

Smalltalk

Serving Providers & Families in Yolo County

Volume XXVIII, Number 4

Dear Friends:

I am very excited to be writing from our new office in Davis. As of June 1, 2002 all of Davis Child Care Services is located in one office off of the courtyard of 600 A Street. Resource and Referral, Subsidy and the Resource Library can all be accessed here. We are excited to have the Toy Closet on site. We would like to take this opportunity to thank the wonderful staff at the Parks & Community Services office for keeping it at city hall all of these years.

It has been a tremendously busy spring for the Resource and Referral. On May 10th our Family Child Care Recognition Dinner was the most well attended ever, with over 140 providers, assistants and guests! We again would like to thank the Davis Sears store for the generous donation of a propane barbeque for our grand prize. We also thank those of you who returned the surveys we mailed out. Many providers asked for more opportunities like this to gather. We are open to ideas and suggestions if you would like to forward them to us. If you were not able to attend, you missed a thrilling announcement made by County Supervisor Lois Wolk. Lois announced that the local Children and Families Commission (Prop 10) has decided to focus on two outcomes for the next three years. One focus area will be health and the other will be child care and early education! This was very exciting news for the providers in the room. Lois went on to say this means the commission will be devoting \$500,000 per year for five years to projects involving quality child care and early education. WOW! Prop 10 just finished a new round of community focus groups and found out that one of the big concerns of parents in Yolo County continues to be accessing affordable, quality child care. We are very excited that the commission is acting on the results. Thank you Prop 10! For more information on the commission, please read Agency Spotlight on page 9.

We have one more announcement that we are very excited to make. This year we were awarded a grant to specifically help enhance quality in family child care. One way we did this was by sponsoring the Child Development Conference in April. Another method was to purchase resources for our Resource Library that would help providers enhance the quality in their programs. The last activity involves a kit of free resources for family child care providers. Every licensed family child care provider in Yolo

In This Issue

Meetings/Support Groups	2
Calendar/Community News.....	3
Community Events.....	6
Agency Spotlight.....	8
Especially for Parents.....	9
Health & Safety	11
Especially for Providers	12
Campus Talk	13
Creative Corner	14
Classes, Workshops & Conferences.....	15
Teen Perspective & Web Connection.....	16
Legislative Update	17

County is eligible to receive a provider resource kit. This bag contains many items, among them the wonderful book "Practical Solutions For Practically Every Problem". This is a great book focused on child care. Many providers have utilized it on home visits with Tamiko. Along with this book, we are also giving out a curriculum book called "Squish, Sort, Paint and Build." Also included in the kit are some terrific free toys; puppets, books, felt board stories and musical instruments. If you are interested in receiving a kit, please call Tamiko.

As always, if you have any questions, concerns or suggestions, please feel free to call our office at 757-5695 or 1-800-723-3001.

Regards,
Robbie Townsley

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS

Tues., Jul. 16 & Aug. 20, 9:30 a.m. to 12:30 p.m.
VMC Game Room, 203 E. 14th Street, Davis
To register call (530) 757-5695 or (800) 723-3001.

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

July 9, 2:30-4:30 p.m. (Not meeting in August.)
Yolo County Office of Education, 1240 Harter Avenue,
Woodland. Call (530) 668-3773 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

This group is for all parents and babies under 1 year. The
group meets in Davis, Woodland and West Sacramento.
For information call Carrie Shepard at (530) 753-8602.

Davis: Thursdays 1:00-2:30 p.m.; VMC Game Room.

Woodland: Wednesdays, July 3, 17, 31 and Aug. 14 & 28
9:30-11:00 a.m. at Greengate School located at 285 W.
Beamer room A.

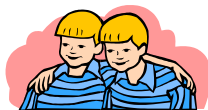
West Sacramento: Tuesdays, July 2, 16, 30 and Aug. 13 &
27, 1:00-2:30 p.m. at Bryte Elementary, 637 Todhunter
Ave.

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 p.m., 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.



WEST SACRAMENTO SIBLING GROUP (ages 6 to 12)

Meets 3rd Tuesday 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.

BRIDGES

Support for parents of children in K-12 special education.
Learning Center, Davis High School
Call Suzanne at (530) 756-5411 for information.

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.

PARENT SUPPORT

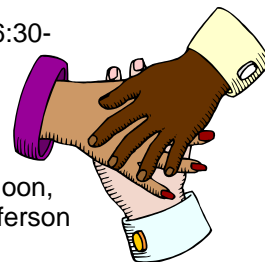
For parents and caregivers of emotionally disturbed
children. For information on any of the meetings call Joan
McChesney, Family Partnership Program Coordinator,
(530) 666-8632 ext. 9183

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.

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

July	3	W. Sacramento Bridgefest
	4	Independence Day (City Offices Closed) *Independence Day Celebrations (check out the Community Events section of Small Talk)
	16	Family Child Care Licensing Orientation
	19 – 20	Davis Star Show
Aug.	9	Parenting Article submissions due
	14 - 18	Yolo County Fair in Woodland
	20	Family Child Care Licensing Orientation
Sept.	2	Labor Day (City offices closed)

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

Writers Wanted

City of Davis Child Care Services is seeking articles on topics directed towards parents and child care providers. The articles will be used as parenting handouts or newsletter articles during fiscal year 2002-2003. They will be distributed in paper form and possibly via the Internet. They may be translated into a number of languages used in Yolo County.

Articles can cover topics such as nutrition, development and health. They should be 1000-1500 words in length and be written in a simple and concise manner. We are especially interested in articles focusing on working with children with special needs and articles focusing on brain development.

Authors of selected articles will be contacted during the summer months. Payment will be in the range of \$50.00 - \$70.00 per article. Completed articles must be received by Friday, August 9, 2002. Send them to: Robbie Townsley, Child Care Services, 600 A Street, Davis, CA 95616. For more information call Child Care Services at (530) 757-5695 or (800) 723-3001.

After School Care

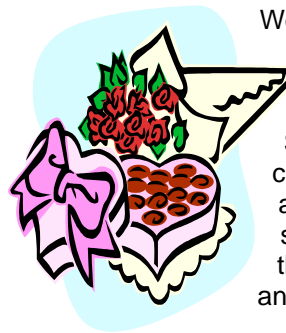
Do you need after school care during the school year? Many child care centers and family child care homes are currently accepting reservations/registrations for the 2001-2002 school year. Child Care Services can provide you with a listing of both Child Care Centers and Family Child Care Homes. These facilities have been licensed by the Department of Social Services. We encourage you to visit as many centers and/or homes, and give yourself plenty of time to find the ideal setting for your family. For more information on available child care options call Child Care Services at (530) 757-5695 or (800) 723-3001.

Learn More About your Baby



Learn more about your baby and have fun too! The UC Davis Infant Lab is looking for 4-12 month – old infants to participate in research studies. Receive a gift for participating. For more information, call (530) 752-8846.

A Note of Thanks!



We would like to extend a special note of thanks to Jan Buttler for her continuous support towards the publication of Small Talk. Her expertise, commitment and humorous approach contributed to its success. It's comforting to know that she is just a phone call away and always willing to help.

Thank you Jan!!!

Community News

Parents Together News



Parents Together is a group for parents and infants under 1 year of age. Parents meet to share and discuss a wide variety of topics such as getting baby to sleep to tips on nursing and infant development. The group also serves as an opportunity to meet other new parents. Parents Together is a free service of Child

Care Services Resource & Referral and is available to Yolo County Parents and their infants 1 year and under. The meeting dates and times are as follows:

In Davis

Thursdays, 1-2:30 pm
Veterans Memorial Center
Game Room
203 E. 14th Street

In West Sacramento

Every other Tuesday
9:30-11 am; July 2, 16 & 30 and August 13 & 27
Bryte Elementary School
637 Todhunter Avenue

In Woodland

Every other Wednesday
9:30 – 11 am; July 3, 17 & 31 and August 14 & 28
Greengate School, Room A
285 West Beamer

For more information, contact group facilitator Carrie Shepard at (530) 753-8602 or Child Care Services at (530) 757-5695 or (800) 723-3001.

YOU CAN MAKE A DIFFERENCE IN THE LIVES OF CHILDREN!

Interested in improving the lives of children ages 0-5 and their families in your community?

Apply for a Mini Grant from the Children and Families Commission!

Who: Community members, civic and social organizations, individuals with a desire to improve the lives of Yolo County's youngest children (0-5)

What: Mini grants (\$250-\$3,500) are available for community-driven projects or events that benefit children ages 0-5 and their families in Yolo County

When: Applications accepted July 1-September 30, 2002.

Where: Yolo County Children & Families Commission
403 Court Street, Woodland, CA 95695

Why: Because, "It's all about the kids!"

How: Submit the application, available after June 17, at our office or online at www.yolochildren.org

© Call 530-669-2475 for more information ©



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)

Family Support News

Effective July 1st, 2002 the Yolo County District Attorney, Family Support Division will become the Yolo County Department of Child Support Services. Governor Gray Davis signed the Child Support Reform Act in 1999, which created the new state Department of Child Support Services and mandated that a local Department of Child Support Services be established in each county by December 31st, 2002. The new law also state that:

- All current Family Support Division employees will become employees of the new local department.
- All current assets of the District Attorney Family Support Division will be transferred to the new local department.
- Franchise Tax Board will play an expanded role in collecting child support and will be responsible for developing a statewide automated child support system.

What is Changing?

- The name will become the Yolo County Department of Child Support Services
- It will no longer be a division of the Yolo County District Attorney
- A new director will be selected by the Board of Supervisors

What is Staying the Same

- Location and address – 100 W. Court St. , P.O. Box 1385, Woodland, CA 95776
- Business hours: 7:30 am to 5:30 pm, Monday to Friday
- Phone number – (530) 661-2880 FAX (530) 661-2878
- E-mail – child.support@yolocounty.org
- Your case number
- Distribution of collections within a 2-day time frame
- The following services will still be provided:
 - *Locate a non-custodial parent
 - *Establish paternity
 - *Establish and enforce court-ordered child and medical support
 - *Modify court-ordered support
 - *Collect and distribute child support payments
 - *Administer civil and criminal enforcement remedies

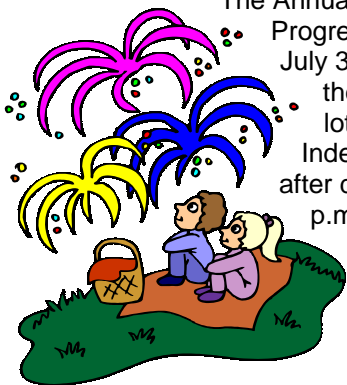
**Their goal is to promote responsible and self-sufficient families through the establishment, collection and distribution of child support in a professional, impartial and efficient manner.

PAYMENTS:

Payments of child support should be made payable to "Yolo County Department of Child Support Services"

Community Events

BridgeFest 2002 Fireworks



The Annual West Sacramento Pride and Progress Celebration will be held on July 3 from 6:00 to 10:00 p.m. in the 2101 Stone Blvd parking lot. Fireworks in celebration of Independence Day will begin after dark, approximately at 9:30 p.m. For more information call (916) 371-7042.



Harmony on the River

Free concert series at the River Walk Grand Staircase, Tuesdays thru Sept. 17. Families & picnics welcomed. Sponsored by the City of West Sacramento. For more information, contact the West Sacramento Parks and Community Services at (916) 373-5860.

Davis Independence Day Celebration

Bring your family and friends and join the City of Davis Fourth of July Celebration from 1:00-11:00 p.m. at Community Park. There are numerous activities for everyone to partake in throughout the day. For more information call (530) 757-5626.

Friday Nights in Downtown

Friday Nights in Downtown is a free outdoor concert series from July 12 to August 30 at 6:30 p.m. It is sponsored by the Davis Downtown Business Association. Entertainment schedule to be announced. For more information call (530) 756-8763.

Yolo County Fair

Bring your family to the Annual Yolo County Fair August 14 to August 18. This event will be at the Yolo County Fairgrounds, Main Exposition Hall in Woodland. Call (530) 662-5393 for more information.

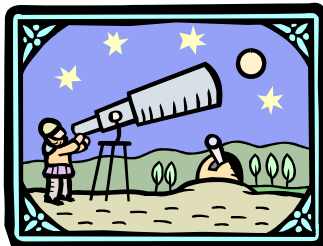
Summer Concert Series in Woodland

All shows at Freeman Park community bandstand Thursdays at 7:00 pm

- July 11, Jose Zaragoza Trio (romantic latino)
- July 18, Over Forte (dixieland)
- July 25, Eddie "Guitar" Loeb (rockin' blues)
- August 2, 5 Tons Of Rhythm (swing and jazz standards)
- August 8, Slick & Sliders (dance band)

Davis Star Show

Davis Star Show: A Festival of Astronomy & Science is a public celebration of our universe. There will be distinguished speakers, a trade show, a planetarium, activities for children, and much more. The event ends with a public star party. July 19 and 20 at the Veterans Memorial Center. For more information call (530) 297-1900.



Community Events

Summer Events at the Library

Your local library has a summer of fun planned for you and your children. From preschool storytime, to activities and guests, your child is sure to join in the fun. For more information about your local library's summer program, contact your library as soon as possible. Some events may accommodate only a limited number of children.

CLARKSBURG (916) 744-1755
ESPARTO (530) 787-3426
KNIGHTS LANDING (530) 735-6593
WINTERS (530) 795-4955
YOLO (530) 662-2363

DAVIS

315 East 14th Street
(530) 757-5593

Preschool Storytime

For kids ages 3 to 5 and their families
Wed., July 3, 10 & 24 at 7 p.m.
Thurs., July 11, 18, 25 & Aug. 1 at 10:30 a.m.
Sat., July 13 & 10 at 10:30 a.m.

Activities for children 5 and up

Tales of the Sea - Tues., July 2 at 2:00 p.m.
with Cathryn Fairlee, Storyteller

Something Fishy - Tues., July 9 at 7:00 p.m.
Skits and Crafts

Australia Great White Shark Expedition
Tues., July 16 at 2:00 p.m.

Treasures of the Sea - Tues., July 23 at 2:00 p.m.

Magic Show - Weds., July 31 at 7:00 p.m.
with Magician Jim Jayes

WOODLAND

250 First Street
(530) 661-5983

Toddler Time (For children ages 1 ½ to 3)
Tues., 10:30 – 11:00 a.m. through July 30.

Summer Reading Club

Set Sail with Captain Book - Children ages 3 through 12 are invited to come to the following special events. Children can also record the names of books they read and get prizes for reaching their reading goal. Get all the details at the Library. For more information, call Children's Librarian Carol Beckham at (530) 661-5983.



WEST SACRAMENTO

1212 Merkley Avenue
(916) 375-6465

Preschool Storytime

Tues., June 11 - July 30
English @ 11:30 am
Spanish @ 12:00 pm

Thurs., June 13- August 1
English @ 6:30 pm

Activities for children 5 and up

Pirates Treasure – Tues., July 30th at 2:00 p.m.

Shark Fest - Thurs., July 11th at 4:00 p.m.

Gone Fishing - Tue., July 2 at 2:00 p.m.
Thurs., August 1 at 4:00 p.m.

Humphrey the Whale - Tues., July 9 at 2:00 p.m.
with Joyce Ormond – Storyteller

Songs and Stories, Tues., July 16 at 2:00 p.m.
with Linda Book

Magic of the Sea, Tues., July 23 at 2:00 p.m.
Ed Middleton - Magician

Agency Spotlight

This issue's featured agency is the Yolo County Children and Families Commission, also known as Prop 10.

The Yolo County Children & Families Commission was created through Proposition 10, a statewide ballot initiative passed by California voters in November 1998 to add a 50 cent-per-pack tax on cigarettes. The monies collected are used statewide and locally to fund programs that promote early childhood development, from ages 0-5. Prop 10 goals include:

- ◆ School readiness for children
- ◆ Helping families become strong and self-sufficient
- ◆ Promoting health awareness in children
- ◆ Assisting families in accessing services

Yolo County Children & Families Commission (YCCFC) Mission:

The Yolo County Children and Families Commission will assist our community to raise children who are healthy and ready to learn. We will assure that our resources are effectively used and all community voices heard.

What We Do at YCCFC:

- Identify and respond to community needs for children 0-5 and their families
- Promote the coordination and integration of services to best meet the needs of residents
- Raise awareness about the challenges and opportunities for young children and their families
- Build community capacity to respond to the needs of children ages 0-5
- Foster collective ownership and accountability for Yolo County's young children
- Recognize that "It's all about the kids"!

For information on new funding opportunities for community members please refer to page 5.

YCCFC Initiatives:

➤ School Readiness Initiative:

The purpose of the School Readiness Initiative is to improve the ability of families, schools and communities to prepare children to enter the school system ready to learn and succeed. This initiative can meet this objective through a fully collaborative effort including families, early care and education providers, district and school staff, health and social services, and other community organizations.

➤ Community Engagement Project (CEP):

The Community Engagement Project (CEP) aims to work in partnership with community members to improve the lives of children ages 0-5 and their families. The CEP objectives include increasing public awareness about the importance of the early years; encouraging community members to identify and act to improve the well-being of children 0-5 and their families; and increase access to local resources. Foster collective ownership/responsibility to raise children who are healthy and ready to learn.

A Kit for New Parents

The Yolo County Children and Families Commission also has a *Kit for New Parents* available for free. The kit is a comprehensive resource for new and expecting parents and gives parents information about the importance of the early years in a practical manner which parents can incorporate into their daily lives. Good health, loving relationships and frequent learning opportunities are some of the topics covered. *Kits* are initially available in both English and Spanish. You may call 530-669-2475 for more information.

YCCFC Contact information:

403 Court Street, Woodland, CA 95695
Tel: 530-669-2475; Fax 530-669-2477
Email: cfc@yolochildren.org; Web Site: www.yolochildren.org



Especially for Parents

When I Play, I Am Learning:

When I paint at the easel, I am learning...

- to develop my imagination and creativity.
- eye-hand coordination, helpful for learning to write.
- the names of colors and how to make new colors.
- to distinguish shapes, and purposely create shapes.
- to notice patterns from background, necessary for learning to read.
- to express my feelings and ideas.
- that my ideas have value.
- relationships of space and size, necessary for mathematics.
- concepts of symmetry, balance and design.

When I play with playdough, I am learning...

- to see the shape against the background of the table, a reading skill.
- concepts of shapes, relative sizes, big, small, length, height.
- to see negative space when cookie cutter shapes are taken away.
- to express feelings, squeezing and pounding.
- to exercise my imagination and creativity.
- that the amount of substance remains the same, even when the shape changes.

When I play with water, I am learning . . .

- that some things sink and some things float.
- to observe changes as water takes different form in different container.
- about different temperatures.
- about wet, dry, and evaporation.
- what happens when you add soap.
- eye-hand coordination as I learn to pour.
- concepts of empty and full, volume and weight, relevant to mathematics.

When I sort things, I am learning . . .

- to notice details, similarities, and differences in objects and form categories, essential concepts for reading and mathematics.
- concepts of color, size, and shape.
- numerical concepts of more and less.
- logical reasoning.

When I play with blocks, cars and trucks, I am learning .

- concepts of shape, size, length and location; all relative to learning to read and do mathematics.
- to create and repeat patterns, a math skill.
- to exercise my imagination.
- to express my ideas.
- to cooperate with others.

- to solve problems.
- about the properties of wood.
- to see myself from a different perspective, that of a giant.

When I play on the climbing equipment, I am learning . .

- self confidence as I develop new skills.
- physical strength, coordination and balance.
- to use my imagination.
- to cooperate with others when involved in some dramatic play.
- to solve problems.

When I play in the dramatic play area (such as dress-up corner), I am learning . . .

- to be flexible in my thinking.
- to express myself in sentences.
- to try on different adult roles.
- to solve problems, especially socially, through negotiation with friends.
- to sort and organize play things.
- to make decisions.
- to improvise and use things in symbolic way to represent something else. . . a form of abstract thinking.
- to carry out my ideas, with the co-operation of other.
- to exercise my imagination and creativity.

When I participate in circle (group) time activities, I am learning . . .

- to listen, sit still, and understand spoken language.
- to add my ideas to the discussion. My ideas have value.
- to wait when others are talking.
- new vocabulary connected with the topic of discussion.
- to remember the words of songs and poems.
- the names of others in the group.
- to cooperate and be considerate of the needs of others.
- to help plan what we will do and what items we will need to do it.

Reprinted from WHEN I PLAY I AM LEARNING

Written by K. Miller

Children's World Natl. Dir. of Education

Especially for Parents

Compiled by Letti Hardin

These books are some of our new additions to our Resource Library. Our Resource Library is now located at 600 A Street in Davis. For more information call Child Care Services at (530) 757-5695 or (800) 723-3001.

Games to Play with Toddlers by Jackie Silberg - A wonderfully user-friendly book. Each page contains directions for the activity, the appropriate age for the activity, different variations you can try and also a box at the bottom of the page that tells you what your child will learn from doing this activity. The toddler book has activities on Growing and Learning, Teddy Bear Games, Kitchen Games, Outside Games, Laughing and Having Fun Games, Art and Singing Games, Car Games, Special Bonding Games, Bath and Dressing Games, and Finger and Toe Games. We have other "Games to Play" books by Jackie Silberg, such as: **Games to Play with Babies**, **More Games to Play with Toddlers**, and **Games to Play with Twos**.

Beyond Dolls & Guns: 101 Ways to Help Children Avoid Gender Bias by Susan Hoy Crawford - This book is nice because it discusses the topic of gender bias without being too heavy handed. It gives nice ways to help you raise your child to be less gender biased. It also helps to raise your own consciousness and makes you look at some of the less obvious sources of gender bias in our society.

Care About Quality: Your Guide to Child Care by the California Department of Education - A great little booklet about the different types of child care (center care, family child care, au pairs, nannies, and occasional care). It also discusses definitions of quality child care, how to choose child care and how to make your child care choice work for you, the provider, and your child. There is even a nice section in the back about child development and what to expect from your child at each large stage of growth. A good overview for anyone wanting to know more about how to choose quality child care.

Active Learning for Ones by Debbie Cryer, et al. - This activity book is full of fun things to do with children ages 12 - 23 months old. The book is written for child care professionals in mind, but parents may also find this book helpful to keep a toddler busy and active. Each activity has information on the time needed, the number of toddlers that can participate, the environment needed and a brief description of how to do the activity. There are over 300 different activities listed in the book. Enough to keep even the most active toddler happy for a long time.

Setting Limits by Dr. Robert MacKenzie - A must read for parents or child care providers working on discipline techniques. The book explains what limits are, why they are necessary, how to teach them, and how children learn them. Different age groups are used as examples, so no matter what age your children are, there is going to be some material in this book that will apply to them. The book covers how to make clear and firm boundaries, end power struggles, encourage cooperation, teach problem-solving skills, and how to apply logical consequences to misbehavior. There are special chapters on Teens, Chores, and Homework.

Parenting Your Toddler by Patricia Henderson Shimm - This is a great reference book to have around if you work with or are raising a toddler. The book has a chapter on each of the main concerns during toddlerhood - temper tantrums, separations, setting limits, eating, sleeping, potty training, sibling relationships, and more! The format of the book makes it very easy to look up a topic and get information fast. A good book to help you understand your toddler and keep your sanity during the toddler years!

Kids N' Cash by Judith A. Schmatjen - This is a good book to read whether your child has an allowance already or even if your child is too young to know what money is yet. The book gives a nice overview of how to help your children learn the value of money, how to save it, how to spend it and how much guidance you as a parent should give to your children concerning their money. The bulk of the book covers money and allowance issues for the different age groups from ages 2 - 22. Other topics covered are credit cards, buying your child a car, and instilling a work ethic. A good book to help you teach your child about money.



Health & Safety News

Smoke Detectors

Here are tips from the American Red Cross:

- Install a smoke alarm outside each sleeping area and on each additional level of your home.
- If people sleep with doors closed, install smoke alarms inside sleeping areas, too.
- Use the test button to check each smoke alarm once a month. When necessary, replace batteries immediately. Replace all batteries at least once a year.
- Vacuum away cobwebs and dust from your smoke alarms monthly.
- Smoke alarms become less sensitive over time. Replace your smoke alarms every ten years.

New Poison Control Center Phone Number

A new country-wide Poison Control Center phone number has been established. The new number, **1-800-222-1212**, can be accessed from any part of the country, linking the caller to their local poison control center. This new number uses a system that identifies where the caller is calling from and then automatically directs the call to the appropriate regional poison center. Although the previous phone number will work for sometime, people should begin to use the new number. If you would like a new poison control center sticker or magnet with the new information, you may call the **non-emergency number at (916) 227-1400**. You may also visit their website at www.calpoison.org.

New Law Regarding Tobacco Use in Playgrounds

On January 1, 2002, a new law took effect designed to protect children in playgrounds or tot lot sandbox areas in parks. Assembly Bill (AB) 188 (Vargas) added Section 104495 to the Health & Safety Code, which prohibits smoking a cigarette, cigar, or other tobacco-related products within these areas. In addition, the disposal of cigarette butts, cigar butts or other tobacco-related waste within a playground or tot lot sandbox area is also prohibited. Those violating this law are subject to a \$100 dollar fine. This code will keep tot lots and playgrounds smoke-free and reduce the amount of litter caused by tobacco-related waste, not to mention the fact that children will be less able to observe and copy adult smoking behavior. For more information on this bill you can call the Department of Health Services at (916) 327-5425.

Yolo County Tobacco Prevention Coalition

8,000 children are treated by a doctor every year due to exposure to second hand smoke!

The Yolo County Tobacco Prevention Coalition is looking for community members interested in working in tobacco advocacy activities. The Coalition is currently working on researching, writing and implementing a policy that would make public parks and playgrounds smoke-free. Beginning January 1, 2002 a new California State Law mandated that all tot lots be smoke-free. The Coalition would like to extend the statewide policy to include the entire park. Not only would this policy help reduce the exposure of second hand smoke, but it would also send a positive behavior message to our children. For more information about the Yolo County Tobacco Prevention Coalition, please call (530) 666-8448 or contact us by email at steven.jensen@yolocounty.org today!

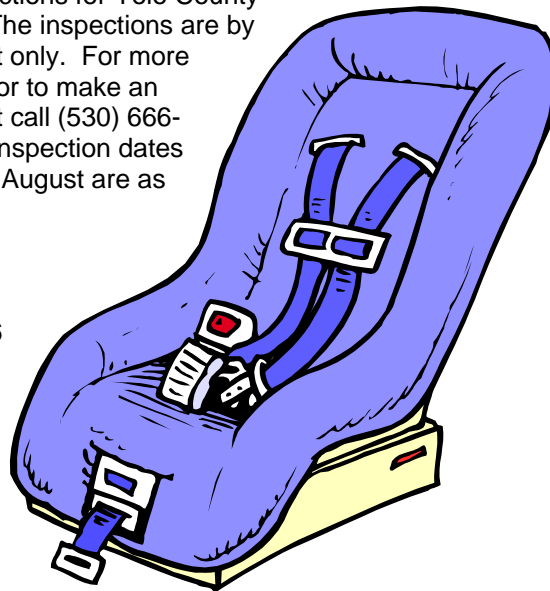
Free Car Seat Inspections

The Yolo County Health Department has free car seat safety inspections for Yolo County residents. The inspections are by appointment only. For more information or to make an appointment call (530) 666-8625. The inspection dates for July and August are as follows:

Woodland
July 12 & 26
August 9 & 23

Davis
July 12
August 9

West
Sacramento
July 26
August 23



Especially for Providers

The Morning Health Check

(Suggestions from the Child Care Health Connections newsletter)

Daily morning health checks can help you learn what's normal for each child in your care and identify problems early so you can reduce illness in your program.

Signs to Observe

During your morning health checks, watch for the following:

- ✓ Mood and changes in behavior
- ✓ Fever (if there is a change in the child's behavior or appearance)
- ✓ Skin rashes, itchy skin or scalp, unusual spots, swelling or bruises
- ✓ Complaints of pain and not feeling well
- ✓ Other signs and symptoms of illness such as severe coughing, sneezing, breathing difficulties, discharge from nose, ears or eyes, diarrhea or vomiting
- ✓ Reported illnesses in child or family members

Use All your Senses

Listen to what the child and parents say about how the child feels.

Look at the child from her level. Observe for signs of crankiness, pain, discomfort or being tired.

Feel the child's cheek and neck for warmth, clamminess or bumps as a casual way of greeting.

Smell the child for unusual odor in their breath, diaper or stool.

Making Decisions

If you have concerns about a child, discuss them with a parent. Perhaps the child needs to go home. If you decide that the child will remain, discuss how you will care for the child and at what point you will call the parent. It is your decision whether the program will accept the responsibility for the ill child.

Provider Meetings

Many providers expressed an interest in getting together with other providers on a more regular basis. Some suggestions that came from the Recognition Dinner Evaluations are:

- "Quarterly fun activities or potlucks with other providers."
- "I wish more providers would attend the Morning Out Program."
- "Support groups to share ideas with other providers."

If you are a provider interested in meeting other providers on a regular basis, feel free to contact Child Care Services at (530) 757-5695 or (800) 723-3001. We will be happy to get you in touch with providers who have similar interests.

Morning Out will Resume Meeting in August

After a short break in the month of July, the Morning Out Program will resume meeting in August. This is a good opportunity to sign up to participate in this free program. Come to a morning of preschool activities and take the opportunity to meet other child care providers. Child Development Specialists Tamiko Eslick and Renuka Mannapperuma have a morning of fun activities planned for the children in your program.

In Davis

August 9 & 23 from 9:30 to 11 a.m.

In Woodland

August 7 & 21, from 9:30 to 11 a.m.

In West Sacramento

August 6 & 20 from 9:30 to 11 a.m.

For more information and to sign up contact Tamiko at (530) 757-5695 or (800) 723-3001.

Campus Talk

CampusTalk July/August 2002

Submitted by Barbara Ashby, Program Manager
UC Davis Child Care & Family Services
530-752-5415, www.hr.ucdavis.edu/childcare

UC Davis Child Care Subsidy Program

The program, entering its 14th year of operation, assists low-income student parents with the cost of child care at licensed homes and centers in Davis and neighboring communities. Eligibility is based on income and student status. Disbursements are decided by a lottery each fall. Applications for 2002-03 will be available in early August. Those who submit applications late or do not receive a subsidy through the lottery are put on a waiting list for funds that may become available during the academic year. For an application, call (530) 757-7595, stop by the Child Care Grant Office at 600 A Street, or visit the UCD Child Care Services website at <http://www.childcare.ucdavis.edu/>

Seeking MARRIED MEN for Marital Beliefs and Relationship Quality Study

Jennifer Frei, a graduate student in the Psychology Department, is seeking married men to participate in a study of beliefs about yourself and your spouse in marital relationships. The study consists of a 15-minute phone screening for qualifications and a 1-hour session involving survey materials at the researcher's lab on campus. We are interested in what men have to say about their marriages. Men who complete the two phases will receive \$30. If you are interested, please call 530-752-1066 for more information.

Women Volunteers Needed for Research Study

USDA Western Human Nutrition Research Center needs healthy, non-smoking women, ages 25-40, to test new portable devices that measure energy balance. There are two study groups: 40-80 lbs. overweight and average weight. Volunteers must use hormonal birth control (oral contraceptives, Norplant, Depo-Provera), be sedentary to moderately physically active, and not be involved in a weight loss program. This is a 3-week study involving 10 UC Davis campus visits and some at-home activities. Volunteers earn up to \$430 for completing the study. For more information, call (530) 752-5177, and press #2. Also visit our website: www.whnrc.usda.gov

Carbohydrates and Metabolism Study for Overweight Women

USDA Western Human Nutrition Research Center needs healthy women - ages 18-48, non-smoking, who are not pregnant or planning a pregnancy, and who are 10 - 40 lbs. overweight - to participate in a research study. Upon completion of study participation, volunteers receive \$225 in stipends. For more information, call (530) 752-4168.

Breastfeeding Videos Available for Viewing

Hollister/Ameda Egnell, manufacturer of the pumps used in the campus Breastfeeding Support Program, has provided a series of educational and instructional videos. Registered program participants are invited to watch the tapes at the Child Care & Family Services office. Please call 752-5415 or e-mail lhall@ucdavis.edu to schedule a time.

- 🔗 Exercises for Pregnancy and Recovery
- 🔗 Breastfeeding: A Special Relationship
- 🔗 Cup Feeding - Using the Ameda Baby Cup
- 🔗 Breastfeeding the Pre-Term Infant...A Positive Approach
- 🔗 Tongue-Tie: Impact on Breastfeeding
- 🔗 Breastfeeding - Techniques That Work - First Attachment
- 🔗 Breastfeeding - Techniques That Work - First Attachment in Bed
- 🔗 Breastfeeding - Techniques That Work - Burping the Baby

California Laws Regarding Breastfeeding

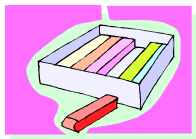
Section 1030 et seq. was added to the California Labor Code on January 1, 2002 with the passage of California Assembly Bill 1025 (2001). It requires all employers to provide a reasonable amount of break time to employees desiring to express breast milk for their infant children. Information regarding AB 1025 and other State legislation to protect the rights of lactating women is available at <http://directives.ucdavis.edu/2002/02-060.cfm>

Creative Corner

Home-Made Sidewalk Chalk

Materials Needed:

- 1 Cup Plaster of Paris
- 1 Cup Water
- Powdered Tempera Paint



Instructions:

Find a mold for your sidewalk chalk. You can use small paper cups, toilet tissue rolls, candy molds, etc. Mix the Plaster of Paris and the water together. For colored chalk, add powdered tempera paint to achieve the color you want. Let stand for a few minutes and then pour into mold.

Set side and let dry completely. This can take anywhere from several hours to a few days depending on the size of the mold you chose. Once dry; remove the chalk from the mold. If it is still moist let air dry for another 24 hours.

Giant Bubbles

Materials:

- 1/2 cup Dawn® or Joy® liquid dishwashing detergent
- 4 1/2 cups water
- 3 to 4 tablespoons glycerin
- Yarn or String

Instructions:

In a large plastic bowl mix all ingredients gently so that foam doesn't form on top of the water. Skim off any foam that appears because it interferes with bubble making. Knot yarn, string, or twine into loops of different sizes, up to 30 inches in circumference. The larger the loop, the larger the bubble. Let string loops soak for a minute in bubble mix. Using both hands, grasp the loop at two equally distant points and lift it gently out of the water with both sides of the string drawn taut. Open the strings about 1/2 inch apart, keeping the string taut. Lift this string form into the air, and a giant bubble will appear. Label the bubble mix and store it tightly sealed.

Marshmallow Relay

Materials Needed:

- Mini marshmallows
- Peanut Butter
- A Big Bowl
- A Mirror and a Camera!!

Instructions:

Place the marshmallows into a big bowl. Have the children put a scoop of peanut butter onto their nose and then dunk their head into the marshmallow bowl. Have them walk 6-10 feet and then have them count all of the marshmallows! This is silly, fun and yummy!

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 1/2 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.

By Vincent Castillo age 5

Classes, Workshops & Conferences

Parenting Classes

Yolo Connection Offers Parenting Classes During the Summer

Yolo Connection will be offering parenting classes this summer and fall in Davis, West Sacramento and Woodland. Active Parenting, Bonding and Rebuilding and Parent to Parent will be some of the classes offered. For more information call Jada at Yolo Connections at (530) 669-3285.

Foster & Kinship Care Education Classes

Foster & Kinship Education Program will sponsor classes starting in September. All classes are held at the Woodland Community College located at 41605 Gibson Road in Woodland unless otherwise specified. For more information you can call (530) 668-9231.

High Risk Infant Care & Development

September 12, 19 & 26
Thursdays, 6:30 – 9:30 p.m.

In Spanish Parenting & Attachment Issues

September 12, 19 & 26
Thursdays, 6:30 – 9:30 p.m.

Orientation for Foster Parents

Call for more information
September 16, 18, 23 & 25

Kinship Care Specific Classes

The Love & Logic Parenting Approach

September 9, 16, 23 & 30
Mondays, 9 – Noon

Yolo County's Family Court Process

September 13
Friday, 6:30 – 9:00 pm

Early Childhood Education Classes

Sacramento City College will offer a series of Early Childhood Education Classes this summer. For more information on these and other classes please contact Sacramento City College at www.scc.losrios.cc.ca.us or by calling (916) 558-2351 in Sacramento, (916) 375-5511 in West Sacramento and (530) 747-5200 in Davis.

Mary Sheedy Kurcinka Will Present in Davis

Mary Sheedy Kurcinka, author of *Raising Your Spirited Child*, will speak at the Veterans Memorial Center Theater in Davis on September 19, 2002, at 7:00 p.m.

How do you live with a child who can feel the seams in socks and refuses to wear them or screams for 45 minutes because you cut his toast in triangles when he was expecting rectangles? How do you discipline a child who refuses to take "no" for an answer and seems to know the perfect trigger to "push your button"? Is there a way to survive and even learn to enjoy life with a spirited child?

The latest research on temperament demonstrates that every child is born with a preferred style of interacting with the world around him or her. Some children by their very nature are more -- more intense, persistent, sensitive, perceptive and energetic. We can find valuable traits in their lives that help these children learn to maximize their strengths and minimize their weaknesses.

This workshop will focus on:

- Understanding individual differences
- Learning effective discipline techniques that prevent the hassles and maximize the joys
- Identifying "triggers" for you and your kids
- Using words and creating visions that focus on strengths
- Strengthening adult-child relationships
- Learning about yourself as you learn about your children.

The workshop is fun, experiential and thought provoking.

Tickets are \$15 per person. Mail check payable to Mindful Education, 1301 Arena Drive, Davis, CA 95616. Please include a self-addressed stamped envelope. For more information visit www.mindfuleducation.com.

Ms. Sheedy Kurcinka is the author of the best seller, *Raising Your Spirited Child*, *A Guide for Parents Whose Child is More: Intense, Sensitive, Perceptive, Persistent and Energetic*, winner of the 1998 Parents' Choice Award, *Raising Your Spirited Child Workbook*, 1998 and *Kids, Parents and Power Struggles: Winning for a Lifetime*,

Teen Perspective

Greetings,

As the summer begins, I would like to look back on my year and describe graduating from Junior High and moving on to high school. I feel like I accomplished a lot this year, like putting on two plays (Anne of Green Gables and A Midsummer Night's Dream) getting through Algebra, which was very challenging, taking two language classes, etc. The end of the year was also pretty hectic. For example, I started Water Polo in the spring. It was really fun, and even though I only did it for four weeks, I started to develop some skills, and I even scored a few goals! The coach, Doug Wright, who was also my art teacher in the second semester, was really nice and helpful, and he encouraged me not to give up. The more experienced players were also very nice, and they helped explain the game to me more. I look forward to playing JV in high school!

Another thing that happened at the end of the year was graduation. Before that, we went on a 9th grade trip to Six Flags Marine World, which was a blast, and then the next day, graduation! All the graduates walked across the stage, and the counselor announced their names, and then when everyone had sat down, they handed out the major awards, like best Eagle Spirit, Best Athlete (male and female) Best All-Around, etc. Everyone got a folder with their special achievements in it that hadn't been announced. Mine were Academic Achievement, Academic Excellence for Peer Education and French I. I also received a certificate stating that I graduated. After the ceremony was over, we all signed each other's yearbooks. That was my chance to get people who I didn't have classes with to sign. Then, of course, everybody else had to sign on Thursday, the last day of school. So far this summer, I've been hanging out with friends and going to the DAC for an hour and a half every morning. I've also got 26 days of camp to look forward to, and a trip back east to see my cousin get married! But no matter what happens this summer, I know I will have a blast and that next year will bring many more wonderful surprises around every corner. I hope everyone has a great vacation,
Rachel

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

Web Connection

This summer, children can surf the web and learn about animals, visit museums and play interactive games, all from the comforts of their home. Visit these sites for a new learning experience. Parents, always remember to supervise children when they are online. (Access to the Internet is also available at your local libraries.)

Animal Resources from the Electronic Zoo (NetVet)
<http://netvet.wustl.edu/ssi.htm>

EE-Link Endangered Species
<http://www.nceet.snre.umich.edu/EndSp/Endangered.html>

Searching the Animal Diversity Web
<http://www.oit.itd.umich.edu/bio/biogate-p.cgi/bio/bio.index>

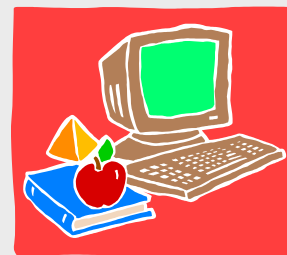
Seaworld/Busch Gardens Animal Information Database
<http://www.seaworld.org/infobook.html>

University of Kentucky Dept. Of Entomology - Youthfacts
<http://www.uky.edu/Agriculture/Entomology/ythfacts/entoyouth.htm>

Exploratorium Exploranet
<http://www.exploratorium.edu/>

Science Museums Hotlist
<http://sln.fi.edu/tfi/hotlists/museums.html>

NPR Science Friday Kids Connection
<http://www.npr.org/programs/sfkids/showarchive/>



Legislative Update

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

New Legislation

AB 1867 Vargas Smoking Near Tot Lots
This bill would prohibit smoking or disposing of tobacco-related waste within 25 feet of a playground or tot lot sandbox area. It would increase the fine for violation of these provisions from \$100 to \$250. Last Amended: 4/29/02 Consultant: Ermelinda Ruiz (916) 319-2079 Status: Senate Health & Human Services

Active Legislation

AB 634 Wesson Mandatory Kindergarten
This bill would lower the age of compulsory school attendance from 6 to 5 years, beginning July 1, 2003, requiring children to attend kindergarten. The bill would require a waiver to be granted for a child between ages 5 and 6 at the request of a parent. Sponsor: Dept. of Edu. (916) 657-2280. Last amended: 7/19/01 Consultant: Greg Campbell (916) 319-2047 Status: Senate Appropriations Suspense

AB 1358 Pescetti Child Care: Site Visits
This bill would require site visits and inspections to be conducted within one hour of normal operations unless they are necessary to protect the health and safety of any child. It would require the department to develop a procedure to allow a licensee to be granted inactive status and their inspection schedule to be adjusted accordingly. Licensees would be responsible for paying licensing fees and maintaining standards upon reactivation of license. Amended: 3/18/02. Consultant: Sara Shults (916) 319-2010 Status: Senate Appropriations

AB 1818 Education Committee Omnibus Education Bill
This bill would revise the Child Care and Development Act so that references to children with exceptional needs are consistent. It would eliminate reference to center-based Alternative Child Care programs. The bill would eliminate the requirement to consider geographic equity in the distribution of funds for the extended day programs. It would allow unencumbered child care funding to be reallocated for preschool education projects operated by public television stations in Redding, San Francisco, San Jose, Los Angeles, Fresno, San Diego, Sacramento and Eureka. Contains other provisions. Sponsor: Dept. of Education (916) 657-2280. Last amended: 4/1/02. Consultant:

Mavonne Garrity (916) 319-2087. Hearing: Senate Education 6/19

AB 2470 Jackson Children's Hearsay Evidence
This bill would allow hearsay evidence of a minor under the age of 12 in an administrative hearing to suspend, revoke or deny a license for a child care facility unless a valid objection is made to the evidence. An objection would be required to show that the evidence is unreliable due to fraud, deceit or undue influence. Sponsor: Dept. of Social Services (916) 657-2623. Introduced: 2/21/02 Consultant: Janice Rocco (916) 319-2035. Hearing: Senate Judiciary

AB 2555 Leach Child Care Fiscal Responsibility
This bill would allow the Department of Education to terminate the contract of any child care agency that places a person who has been convicted of burglary, forgery, counterfeiting, larceny, embezzlement or extortion in a position of fiscal responsibility or control. It would require the department to withdraw the termination action if the agency removes the person from any position of fiscal responsibility or control and provides assurance that the person will not be returned to such position. Sponsor: Dept. of Edu. (916) 651-6578. Introduced 2/21/02 Consultant: Sharon Hoekstra (916) 319-2015 Hearing: Senate Education 6/12

AB 2874 Flores Unlicensed Family Child Care
This bill would limit an unlicensed family child care provider to caring for no more than 6 children (from one other family) other than their own. Last Amended: 5/18/02 Consultant: Mercedes Flores (916) 319-2030 Status: Senate Appropriations

SB 1596 Scott Child Care Accountability
This bill would separate the family support costs from administrative costs for alternative payment programs. It would require the development of guidelines to prevent the misuse of child care funds and fraud. The bill would require alternative payment program providers to inform the Department of Education of suspected misuse of funds or fraudulent activity. Sponsor: California Alternative Payment Program Association (916) 843-8775 Last Amended: 5/28/02 Consultant: Arwen Chenery (916) 445-5976 Status: Assembly Human Svcs.

SJR 42 Escutia Child Care & Development Block Grant
This bill would urge the United States Congress to reauthorize and increase funding for the Child Care & Development Block Grant. Introduced: 4/11/02 Consultant: Carrie Marovich (916) 445-3090 Status: Assembly Floor