness Month. During this month, Yolo County's Fetal Infant Mortality Review Team (FIMR) will be distributing more information to the community and parents about reducing the risk of SIDS. Parents of newborns in Yolo County will receive a newborn T-shirt with the messages "This Side Up" (front) and "Blow Me A Kiss Not Smoke" (back), along with a packet of information about safe sleeping and smoke-free environments for babies. Licensed childcare providers will receive an article about reducing the risk of SIDS and a poster "BABIES SLEEP ON THEIR BACKS HERE," so they can reassure parents about providing safe sleeping.

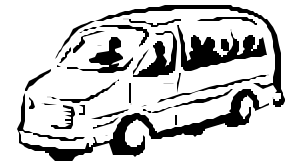
For more information about SIDS, call the Back to Sleep campaign at 1-800-505-CRIB.

Child Support Assistance (ACES)

ACES, The Association for Children for Enforcement of Support, Inc. is a nation-wide, non-profit membership organization dedicated to assisting children disadvantaged by the failure of a parent to pay emotional and/or financial support, health coverage, and fulfill visitation obligations. ACES reaches out to low-income, working poor parents to assist them in attaining and sustaining self-sufficiency. Free information on establishing paternity, a court order and the time frames government agencies must follow is available. There is an annual membership of \$ 0 – \$20.00 based on a sliding fee scale. ACES also offers a monthly workshop, "Having Trouble Collecting Child Support?" the first Thursday of each month. For more information on ACES and their services call **1-800-739-2237** or visit their website at www.childsupport-aces.org.

Transportation Solution

Looking for transportation for your child to and from child care, school, classes, after-school activities or camps?



Davis Area Rapid Transit (DART) serves the city of Davis and Yolo County. They provide transportation on a one-time or as-needed basis, as well as regularly scheduled trips. Their drivers provide door-to-door service that includes escorting children inside their destinations upon request. DART is currently working on expanding services to the Woodland area. For more information call (530) 613-DART (3278), e-mail at D.A.R.T.@commutebydart.com or visit at <http://www.communtebydart.com>.

Community News

Healthy Pregnant Women Needed for Nutrition Study

A study about the effects of iron supplementation on zinc nutrition may help physicians and health care workers around the world learn how to prevent iron deficiency without interfering with zinc nutrition. Scientists of the USDA Western Human Nutrition Research Center in collaboration with the Department of Nutritional Science at the University of California, Berkeley, will compare the effects of taking iron with a meal versus taking it at bedtime on zinc absorption and iron status.

To be considered as a subject for this study, you should be a healthy woman in the first trimester of pregnancy or planning a pregnancy soon. You must be 20-40 years old, a non-smoker/drug free, non-vegetarian and of normal weight. You will be studied throughout your entire pregnancy and during the first two months of lactation (you must be planning to breastfeed). As a participant, you will receive a set of free vitamin and mineral supplements. You may also receive up to \$1,200 for participation in the study and a complete evaluation of your nutrient intake. If you are interested in participating in this study please call 530-752-5177 and press #7 for English or #8 for Spanish.

Free Soccer Skills Challenge



The West Sacramento Parks and Community Services will host a free soccer skills competition on September 20th at 6:00 p.m.

Separate divisions will be available for boys and girls ages 6 to 12 years of age. For more information on this event, contact the West Sacramento Parks and Community Services department at (916) 373-5860.

Playgroup Orientation

Are you looking for new playmates for your young children? Would you like to meet weekly with other parents for support and companionship? If so, then come to a playgroup orientation! Child Care Services will be hosting playgroup orientations in Davis and Woodland. Learn how to set up a playgroup that will best meet your needs and join other parents in forming a playgroup. While parents are talking, children can play with toys provided from the Toy Closet. No fee or pre-registration is required. For more information on playgroup orientations or if you would like to receive a list of current playgroups in Yolo County, please call (530) 757-5691.

In Davis

September 28, 10:00 am to 11:30 am
Chestnut Park Round House
1020 Chestnut Lane

In Woodland

October 2, 10:00 am to 11:00 am
Location To Be Announced

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 pm to Midnight, and children should eat dinner prior to attending. Prior registration is required. For dates and more information call the Parks and Community Services office at (530) 757-5626.

Community Day Parade & Education Carnival

The West Sacramento Community Day Parade which is preceded by the Education Carnival will be on October 6th, starting at 1:00 p.m. This is a community event sponsored by the West Sacramento Chamber of Commerce and its focus is to educate the community while offering a fun event for the whole family. The parade route is on West Capitol Avenue between Pecan Street and Jefferson Boulevard. For more information contact the West Sacramento Chamber of Commerce at (916) 371-7042.

Community News

Parent Voices Summit

Parent Action for Child Care Today! Come to a PARENT VOICES' PACT!

Attend this motivating, action event to put PARENTS' child care issues at the top of the agenda for legislators and policy-makers in California.

City, county, state and federal level officials will hear that parents' rank child care as the number one most important factor in getting to work, staying at work, and becoming financially stable.

Do you think there should be more money available for child care assistance to low-income working families?

Are you one of the 187,000 parents currently waiting to receive subsidized child care in California?

Do you know that if you are a family of three making \$35,100 a year, you may possibly be eligible for child care assistance?

Together we can make a difference!

WHO: Parents, friends, and policy-makers who care about kids.

WHAT: A day to take YOUR child care issues to policy-makers. A chance to make your voice heard!

WHEN: Saturday, September 29, 2001, 8:30 a.m – 3:30 p.m.

WHERE: Asian Pacific Cultural Center, 388 9th Street, Suite 290 at Webster in Oakland (3 blocks from 12th Street BART)

Register now by calling (415) 882-0234 or emailing parentvoices@rnetwork.org or visit their website at www.parentvoices.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.

Emmanuel Gacel, 6 years old

Children's Programs at the Library

Your local library has reading programs and fun-filled activities for your children available at no cost. Some of the programs include Preschool Storytime, a program for school-age children and even a toddler program. The library also offers special event programs during the holiday season. National Children's Book Week will be celebrated November 11th – 17th. Contact your local library branch for more information on any of these events.

Davis: (530) 757-5592

Esparto: (530) 787-3426

West Sacramento: (916) 375-6465

Winters: (530) 795-4955

Woodland: (530) 662-2363

Health and Safety News

13 HALLOWEEN SAFETY TIPS FOR LITTLE GHOSTS AND GOBLINS

Halloween is a scary time of year, but we all can make sure that children have a safe holiday with the following tips. These tips are from the American Academy of Pediatrics. For more information on Halloween safety tips visit the site of the American Academy of Pediatrics at www.aap.org.

"All Dressed Up..."

- Because they can obstruct a child's vision, masks are not recommended. If a child wears makeup, parents should look for non-toxic, hypoallergenic kits.
- Costumes should be flame-retardant and fit properly. Avoid oversized shoes, high heels and long skirts or pants that could cause a child to fall.
- Children who will be trick-or-treating after dusk should have reflective tape on their costumes and carry flashlights.



"Carving a Niche..."

- Small children should never carve pumpkins. Children can draw a face with markers, then parents can do the cutting. Under parents' supervision, children ages 5 to 10 can carve with pumpkin cutters equipped with safety bars.
- Votive candles are safest for candlelit pumpkins.
- Lighted pumpkins should be placed on a sturdy table, away from curtains and other flammable objects and should never be left unattended.



"Sweet Treats..."

- Children shouldn't snack while they're trick-or-treating. Parents should check treats at home.
- Watch for signs of tampering, such as small pinholes in wrappers and torn or loose packages.
- Parents of young children should get rid of choking hazards such as gum, peanuts, hard candies or small toys.



"Home Safe Home..."

- To keep their home safe for visiting trick-or-treaters, parents should remove anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.
- Parents should check outdoor lights and replace burned-out bulbs.
- Wet leaves should be swept from sidewalks and steps.
- Remember that Halloween is for children of all ages... so get involved with your little ghost or goblin!

Have a safe and happy Halloween!



Campustalk

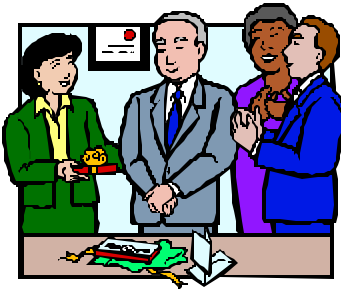
Submitted by Barbara Ashby, Child Care Coordinator
Student Housing Office (530) 752-5415

Fred Costello to Retire

After 34 years of loyal service to Student Housing and Child Care Services, Associate Director Fred Costello will retire from the University on October 19.

A champion of students from preschoolers through doctoral candidates, Fred

has advocated for fair housing and quality early care and education via numerous initiatives and projects. Among the most notable—Solano & Orchard Parks Student Family Housing, Community Housing, the Davis Model Lease, privatized residences at Russell and LaRue Parks, Primero Grove and The Colleges, and on-campus child care programs at Russell and LaRue Park Child Development Centers. He will be sorely missed.



Families Faire at The Parks

On Saturday, October 6, Student Housing will host its first annual Families Faire from 10 am to 12 noon at the Solano Park Community Center. Various campus and community resources will be on hand with information regarding child care, health & wellness, nutrition, safety, and transportation. Prize drawings include a free dental exam with x-rays! Residents who are actively parenting or contemplating starting a family are encouraged to attend. For more information call (530) 752-5415.

Campus Service Fair

This year's Campus Service Faire will be on Wednesday, October 17 at Freeborn Hall. Look for the Child Care & Family Services table in the Human Resources cluster. Free giveaways, door prizes, and more. Come and learn about the vast array of departments and programs on campus to help make life at work and home a little easier. For more information call (530) 752-5415.

Parental Leave

The Committee on Work-Life Balance has submitted its recommendations regarding family-leave policies and procedures for faculty. Chaired by Emily Goldman, associate professor of political science, and Diane Wolf, associate professor of sociology, the committee was

created in response to concerns that parental leave and modified duty regulations were not equitably applied across campus. Now a second, specialized group of representatives from the Provost Office, Academic Senate, and Resource Management & Planning will explore the feasibility of implementing the various recommendations. Once their work is complete, hopefully by the end of fall quarter, another task force will begin to address the family needs of staff and graduate students.

Breastfeeding Support Program

Results of this year's evaluation by participants underscore the significance of the campuswide Breastfeeding Support Program to new mothers trying to balance school, work and family. On average, participants continue to breastfeed for 6 months after returning from maternity leave—a goal set by the Clinton administration's Healthy People 2000 initiative. For more information about lactation sites and consultation, contact Child Care & Family Services at 752-5415.

Research News

—excerpted from UC Davis News Service (<http://www-news.ucdavis.edu/>)

Many Younger Kids Not Ready For Team Sports

Parents who put their children into organized sports before the age of 8 should have low expectations for their kids' ability to play as a coordinated team, says a UC Davis child psychologist who studies children's social interactions and how they play.

According to Lawrence Harper, professor of human development and family studies, "Just doing something with another kid seems to be the focus up to this age. To ask them to go beyond that focus to some pre-specified end within a fairly elaborate rules systems is asking an awful lot." Harper suggests both parents and coaches with kids in team sports like soccer and T-ball keep their expectations realistic. Playing games like dodge ball and tag with simple rules and concepts helps ready children for more complex activities.



Chain of Protective Factors Helps Overcome Adversity

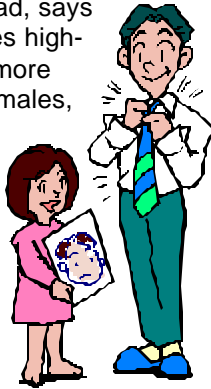
When children are dealt a bad hand early in life, they can bounce back if they possess a healthy body, intelligence, psychological stability and emotional support, says a UC Davis psychologist who has conducted a rare longitudinal study of resilience that extends from birth to age 40.

Campustalk

"The chain of protective factors that enabled most men and women to overcome multiple adversities in their formative years and to navigate a successful transition into midlife had many links," says human development professor emerita [Emmy Werner](#). She co-authored "Journeys From Childhood to Midlife: Risk, Resilience and Recovery" (2001 Cornell University Press) with clinical psychologist Ruth Smith of Kauai.

Dads of High-achieving Women Should Take a Bow

Behind every great woman is her dad, says a UC Davis psychologist who studies high-achieving people. "First borns are more successful than later borns among males, but this effect is accentuated for females -- and even more likely if they are only children," says [Dean K. Simonton](#), professor of [psychology](#) and author of *Origins of Genius: Darwinian Perspectives on Creativity* (1999 Oxford University Press).



Women who become eminent are highly likely to have developed very close relationships with their fathers. "If you live in a male-dominated culture but your father gives you support to overcome obstacles in the path, you can succeed," Simonton says.

Researcher Finds Reasons Behind Gay and Lesbian Teen Suicides

The same gay teens who are two to three times more likely to attempt suicide than their heterosexual peers also have higher rates for depression and alcohol abuse, says a UC Davis researcher in the American Journal of Public Health. [Stephen Russell](#), a [4-H youth](#) development specialist, analyzed a national survey of teens for rates of depression, hopelessness, substance abuse, victimization, and suicide attempts by family members or friends. "We know that these kids are very depressed, and one reason is they feel they are not meeting their family's expectations," Russell says. "It has been suggested that for gay and lesbian youth concealing their sexual identities, alcohol may be used to numb the related anxiety and depression." Russell, who [educates youth-services professionals and volunteers](#), says the study will help those working with teens to prevent suicide and facilitate healthier sexual development.

The Web Connection

www.randomhouse.com/seussville

Children will love this interactive site because it brings Dr. Seuss books to life. Printable activities and shockwave games draw on characters and themes in books such as "The Lorax," "The Sneetches" and "Mr. Brown Can Moo! Can You?" The quality of these games makes up for their simplicity.

www.expertparents.com

ExpertParents create a comprehensive set of resources to help parents help their children through the highly individualized maze called childhood. This site offers a list of resources such as books, articles and an opportunity to receive their weekly newsletter via e-mail for free.

www.familyeducation.com

This site focuses on providing parenting advice, child development information and includes references to other resources. You will find information from activities and school help to special needs and family finance. You may also ask to receive their newsletter via e-mail.

www.learningnetwork.com

Learning Network is a series of websites joined together by their ability to serve a diversity of learners. Its goal is to satisfy every learner's needs by offering learning solutions in five resource areas: K – 12, higher education, professional development, lifelong learning and reference channel which offers everyone an encyclopedic range of topics.

<http://halloweenmagazine.com>

Lists Halloween safety rules and offers an interactive game that teaches children how to trick-or-treat safely. Parents should checkout the site prior to having children play the game. Play the Halloween safety game, and link to party ideas, costume suggestions, recipes and articles.

<http://heathersholidaze.com/hollo/>

Heather's Scary Halloween Page for kids only. Play the interactive Halloween game. Learn how to stay safe while trick-or-treating and find out what other kids plan to wear as costumes.

Community Agency Spotlight

The Yolo County Family Resource Center

The Yolo County Family Resource Center is located at 409 Lincoln Avenue in downtown Woodland. The Center is managed and operated by a collaborative of many of the agencies in Yolo County who work closely with children and families, including: Lekotek, FamiliesFirst, CommuniCare, Yolo County Departments of Health, Alcohol Drug and Mental Health, and Employment and Social Services, Yolo Connections, Yolo Family Services Agency, and the Sexual Assault and Domestic Violence Center. These agencies came together about three years ago and with funding from the Office of Child Abuse Prevention decided to develop a local center for families in Woodland to go to for services that would assist them with child and family issues.

The Family Resource Center is moving forward in new and exciting directions. Its focus is to prevent child abuse before it happens by supporting families with wrap around services and enrichment activities. Its site is a restored older home furnished with antiques, books and toys, and adapted to both staff and community use. A project director currently manages the center operation. The facility offers on site services including parenting classes, therapy, health insurance enrollment, group support for parenting issues, teen moms, teen dads, and just dad. The center also provides Play & Grow interactive classes with parents and their children, and enrichment activities like community events and quilting classes. Almost all services are provided in Spanish and/or English throughout the day and are free of charge. Future services will be developed with the participation of consumers and community residents. All participation with the FRC is voluntary.

In addition to services provided on site, family support home visitation occurs with most families. Families identified as potential home visitation clients through clinic or prenatal referrals are linked with a home visitor, and supported with all the other appropriate integrated services at the center. The advantage of using home visitors is that clients develop a relationship with their worker that allows them to share often-difficult issues. Thus, safety and trust are key ingredients to successfully preventing child abuse. All services provided to FRC clients are done through the team approach, which means each case is discussed in a collaborative meeting where it is determined which services and which staff are needed to best serve the family. Included on the team are a public health nurse, the home visitors, therapists, child development specialists, domestic violence experts, a substance abuse specialist, female

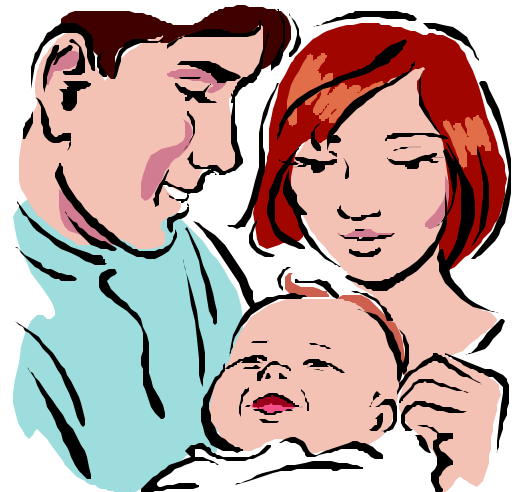
mentors for women, and a team leader. When a family no longer needs to see the public health nurse, they may continue to meet weekly in their home with their visitor, who will bring back to the team any new issues. If the family no longer needs the home visiting service, they may graduate to the next level and just check in with a Sister Friend mentor. A family does not need to use the clinical services to access the other activities at the FRC, such as quilting or parenting classes.

The Center is open for drop in visiting, for resource and referral linkages to any service the family might need, and for accessing resources like our Career Wardrobe, our toy lending library, and the books and literacy programs. Childcare services are provided on site, and respite and childcare training will be available.

Because Spanish speaking community is often underserved due to a lack of culturally sensitive and bilingual services, that population is a focus of the program. However, the FRC offers a variety of services and activities in both languages, and anyone who could benefit from wrap around support.

The staff of the Family Resource Center are committed to providing assistance and focusing on the efforts that will most benefit children and families.

If you would like to participate in any of the programs feel free to stop in any time at the center's new site located at 409 Lincoln Street in Woodland, and mark your calendars for their September 13 Open House, from 4-7 pm. For more information, please call Sarah Rock at 406-7221.



Especially for Parents

As summer winds up and school life returns, we have compiled information that will be useful for you and your school-aged child(ren). September's Parenting Handout "Motivating Your Child to be an Independent Learner" by Gay Bourguignon discusses ways in which parents can inspire learning in their children. Topics such as homework, parental support, motivation and reading recommendations are included in the article. Gay Bourguignon is currently a school psychologist with the Davis Unified School District. If you would like to receive this parenting handout or would like to be added to our Parenting Handout mailing list, please contact Child Care Services at (530) 757-5691 or (800) 378-5044.

Helpful Tips for the New School Year

Compiled from the American Academy of Pediatrics website, www.aap.org

LEARNING AND HOMEWORK TIPS

- Children learn better when they are not distracted by hunger. Encourage your child to eat a nutritious breakfast.
- Provide a positive homework atmosphere for your child that is free of clutter and distractions, including television.
- Show your child you are interested in her work. Re-explain assignments if necessary, and check to see that homework is completed.
- Having trouble fitting homework into your child's schedule? You may need to cut back on his activities, or see that after-school care includes supervised homework time.
- If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

BACKPACKS

- Remind children to carry the minimum load, and pack heavier items first, so they are closest to the back.
- When picking up a pack, bend with both knees and lift with the legs.
- Select smaller packs for smaller children.
- Look for packs with wide, heavily padded shoulder straps. The shoulder straps should be fastened so the pack hugs the center of the back. Waist and side straps may help keep the pack close up against the back.
- Always wear both straps so the weight is evenly divided.
- Use a wheeled backpack when possible.

SCHOOL BUS SAFETY

- Review the basic bus safety rules with your youngster:
Wait for the bus to stop before approaching it from the curb. Do not move around on the bus. Check to see that no other traffic is coming before crossing.
- Tell your child not to bend down in front of the bus to tie shoes, pick up objects, etc., as the driver may not see him before starting to move.

SELPA Workshops for Parents

SELPA, (Special Education Local Plan Area) will be offering workshops to parents and school personnel interested in special education issues. The following workshops are free of charge. For registration and other information please contact Barbara Horrocks at (530) 668-3759.

Question & Answer Forum for Families of Children with Disabilities

Wednesday September 10th at 6:30 pm

Challenges and Growth: An evening with Ann

Crimele. Ann is the Director of the Family Resource Network, a parent, and advocate
Wednesday, September 19th
6:30-8:30pm

Question & Answer Forum for Families of Children with Disabilities

Wednesday, October 1st
6:30-7:30pm

The Individual Program Plan (IPP) Training for Parents

Wednesday, October 17th
Time to be announced

The Individual Education Plan (IEP): Purpose, Process and Practice Workshop (Question & Answer forum for understanding and preparing for IEPs.)

October 25th
7-9pm

An Evening with Jonathon Mooney

National Speaker and author of *Learning Outside the Lines*
November 7th
6:30-8:30pm

Especially for Providers

The Home Visit Program Update

The Home Visit Program has been active for two months and is continuing to grow. We now have an average of 25 family child care providers participating throughout Yolo County. There are active participants in Davis, West Sacramento, Winters and Woodland. The providers benefit from home visits that provide technical assistance individually designed for them and access to over 1000 resource books, video and audio tapes, and a closet full of toys. These materials are brought to and from the family child care home allowing more time for the provider to focus on the children and their program. New providers have found that they are not alone when embarking in the child care field and seasoned providers are keeping up to date with current trends in child development. All home visits are designed to meet the particular needs of the provider and focus on "quality care". Some of the various topics of interests are Pre-Kindergarten readiness, special needs, discipline, developmental appropriate practices and activities along with overall provider support.

We still have a few openings for those providers who are interested. If you would like to enroll in the program or have any questions about it, please call Tamiko Eslick, Home Visitor Specialist at (530) 757-5691 or (800) 378-5044.

Family Child Care Support groups

Would you like to meet other providers with whom you can discuss issues related to your work? If so, joining a family day care association or provider support group could be for you. Currently, there are two provider support groups in Yolo County. One in Davis and the second in Woodland which is composed of Spanish speaking providers. There is interest in forming a support group or association for English speaking providers in Woodland. If you are interested in forming a group in your area, feel free to contact Rossana or at Child Care Services, (530) 757-5691 or (800) 378-5044.

In Davis:

Davis Family Child Care Association
David Bakay (530) 758-3097

In Woodland:

Spanish Speaking Support Group
Maria Rojas (530) 666-4040

Health & Safety Reimbursements

Child Care Services will once again be able to reimburse providers for part of their health and safety training costs. These funds will be available to licensed family child care home and center staff members as well as to those individuals in process of being licensed. Funds will be available on a first come first served basis. If you are a licensed family child care provider or child care center staff member, you will receive an application by mail. If you have any questions please call Rossana Vigil at Child Care Services (530) 757-5691 or (800) 378-5044.

Family Child Care at its Best Begins in September

As you may already know, the Family Child Care At it's Best Series will begin Saturday, September 15. This is a group of classes designed to improve quality of care in the family day care home and gives providers the opportunity to meet and network with other providers. Please refer class schedule in the "Classes, Workshops & Conferences" section of Small Talk. If you would like to enroll, please call Child Care Services at (530) 757-5691 or (800) 378-5044.

Now Taking Applications for Mentor Provider Positions

Child Care Services is expanding our mentor program. If you have been a family child care provider for at least two years and have a strong child development background, call for an application. References from clients will also be required. For more information, call Robbie Townsley, Child Care Services Supervisor at (530) 757-5691 or (800) 378-5044.

Classes, Workshops & Conferences

Parenting Classes

These classes are sponsored by Foster & Kinship Care Education Program and are open to the public free of charge. All of the classes will be held at the Woodland Community College. For more information contact Debra Wiegel, Kinship Education Coordinator at (530) 668-9231.

Parenting the Difficult Child

Sept. 10,17,24 & Oct.1
9:00 a.m. to 12:00 noon

Family Court in Yolo County

Friday, September 14
6:30 p.m. to 9:30 p.m.

Padres Activos de Hoy (Spanish)

Septiembre 13, 20 y 27
6:30 p.m.- 9:30 p.m.
Para más información, llamar a Adriana Ibarra al (530) 661-2750

Teens: Active Parenting Series

October 11,18 & 25 from
6:30 p.m. to 9:30 p.m.

The following parenting classes are sponsored by Yolo Connections and are free to the public. You must register for these classes to attend. For more information, locations and registration call Jada Chapman at Yolo Connections at (530) 669-3285.

In Davis:

Bonding & Rebuilding

September 20 to November 15
6:00 pm to 8:00 pm

In Esparto

Active Parenting (English)

September 18 to November 12
6:00 pm to 8:00 pm

Padres Activos de Hoy (Spanish)

September 18 to November 12
6:00 pm to 8:00 pm

In West Sacramento

Bonding & Rebuilding

September 24 to November 19
6:30 pm to 8:30 pm

Parent to Parent

September 18 to November 12
9:30 am to 11:30 am

In Woodland

Bonding & Rebuilding

September 24 to November 20
6:30 pm to 8:30 pm

Active Parenting

September 26 to November 21
6:30 pm to 8:30 pm

Parent to Parent

September 27 to November 29
6:30 pm to 8:30 pm

De Padre a Padre (Spanish)

September 25 to November 12
6:30 pm to 8:30 pm

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.

All classes will be held at the ABC Family Resource Center located at 409 Lincoln Street in Woodland.

Making the Connection with Infants and Toddlers

September 15, 8:30 a.m. to 12:30 p.m.

Building Blocks of Learning

October 6, 8:30 a.m. to 12:30 p.m.

Giving Children a Healthy Start

October 27, 8:30 a.m. to 12:30 p.m.

Setting Limits with Love

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

Managing Difficult Behavior

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

Partnering with Parents

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

The Teen Perspective

Hello again!

I have returned from camp. It was such a wonderful experience. As it turned out, the little tin-roof cabin the 12 of us (including 2 counselors) were in, had no bathroom, only crowded bunks and screens for walls. So we had to go to the big girls' bathroom, or the "Big Jane." The boys had a "Big John." The Jane had 8 bathroom stalls and seven showers, all but 2 with hot water. There were only 2 tin roof cabins, and all the other cabins had bathrooms with showers. So, since the lines were long for the showers at their cabins, the other girls decided to take a shower in the big Jane, which meant long lines for us every day.

I needn't have worried about making friends at camp. I was friends with all but one person in my cabin and my counselors were great. Now I have a whole new category called "camp friends" on my Instant Messenger with 27 people on it! So I met all sort of very interesting and wonderful kids as well as adults at camp. It's amazing how much you learn from other people in that kind of environment. Speaking of learning...

I learned what Performance Art is. Performance Art is kind of like drama with a message. Basically, instead of just performing a skit for laughs, we did a performance piece about world hunger. We took two tables in the camp dining hall and dressed them up with tablecloths, better chairs, a good salad, soda, etc. And we had some people in our group serve us. We dressed up in our best camp clothes and put on headphones and sunglasses to represent how some very upper-class people only think about themselves, and they isolate themselves by not seeing or hearing anyone else. We couldn't talk to or look at anybody else, left half our food on the table, and left rudely and abruptly. It was a great experience, and the other campers responded pretty well to it.

Three and a half weeks of camp, in my opinion, is the exact right amount of time to be there. That way, there is a week of getting to know everyone, and then two weeks to be friends with them, and then a few days to tie loose ends and start thinking about going home again. Camp is definitely an experience everyone should have. It is so educational and, for some reason, everyone wants to be friends with everyone else, so you are never alone.

Until next time,
Rachel

Teen Mentoring in Yolo County

The Yolo County Alcohol, Drug and Mental Health Prevention Services has received a California Friday Night Live (FNL) Mentoring Grant. FNL Mentoring is a peer-to-peer mentoring program whose purpose is to implement youth development by involving youth in their community through ongoing relationships, which strengthen a young person's resiliency to the challenges they face in life.



Through a recruitment process, teens in the 10th, 11th, and 12th, grade will be strategically partnered to mentor youth in the 7th and 8th grades. Mentoring relationships are linked to long-term positive youth development outcome and show promise in a key component of success for young people.

FNL Mentor Benefits: Volunteerism, learn new skills, earn community service hours, gain skills for future careers, role model and engage in beneficial relationships.

FNL Mentee Benefits: Peer support, have a role model, gain self esteem, learn values, gain decision making skills, goal setting, communication and learn to work together.

If you are interested in learning more about Friday Night Live Mentoring or about participating in Friday Night Live events, contact Elena Jaime at (530) 666-8683

