

Smalltalk

Serving Providers & Families in Yolo County

Volume XXVIII, Number 1

Dear Friends:

I hope everyone had a good holiday season. If you celebrated Chanukah, Kwanza, Christmas, Ramadan or nothing at all, I hope you took the opportunity to spend meaningful time with family and friends this year.

We have had a very busy Fall at Child Care Services. We are planning for our Child Development Conference on Saturday, April 13. If you or someone you know would be interested in being a presenter, please contact us. The conference will have a variety of sessions that should appeal to Center staff, Family Child Care Providers as well as parents. If there is a topic of particular interest to you that you would like to make sure we cover, please contact our office and share it with us.

Our Mentor provider program kicks into high gear in January. The mentors will spend part of a day in training with Judy Ishiura from West Ed. Judy helped develop the mentor project in Sacramento with Child Action. The mentor project in Sacramento has been very successful in retaining providers and helping them strive for excellence in their programs.

January is also the time that our parent education series starts. We are happy to again offer wonderful classes taught by well regarded local experts. It is especially exciting for us to introduce a new parenting series this year aimed at helping families deal with divorce, step parenting, blended families and co-parenting. This brand new series will be developed and presented by Dr. Robert MacKenzie and his wife Teri Drake. They bring a unique perspective of not only being experts in the family counseling field but also having their own blended family.

Two of our programs will be expanding to Woodland this month. Greengate School has graciously offered us the use of one of their beautiful pre-school classrooms to host Morning Out in Woodland. They have also offered us space to host Parents Together. It has long been a dream to bring these wonderful services to the rest of the county and our dream is about to become a reality. We are grateful to Greengate school and Mosey Meszaros for being so generous and open to new and different ways of bringing services to providers, parents and most importantly children. We will be expanding these services to West Sacramento in early spring.

In This Issue

Meetings/support groups	2
Calendar/Community News	3
Health and Safety News	7
Especially for Providers.....	8
Campustalk.....	9
Especially for Parents.....	10
Creative Corner	11
Classes, Workshops & Conferences	12
Agency Spotlight.....	14
Provider Training.....	15
Legislative Update.....	16
Teen Perspective.....	17

Last but certainly not least, I am happy to report that Rossana Vigil, coordinator for our program, will be returning to work in January after taking two months off to bond with her new baby. Rossana literally worked up to the last moment in October before giving birth. She handed in the final draft of SmallTalk on a Friday and gave birth on Saturday morning. Now that is what I call dedication! We have missed Rossana's presence greatly and look forward to again being able to offer our services in Spanish as well as English.

Regards,

Robbie Townsley
Child Care Supervisor

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS

Tues., Jan. 15 & Feb. 19, 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

January 8 & February 12, 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 Suzanne 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, Lonna at (530) 756-
3551 or Angela (530) 757-7105.

PARENTS TOGETHER (Formerly known as Moms Together)

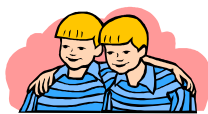
This group is for all parents and babies under 1 year. The
group meets Thursdays 1:00-2:30 p.m.; VMC Game Room.
For information call Carrie Shepard at (530) 753-8602.

YOLO COUNTY PARENTS ANONYMOUS®

A support group for parents. Family Resource Center, 409
Lincoln Ave. Woodland, Thursdays 6:30-8:00 p.m. free
child care provided on site. For further information call
Kathy Dreyer at (530) 662-9463.

GROUP FOR TWINS & PARENTS

A non hosted 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, 10 a.m
-12, family playgroup, no host. 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, groups forming now. 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 (530) 758-5888.

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

- January**
- 1 New Year's Day (City offices closed)
 - 8 Parenting Your Toddler series begins*
 - 12 Partnering with Parents class*
 - 15 Licensing Orientation*
 - 21 Dr. Martin Luther King Day (City offices closed)
 - 26 Tax Preparation Workshop
 - 29 Setting Limits parenting series begins*
- February**
- 7 Parenting Your Preschooler series begins*
 - 12 Abraham Lincoln's Birthday
Chinese New Year-Year of the Horse
 - 14 Valentine's Day
 - 18 President's Day (City offices closed)
 - 19 Licensing Orientation
 - 22 George Washington's Birthday

*See Workshops and Classes for more information

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

Counseling Group

Yolo Family Service Agency and Yolo County Alcohol Drug and Mental Health Services are starting an eight week counseling group for families and individuals with a relative facing mental illness. The group was designed to offer support to family members and to develop coping skills. The group will meet Tuesdays 6:30 pm to 8 pm at the Yolo Family Service Agency office in Davis, at 1105 Kennedy Pl. suite 2. The group will be facilitated by Roseanne Testerman, MFTI. Call to register or for more information (530) 662-2211 or (530) 753-8674.



CASA's "One Child at A Time"

Nearly 500 Yolo County youth have been removed from their homes because of abuse or neglect and placed into the foster care system. These children are often caught up in an overwhelmed system that it is unable to focus on their specific needs. With the help of Yolo County Court Appointed Special Advocate (CASA) program and community volunteers, a child is given a mentor and advocate in the court system. The CASA volunteer works as the eyes and ears for a child helping to reach the dream of a safe and stable home. On September 1, 2001 Yolo County CASA kicked off its "One Child at A Time" campaign. Over the next year CASA plans to recruit and train 100 new volunteer advocates, because they can make a difference, "one child at a time!" CASA trainings will begin in February 2002 for more information call (530) 666-8267 or go online at www.yolocasa.org.

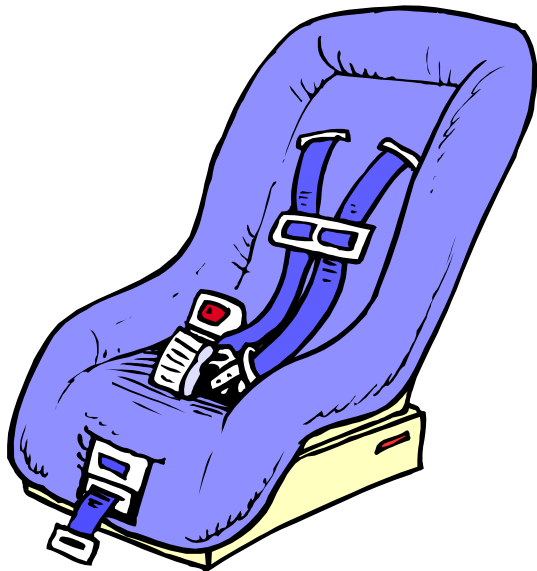
California Duck Days in Davis

The festival showcases the wonders and diversity of the Sacramento Valley wetlands, and serves to increase awareness and to promote education about the importance of wetlands and wildlife. The festival is over the weekend of February 15-17 at the Veteran's Memorial Center in Davis. The cost of the event is \$40 for a weekend pass, \$25 for a one day pass, \$8 for an on site pass, children 16 and younger are FREE. Check out the web page- www.duckdays.org

Community News

SB 42 Will Affect Transportation of Young Children

If you are a parent, provider, family member or friend who transports young children, this law may affect you. SB 42 stipulates that if you transport a child who is under the age of 6 or weighs less than 60 pounds, they must be in an approved booster or car seat. This means that if you have a five year old child who weighs 65 pounds, they are not required to be in a booster or car seat. However, if you have a five year old who weighs 55 pounds, they are required to be in an approved booster or car seat. If you have a six year old who weighs 55 pounds, they are not required to be in a booster or car seat. The Yolo County health department offers free car seat inspections as well as low cost car seats upon completion of their program. They will help you make sure that your car seat meets the legal requirements and is also installed safely. Many children are hurt or killed in car accidents each year because they were not in a car seat or their car seat was installed incorrectly. Call (530) 666-8645 for information and registration.



Low Cost Car Seat Program

The Yolo County Health Department is offering an educational program that teaches the basics about car seat use and car seat safety to Yolo county residents who qualify for low income programs such as WIC, Medi-Cal, AFDC or CHDP. A car seat is included with registration and attendance of the class. All seats cost \$25, only one seat per family per year. *You must register for this class* (see Workshops and Classes for more information). For more information call the Yolo County Health Department (530) 666-8645 x 9162.

FREE Car Seat Safety Inspections

Yolo County Residents can make an appointment with the Yolo County Health Department for a free car seat safety inspection. For more information call (530) 666-8645.

DAVIS

Davis Fire Department
425 Mace Blvd.
9:00am-12:00pm
January 11 & February 8

WEST SACRAMENTO

West Sacramento Fire Department
1561 Harbor St.
9:00am-12:00pm
January 25 & February 22

WOODLAND

Yolo County Health Department
10 Cottonwood St.
9:00am-12:00pm
January 11, 25 & February 8, 22

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 and children enrolled in Head Start or state preschool regardless of income. Call 666-8249 for appointment.

California Children's Services -530-402-2800

Case management and financial assistance for children through 20 years of age with serious or chronic medical conditions.

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)

Web Connection

<http://www.totcity.com> This site offers project ideas to do around the house or at school. There are some activities that are easy to do and they use simple household ingredients.

<http://www.icomm.ca/daycare/cardsb10.html> This site has songs and theme ideas for all seasons.

<http://www.kinderart.com/lessons.htm> Art ideas for preschool and kindergarten age groups.

<http://www.learningplanet.com/parents1.htm> Free Preschool/Kindergarten online activities. Computer programs for children that promote math, language and classification skills.

<http://www.lingohouse.com> An online resource to find materials in 19 different languages for people of all ages.

<http://www.bblocksonline.com/> Building Blocks is a company that produces a monthly newspaper with activities, circle time activities, songs and stories for preschool children. The web site has a monthly parent activity calendar in English and Spanish that can be printed.

<http://family.go.com/> This site has craft ideas, cooking recipes, parenting information and more.

Youth Programs Offered by American Red Cross:

Babysitter's Training:

Learn the qualities of being a good babysitter. Interact positively with the family who hires you. In this class, you will learn how to interview, make responsible decisions, keep kids and yourself safe, react in an emergency, and perform basic child care skills. It also emphasizes injury prevention and first aid skills. Further, it addresses the professionalism and leadership of babysitters. Remember to bring a sack lunch or dinner.

Ages: 11 to 15 years old

Fee: \$38.00

(Babysitter's First Aid Bag available, \$10 w/class)

Dates: January 26 & 27, Saturday and Sunday and
February 23 & 24, Saturday and Sunday

Time: 9:00 a.m. to 2:00 p.m.

Place: Woodland Office

Call (530) 662-4996 to register and for more information.

Community News

Story Time at Woodland Public Library

Toddler Story Time

Day & Time: Tuesdays, 10:30am

Dates: January 8, 15, 22, and 29, February 5, 26

Ages: 18 to 36 months old

Nursery rhymes, stories, songs and activities. This is a participation program, one adult per child.

Preschool Story Time

Day & Time: Thursdays, 10:30am

Dates: January 10, 17, 24, and 31, February 7, 28

Ages: 3 to 5 years old

Stories, songs, activities and crafts. Adults may stay with their child or go to another area, but must stay in the building. Day-care providers, please check with the Children's Librarian before bringing a group of children.

There is no charge and no sign-ups required. For more information, call Children's Librarian Carol Beckham at (530) 661-5983.

Storytelling at the Davis Branch Library

Toddler Storytime:

Day & Time: Tuesdays, 10:15am

Dates: January 15 - February 12

Ages: 18 mos - 3 years

Parent participation is required.

Preschool Storytime:

Day & Time: Wednesdays, 7:00pm

Thursdays, 10:15am

Dates: January 16 - February 14

Ages: 3-5 years

Children can attend on their own.

Saturday Storytime:

Day & Time: Saturdays, 10:30am

Dates: January 26 and February 23

Ages: all ages

No registration is required.

Hug a Bear Stories:

Day & Time: Tuesday, 4:00pm

Date: January 22

Ages: 5 and up

Bring your teddy!

Winters Branch Library

For information call, 795-4955

Preschool Story Time

The session begins on Tuesday, February 5 and runs five weeks ending on Tuesday, March 5. It begins at 10:30am.

Esparto Regional Branch Library

For information call, 787-3426

Preschool Story Time

The session begins on Wednesday, February 6 and runs five weeks ending on Wednesday, March 6. It begins at 10:30am.

After School Programs

I love Chocolate! Taste Testing! Learn the History of Chocolate! Chocolate Stories.

Wednesday, Feb 12

1:30pm

Winters Branch Library

795-4955

Tuesday, Feb. 13

3:30pm

Esparto Branch Library

787-3426

Monday, Feb. 4

4:00pm.

at Knights Landing Branch Library

735-6593

Thursday, Feb. 7

4:00pm

at Yolo Branch Library

662-2363

Coming in March! National Women's History Month "Fannie in the Kitchen"

Especially for Providers

Health & Safety Reminder

Remember to keep your Health and Safety training current! Here are the phone numbers of agencies that offer the training classes:

Woodland Healthcare Community Health Education:

Community CPR/First Aid:

Time: 8:30am- 5:00pm

Dates: Saturday, January 26

Saturday, February 23

Location: Woodland Healthcare Surgery Center Conference Room

Fee: \$35.00, Call to register: (530) 669-5540

Yolo County Red Cross:

California Child Care Classes:

Mod 1:

Includes Adult, Infant, & Child CPR, plus Pediatric First Aid, Fee: \$65.00

Date:	Days:	Time:	Location:
Jan. 15, 17	Tues. & Thurs.	6:00 p.m. - 10:00p.m.	Woodland Office
Jan 12	Sat.	9:00 a.m. - 6:00 p.m.	Woodland Office
Feb. 3	Sun.	9:00 a.m. - 6:00 p.m.	Woodland Office
Feb. 11, 13	Mon. & Wed.	6:00 p.m. - 10:00 p.m.	Woodland Office

California Child Care Preventative Health & Safety Issues, Fee: \$45.00

Date:	Days:	Time:	Location
Jan. 19	Sat.	9:00 a.m. - 4:30 p.m.	Woodland Office
Feb. 4, 6	Mon. & Wed.	6:30 p.m. - 10:00 p.m.	Comfort Suites

Adult, Infant, & Child CPR. Fee: \$40.00

Date:	Days:	Time:	Location:
Jan. 6	Sun.	9:00 a.m. - 4:00 p.m.	Woodland Office
Jan 19	Sat.	9:00 a.m. - 4:00 p.m.	Univ. Ret. Com.
Jan 28, 30	Mon. & Wed.	6:30 p.m. - 10:00 p.m.	Woodland Office
Feb. 16	Sat.	9:00 a.m. - 4:00 p.m.	Univ. Ret. Com.
Feb. 26, 28	Tues. & Thurs.	6:30 p.m. - 10:00 p.m.	Woodland Office

To register for these classes or for more information please call: American Red Cross, Yolo Chapter Office: (530) 662-4669 or check their web site at www.yc-arc.org

Don't forget! Licensed providers and one assistant can get reimbursed for most of the cost of the classes. You will need to have:

- Copy of the receipt of payment for the class
- Copies of the current CPR or First Aid cards
- Completed yellow Reimbursement Form

To get the yellow Reimbursement Form or for any other questions, please call Child Care Services at (530) 757-5691 or (800) 378-5044 and ask to speak with Rossana or Letti.

Especially for Providers

Child Development Mini-Conference

On Saturday April 13, the City of Davis Child Care Services will host the Child Development Mini-Conference. Parents, teachers, child care providers, and others interested in child development are encouraged to attend. Workshops will focus on infants, toddlers, school-age, pre-teens, parenting, child care, special needs and creative activities. There will be a small registration fee. Call Child Care Services and ask for Robbie Townsley or Tamiko Eslick for more information.

Infant Walkers

In 1999 an estimated 8,800 children 15 months and younger were treated in hospital emergency rooms around the country from injuries related to infant walkers. Community Care Licensing has banned walkers in child care settings, however, there are still high occurrences of injuries and deaths. Most of the injuries resulted from falls, many involving stairs. Other injuries were from burns or head injuries related to tipping over. Although some believe that walkers keep infants happy and help them become mobile, there is no evidence that babies who use walkers learn to walk earlier. Also, if babies do not have the incentive to crawl or walk on their own, it may delay the onset of walking. For more information, contact the Health line at (800) 333-3212.

Sources:

Academy of Pediatrics, www.medem.com

Consumer Product Safety Commission, www.cpsc.com

CAEYC Accreditation Help For Family Child Care.

Are you ready to become an accredited program? CAEYC (California Association for the Education of Young Children) will help your Family Child Care home become accredited. Accreditation is a powerful voluntary tool used for improving the quality of early childhood education. Many child care centers are accredited. It can be an indication of quality for parents as they look for child care. CAEYC will assist in paying the cost of accreditation fees, provide financial support to upgrade or improve facilities to meet standards, provide on-site training, give a two year membership to National Association for the Education of Young Children (NAEYC), provide training and stipends. If you are interested in completing an "Application of Interest" go to www.caeyc.org and click on CDFAP and submit your application or call (916) 486-7762.

CAEYC Conference March 2002

The CAEYC (California Association for the Education of Young Children) conference offers world famous keynote speakers, workshops, educational resources, networking and much more! There will be over 300 workshops with topics in all areas of the early childhood profession. For more information go to www.caeyc.org or call (916) 486-7750. The Conference is March 1 & 2.

Community Care Licensing and Family Child Care

As many of you already know, on January 2, 2002, the state agency Community Care Licensing (CCL) will be handling the licensing of family child care in Yolo County. This means that all licensing functions for Yolo County child care will be under CCL. A debt of gratitude is owed to Yolo County DESS for keeping family child care licensing at a local level as long as possible. Providers will miss having a close relationship with licensing and having a licensing office in Yolo County. Special thanks to Judy Gilchrist for keeping this in her department for all of these years. We look forward to establishing a new, strong relationship with Community Care Licensing. City of Davis Child Care Services Resource and Referral and CCL held outreach meetings for providers in Woodland, Davis and West Sacramento in the month of November. Providers had a chance to ask questions, voice concerns and hear about the child care advocate program. All licenses will be transitioned to CCL as of January 2. All providers will have new licenses issued by the state. These licenses should be mailed to providers sometime in January according to Charles Boatmen, district manager for CCL. Providers will remain on their original renewal schedule. If you have more questions or concerns, please feel free to call our office or the main CCL office in Sacramento at (916)229-4530.

Campustalk

Submitted by Barbara Ashby, Manager
Child Care & Family Services
TB 122, 752-5415, www.childcare.ucdavis.edu

Having a baby?

Join other pregnant couples to learn about Becoming A Family

Sponsored by the Center for Child & Family Studies, Becoming a Family is a program that teaches first time parents how to create a family life that builds and enriches family relationships through strengthening the individual development of all its members. For more information, contact Donis Eichorn, R.N., Ph.D., Associate Clinical Professor, Pediatrics Family Development Specialist, at 752-2888.

Baby Signs Comes to Campus Child Care

Infants and their families enrolled at the LaRue and Russell Park Child Development Centers are learning and practicing "Baby Signs". Developed by Professors Linda Acredolo and Susan Goodwyn, "Baby Signs" is a program of simple gesturing that babies can use before they have words to facilitate early language and communication. Dr.



Acredolo has been training center staff and recently presented a workshop to parents. Each infant family enrolled at the centers will receive an instructional video. Samples of common signs are posted in the infant rooms. "Baby Signs" has been used extensively at the Center for Child & Family Studies and featured on Oprah, Dateline NBC, and *Newsweek*. For more information, visit their web site at www.babysigns.com

Breastfeeding Support Program- New Days & Location

Beginning January 9, 2002, orientation and registration classes for the Breastfeeding Support Program will be offered from 12 noon to 1pm on the second and fourth Wednesdays monthly at the Child Care & Family Services Office (TB 122, LaRue Road at California Avenue). In case of schedule conflicts, alternative arrangements can be made by calling CCFS at 752-5415, or writing baashby@ucdavis.edu.

ASAP Offers Numerous Support Services

The Academic & Staff Assistance Program (ASAP) offers confidential, cost-free assessment, intervention, consultation and referral services to all UCD/UCDMC faculty, staff and their immediate families, including children and adolescents. Whether the problem is work related or personal; administrative or individual; career or relationship focused; their experienced staff of MFTs, LCSWs, and psychologists can assist you in recognizing and resolving the problem. When additional resources are needed, ASAP can link you to appropriate services in your community. ASAP also offers support groups, presentations and workshops. For more information, call 752-2727, or visit their web site at <http://www.hr.ucdavis.edu>.

Chancellor's Child Care Administrative Advisory Committee

The Committee is beginning its 12th year of service to review, evaluate, and recommend programs and services to assist the campus community with its child care and work/life needs. The following affiliates are serving on this year's committee:

[Faculty/Academic Federation] Johanna Watson-VM: Medicine & Epidemiology, Alikei Dragon-English, Kim Coontz-Center for Cooperatives, Yvette Kisor-English. [Staff] Tawny Yambrovich-Engineering Dean's Office, Kay Clare Allen-American Studies, Noel Conner-University Extension, Brigitte Moon-Information Resources, Monica Steinhart-Office of Administration. [Student] Rakbor {irewa;}. Boamca Castellanos, Lanai Faciane, Desiree Mattner. [Ex officio] Barbara Ashby-Child Care Services, Laura Ivans-City of Davis Child Care Grant Office, Robbie Townsley-City of Davis Child Care Services Office, Darlene Sousa- City of Davis Child Care Grant Office, Denise Tan-ASUCD, Dennis Shimek-Office of Administration/HR.

Open House

Three units in the Division of Human Resources [Staff Development & Professional Services, Staff Affirmative Action & Diversity, and Child Care & Family Services] will host a campus wide open house of TB 121, 122, and the new SDPS classroom on Thursday, January 24, from 10am to noon. Save the date and plan to visit.

Especially for Parents

Backpack Safety

From the American Academy of Pediatrics

Backpacks are a popular and practical way for children and teenagers to carry schoolbooks and supplies. When used correctly, backpacks can be a good way to carry the necessities of the school day. They are designed to distribute the weight of the load among some of the body's strongest muscles.

However, backpacks that are too heavy or are worn incorrectly can cause problems for children and teenagers. Improperly used backpacks may injure muscles and joints. This can lead to severe back, neck and shoulder pain, as well as posture problems. Share these guidelines to help your family use backpacks safely.

Choose the right backpack. Look for the following:

- **Wide, padded shoulder straps** - Narrow straps can dig into shoulders. This can cause pain and restrict circulation.
- **Two shoulder straps** - Backpacks with one shoulder strap that runs across the body cannot distribute weight evenly.
- **Padded back** - A padded back protects against sharp edges on objects inside the pack and increases comfort.
- **Waist strap** - A waist strap can distribute the weight of a heavy load more evenly.
- **Lightweight backpack** - The backpack itself should not add much weight to the load.
- **Rolling backpack** - This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs. They may be difficult to roll in snow.

To prevent injury when using a backpack, do the following:

- **Always use both shoulder straps.** Slinging a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder may increase curvature of the spine.
- **Tighten the straps** so that the pack is close to the body. The straps should hold the pack two inches above the waist.
- **Pack light.** The backpack should never weigh more than 10 to 20 percent of the student's total body weight.
- **Organize the backpack** to use all of its compartments. Pack heavier items closest to the center of the back.

- **Stop often at school lockers**, if possible. Do not carry all of the books needed for the day.
- **Bend using both knees**, when you bend down. Do not bend over at the waist when wearing or lifting a heavy backpack.
- **Learn back-strengthening exercises** to build up the muscles used to carry a backpack. Ask your pediatrician for advice.

Parents also can help in the following ways:

- Encourage your child or teenager to tell you about pain or discomfort that may be caused by a heavy backpack. Do not ignore any back pain in a child or teenager. Ask your pediatrician for advice.
- Talk to the school about lightening the load. Be sure the school allows students to stop at their lockers throughout the day. Team up with other parents to encourage changes.
- Consider buying a second set of textbooks for your student to keep at home.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.



Creative Corner

Rainy Day Activities

1. Rainbow Art:

Materials Needed:

- Different colors of tissue and/or construction paper
- Glue
- Sky blue, white or gray construction paper
- Scissors (for older children)

Activity:

- Tear or cut the rainbow colored paper into small pieces
- Glue the pieces onto the sky blue, white, or gray construction paper to make a rainbow collage! (This project can have many different outcomes. It is not necessary to glue the papers into a certain shape or in a certain way. The fun is just to experience the different colors of the rainbow. And maybe after the clouds go away, the children can go outside and find a rainbow!)

2. Rainbow Necklaces (for children ages 3 and up):

Materials Needed:

- Different sizes of macaroni
- Food coloring
- Yarn

Activity:

- Dye the macaroni different colors of the rainbow
- Set the macaroni out in bowls for children to choose
- Cut yarn into necklace size lengths
- Let children string the macaroni onto the yarn to make necklaces!

Variation: Let the children glue the macaroni onto pieces of construction paper to make their own rainbow.

3. Rainbow Pudding:

Materials Needed:

- Vanilla pudding
- Food coloring
- Bowls
- Spoons

Activity:

- Make vanilla pudding and divide it into three bowls
- Dye one bowl red, one yellow, and one blue
- Put a spoon in each of the three bowls
- Give each child their own empty bowl and spoon
- Let the children mix the colors as they desire and then eat the pudding!



4. Parachute Play

Materials Needed:

- Old sheet

Activity:

- Use the old sheet as you would a parachute and let the children hold the edges and move it up and down and run under it, etc...

Variation: Allow the children to color on the sheet using fabric markers and then use the sheet as their parachute.

5. Wind Dance:

Materials Needed:

- Scarves
- Upbeat music

Activity:

- Let children choose a scarf (or two)
- Play the music
- Dance! (This is a great way to let the children get some of that pent-up energy out!)

Variation: Tie the scarves to the children's wrists if they want.

6. When all else fails:

Bundle up the children in warm clothes, raincoats and galoshes and let them go play in the rain!

Cooking projects are also a great rainy day activity! Check out the Rainy Day Resource Page at www.cpineternet.com/~sarah. This is a great page with a bilingual English and Spanish searchable database of activities!

Compiled by Tamiko Eslick and Leticia Hardin

Classes, Workshops & Conferences

Parenting Classes for Yolo County Residents

Child Care Services is sponsoring four parenting classes for Yolo County residents. The classes are open to anyone interested in parenting. **You must register for classes, space is limited!** For more information, or to register for a class, please call Leticia Hardin at Child Care Services (530) 757-5691 or 800-378-5044.

PARENTING THE TODDLER

WHEN: Tuesdays, 7:00 - 9:00 p.m.
January 8, 15, 22, 29
WHERE: Veterans Memorial Center, Club Room
203 E. 14th Street in Davis
COST: FREE
Instructor: Joyce Lee

"No!" Why is this my toddler's favorite word? Join child development specialist Joyce Lee to learn more about this and many other important toddler issues such as; language, verbal/non verbal communication, positive communication, nutrition, toilet learning, friendships and fun ways to use all that energy.

PARENTING THE PRESCHOOLER

WHEN: Thursdays, 7:00 - 9:00 p.m.
February 7, 14, 21 & 28
WHERE: Veterans Memorial Center, Club Room
203 E. 14th Street in Davis
COST: FREE
Instructor: Lynn Arner-Cross

Parenting can be challenging! Meet child development specialist Lynn Arner-Cross to discuss why preschoolers develop and behave the way they do and how to interact with them and use appropriate discipline to change undesirable behavior. Topics will include; communication, TV, computers, eating habits, discipline, age appropriate activities and super hero play and more.

SETTING LIMITS WITH PRE-TEENS

WHEN: 7:00 - 9:00 p.m.
Wednesday, January 30
Tuesdays, February 5, 12 & 19
WHERE: Veterans Memorial Center, Club Room
203 E. 14th Street in Davis
COST: Cost will be based on a sliding scale.
Call Child Care Services for information.
Instructor: Dr. Robert MacKenzie

Does you pre-teen argue with you about friends, curfews, homework or the telephone? Does (s)he test

your limits or tune you out? Then this four-week workshop is for you! Learn how to set clear and appropriate limits. Teach responsibility and good decision making skills. Support your rules with effective consequences and improve communication and understanding. Focus Ages 5-12.

DIVORCE, STEP PARENTING AND BLENDED FAMILIES

WHEN: Mondays, 7:00 - 9:00 p.m.
March 11, 18 & 25
WHERE: Veterans Memorial Center, Club Room
203 E. 14th Street in Davis
COST: Cost will be based on a sliding scale.
Call Child Care Services for information.
Instructor: Dr. Robert MacKenzie & Teri Drake

This series of classes will be taught by Dr. Robert MacKenzie and Teri Drake. Robert and Teri have the unique perspective of both being professionals in the field of family counseling and also being active participants in their own successful blended family. They will talk about: step parenting, co-parenting, families surviving divorce, setting up successful communication systems and ground rules and helping your children stay well adjusted during adversity.

Yolo Connections Empowerment Parenting Series

Call (530) 669-3285 to sign up for the classes. Classes are free and free childcare provided on site.

Knights Landing Grafton Elementary

Bonding & Rebuilding in English and Spanish
January 24-March 21, 2002 (Every Thursday)
6:30-8:30 PM

West Sacramento Broderick Christian Center

Bonding & Rebuilding
January 22-March 19, 2002 (Every Tuesday)
9:30-11:30 AM

Active Parenting
January 23-March 20, 2002 (Every Wednesday)
1:30-3:30 PM

Classes, Workshops & Conferences

Bonding & Re-building
January 31-March 25, 2002 (Every Thursday)
Trinity Presbyterian Church
1500 Park Blvd.
West Sacramento

Woodland

Adult Education

575 Hays, Woodland

Active Parenting
January 14-April 9, 2002 (Every Monday)
9:30-11:30 AM

Bonding and Re-building
January 14-March 9, 2002
6:30-8:30 PM

Parent to Parent (Spanish)
January 12-March 12, 2002
6:30-8:30 PM

Bonding and Re-building
January 16-March 13, 2002
9:30-11:30 AM

Active Parenting
January 16-March 13, 2002
6:30-8:30 PM

Parent to Parent
January 17-March 14, 2002
6:30-8:30 PM



Kinship Care Education Program

Is sponsoring the following classes free of charge. Classes will be held at Woodland Community College in the College Conference Room. For more information call (530) 661-5772.

Parenting the Difficult Child

January 18, 2002
Tom Young, LMFT

Grief, Loss and Visitation Issues

February 12, 2002
Susan Kohler

Foster Care Education

Classes are located at Woodland Community College in the College Conference Room. For more information call (707) 678-3021.

Addiction, Dependency & Parenting

January 10, 17 & 24, 2002

Yolo County Office of Education

www.ycoe.org

QUESTION AND ANSWER FORUM

February 4, 2002, 6:30 - 7:30 PM
For families of children with disabilities. A chance to ask questions and get some answers. Yolo County Office of Education, 1240 Harter Ave., Woodland, CA (530) 668-3759

QUESTION AND ANSWER FORUM

March 6, 2002, 6:30 - 7:30 PM
For families of children with disabilities. A chance to ask questions and get some answers. Yolo County Office of Education, 1240 Harter Ave., Woodland, CA (530) 668-3759

THE OTHER LEARNING DISABILITY Understanding Nonverbal Learning Disabilities (NLD)

March 8, 2002, 9:00 AM - 4:00 PM:
Workshop with D. Grimm \$20. Do you have a child who has difficulty with social relationships, visual-spatial organizational skills, abstract language, etc? Does this child have relatively good reading/spelling skills and rote memory but struggles with math and written language? Yolo County Office of Education, 1240 Harter Ave., Woodland, CA (530) 668-3786.

Agency Spotlight

In this issue of Small Talk we are featuring Yolo Connections.

Yolo Connections is a non-profit, community based organization serving youth and families of Yolo County in Woodland, West Sacramento, Davis and surrounding rural areas. It is an organization that offers 6 different programs and whose mission is "To promote volunteerism, mentoring, and community partnerships." Each of Yolo Connections' programs strives to achieve the primary goal of the agency, to build healthy and strong families by providing family support, resource referrals, volunteer mentors, and wholesome youth and family activities.

Prevention

CAL (Change A Life) Mentoring Program

The focus of CAL is to prevent the need for intervention in the areas of drugs, alcohol, violence, low self esteem, academic failure and out-of-wedlock pregnancy. CAL Mentor serves youth 7-12 who are siblings of primary youth in the PACT program. This program provides support, encouragement, new opportunities and a caring adult role model to at-risk and economically disadvantaged youth. Mentoring has proven to be the most effective means of prevention in the lives of hundreds of young people.

Intervention

PACT (Parents and Children Together)

With the already staggering numbers of youth involved in violence and gang activities, PACT pulls entire families together to face the issues that challenge them, decreasing gang involvement and curbing violence in the community. The program staff provide enhanced services to families where a youth has been identified as a being at-risk. This program primarily addresses youth in the juvenile justice system to receive family focused, case specific services. Outreach Specialists advocate for the youth and their families through Juvenile Court proceedings and at school regarding attendance and expulsion issues. They provide resource referrals and facilitate opportunities for change.

Support

The Sister Friend Project

This project has been successfully supporting pregnant and parenting teens and women since 1992. Through Outreach Specialists and volunteer mentors, women are encouraged, empowered and assisted in locating resources and support systems. It is this program's mission to reduce out-of-wedlock pregnancies, domestic

violence and child abuse in the families served. Sister Friend also provides services toward strengthening families so children at risk of being placed outside of the home, may remain safely with their family.

Education

Parent Empowerment Series

The Yolo Connections Parent Education Program serves to keep children safely at home by strengthening families through parenting classes and support groups. The Parent Empowerment Series begins with a class about attachment and nurturing (ages 0-5 years). The second class covers parenting styles and discipline (ages 2-12 years). The third class addresses how to "get in the way" raising youth to be alcohol, drug and violence free (ages 10-19). Each parent education series is followed by peer support groups.

The Parent Empowerment Series are available throughout Yolo County in both English and Spanish at no cost to parents. Free child care is also available. These parenting classes may satisfy the court mandated requirements.

Community Service

The Volunteer Connection

The Volunteer Connection provides opportunities for individuals to volunteer their time and give back to their community through service. Volunteers are recruited and matched with member agencies throughout Yolo County, including the volunteer mentor program. It is the goal of the Volunteer Connection to assist in preparing individuals for work through volunteer opportunities.

AmeriCorps

The AmeriCorps program provides community service opportunities, including home-visiting, tutoring, mentoring, outreach activities and community education in Yolo County. Yolo County's AmeriCorps members engage in service programs and projects to reduce child abuse and youth violence. Yolo Connections is committed to recruiting AmeriCorps members that represent the diversity and socioeconomic make-up of the county.

For more information about any Yolo Connections Programs contact them at (530) 669-3285. Yolo Connections is located at 327 College Street, Suite 100 in Woodland.

Provider Training

Spring Semester Classes at Community Colleges

Davis Center

The Davis Center is located at 116 B Street. The telephone number is (530) 747-5200. Their hours are after 5 p.m, June 16 - September 14. For more information, call (530) 752-3728. For course descriptions and prerequisite information, please refer to the main Sacramento City College Class Schedule.

Early Childhood Education 5

Administration of Child Development Centers
Second nine weeks: April 6 through May 25.
Saturday 9:00-3:15 p.m.
116 B Street, Suite D.

Early Childhood Education 8

The Exceptional Child
Tuesdays 6:30-9:20 p.m.
Olson Hall, Room 101.

Early Childhood Education 9

Programs for the School Age Child
First nine weeks: January 26 through March 23.
Saturday 9:00-2:30 p.m.
116 B Street, Suite C.

West Sacramento Center

The West Sacramento Center is located at 1275 Halyard Drive, just off of Harbor Boulevard near Interstate 80 in West Sacramento. There is ample parking for students wishing to register or take classes. Please call (916) 375-5511 for further information.
For course descriptions and prerequisite information, please refer to the main Sacramento City College Class Schedule.

Early Childhood Education 13

Health and Safety in Child Care Settings (The same as Health Education 13)

Saturday 9:00-11:50 a.m.
1275 Halyard Drive, Suite 183.

Third six weeks: April 27 through May 25.
Saturday 9:00-12:20 p.m.
1275 Halyard Drive, Suite 183.

Early Childhood Education 55

Parenting Workshop
First nine weeks: January 24 through March 21.
Thursday 5:00- 6:50 p.m.
1275 Halyard Drive, Suite 150.

Woodland Community College

The Spring schedule is posted on the web at this address <http://www.woodland.cc.ca.us> or call (530) 661-5700.

City of Davis 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 for 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.

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

Legislative News

The following bills have been signed by the Governor and go into effect as of **1/1/2002**. This is a partial list of bills that directly affect child care programs. For a complete listing, contact On The Capitol Doorstep at 916-442-5431 for subscription and reprint information. Information provided here is reprinted with permission from On The Capitol Doorstep.

AB 6 - Cardenas Before and After School Programs

This bill allows Before and After School Learning and Safe Neighborhoods Partnership Programs to operate up to 30 hours per week (rather than 20) without having to be licensed. Funding is no longer required to be evenly split between middle and elementary school programs and instead priority is given to current grant recipients. The bill allows maximum grants to be increased by up to 25% for programs that have students on waiting lists. It allows schools to operate programs before school, beginning no later than 6:00 a.m. Schools receive an additional \$3.33 per student per day for each student who attends at least 1.5 hours of the before school component.

AB 188 - Vargas Smoking Near Tot Lots

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.

AB 685 - Wayne Family Child Care: Increased Visits

This bill allows the Department of Social Services to evaluate the effectiveness of unannounced site visits subject to available resources. It 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. The bill requires family child care homes to report injuries requiring medical attention, the death of any child, or any unusual incident that threatens the physical or emotional safety of any child to the Department of Social Services by the end of the next working day. It requires family child care homes to file a written report within 7 days.

AB 866 - Diaz Employers' Child Care Tax Credit

This bill extends the employers' child care tax credit until January 1, 2007. The credit allows a deduction of up to 30% of startup expenses of a child care center, contributions to resource and referral agencies that provide services for the taxpayers' employees, or child care expenses paid on behalf of an employee.

AB 1539 - Pavley Preschool Transfer Act

This bill requires infant/toddler or state preschool programs, with permission from the parent or guardian, to transfer important information to public schools. It requires the Superintendent of Public Instruction to inform Head Start programs of federal requirements to transfer information to public schools. The bill allows programs serving children with exceptional needs to transfer important information to public schools when a child is transferring from their program to a public school.

SB 742 - Escutia Child Care Loan Funds

This bill increases the amount of loan funding for construction or renovation of a facility that may be financed by the Child Care Facilities Direct Loan Fund from 50% to 75%. It increases the allowable term of a loan from 20 to 30 years. The bill sets the interest rate for direct loans at 3% simple annual interest. It allows loans to be assumed by another qualified borrower who agrees to provide child care for the term of the loan. The bill requires the Department of Housing and Community Development to implement a micro-enterprise direct loan and loan guarantee program for licensed family child care homes and licensed child care and development facilities serving up to 35 children. It requires loans made under the micro-enterprise program to be at least \$5000 and not more than \$50,000. Contains other provisions. Urgency measure.

SB 819 - Johnson Child Care: Reopening Investigations

This bill requires the Department of Social Services to reopen an investigation into a licensed child care facility when a person provides the department with a certified copy of a court record determining that a child's injury may have been inflicted while in the custody of the facility.

Teen Perspective

Hello,

Have you ever been in a play? Recently, I was in an Emerson Junior High production of "Anne of Green Gables." All in all, it was a great experience. My acting audition went great, but when it came to the singing audition, I hit a few flat notes, and the director and the music teacher weren't impressed. So I was assigned the role of Aunt Josephine, a fairly small part with only four lines of singing in a trio. I was devastated. I had really wanted the part of Diana, the main kid role after Anne. But eventually I got over it and decided that even though I had a small part I would still be in the play for the experience. And then the girl who played Rachel Lynde, the town gossip, dropped out of the play. Two other girls and I auditioned for the part, one which I had forgotten about and now really wanted also. And I got the part!!!!!! I was so excited. Rachel Lynde was a major role with two songs all to herself and a great many scenes. Good things often come to those who wait.

Well the play was going great and I had made lots of new friends. But then the day before the play the boy who played the main male role of Gilbert had to drop out of the play at the last minute. So we had no male lead. But then we trained another boy for the part and he learned the whole thing plus a solo in 24 hours, and he did great!!! Our show was a success after all. Needless to say, we are still very grateful to him, and after all the cast has been through, we have had numerous cast parties and will have another if our original male lead returns. This play was an absolutely wonderful experience and I'll never forget it. If you like to act, sing, or just want to make tons of good new friends, be in a play!!!!

-Rachel

Rachel Jones is our regular teen columnist. Rachel is 14 years old and attends Emerson Junior High School in Davis. She enjoys dance, theatre, reading, spending time with her family, attending her temple and hanging out with her friends.

Theater Opportunities in Yolo County

There are opportunities in Yolo County for children to participate in plays and musical productions. The following is a list of community theatre and music groups that offer opportunities to be involved.

Davis Musical Theatre Company (DMTC)

Each year, DMTC produces 10 musicals (nearly 100 performances) at the Varsity Theatre in Downtown, 4 of them are a part of the **Young Performers Theatre** division (all actors 7-17 years old). If you would like to get involved or just want more information, call (530) 756-3682 or online at www.dmtc.org

ACME Theatre Company

Acme Theatre Company is a drama group for young people (grades 9-12) in Davis. The company performs 4 productions each year. For more information call (530) 756-3648 or online at www.acmetheatre.org

Youth Drama Program in Winters is a summer program for children and teens (7-15 years). The drama program starts up in June and the performances are in August. There are also music programs. For more information call Gloria Marion at the City of Winters (530) 795-4233.

