

Smalltalk

Serving Providers & Families in Yolo County

Volume XXIX, Number 1

Dear friends,

I hope all of you had a wonderful December and were able to spend meaningful time with friends and family celebrating various holidays. Governor Davis released his proposed budget in early December. There were many items related to the Child Care field (please see Legislative Update on page 13 for detailed information). The Legislature has announced that they will not be making any quick decisions and will not formally re-convene as a whole until January. However, they will be holding committee meetings between now and January. We will keep you informed as more information becomes available.

It will be a busy New Year for all of us at Child Care Services. We are happy to announce the completion of the first round of CCIP (Child Care Initiative Project) trainings. A total of 37 providers participated in CCIP training this fall! WOW!! The advanced infant and toddler classes were very well received. Veteran providers learned new information on brain development and a multitude of other topics that they have already incorporated into their programs. A big thank you goes out to Lynn Arner-Cross for developing the curriculum. Lynn developed four classes with detailed information on Brain Development, Infant Attachment, Positive Discipline and Diversity. Child Care Services now owns a wonderful, in depth training series for advanced training purposes. The trainings won rave reviews from veteran providers. If you missed Lynn's classes this fall, they will be repeated later this spring. Spanish and English speaking providers came out in large numbers to attend *Family Child Care At It's Best*. We are thrilled with the overall response to the CCIP project.

Speaking of CCIP, we are also happy to announce a "first" for Child Care Services Resource and Referral. This winter we will offer two entire series of classes taught in Russian. The beginning series was developed by Child Action for their Russian speaking providers. This series will consist of four classes and will cover topics such as: Building Professionalism, Ages and Stages of Development, How Children Learn and Creating Fun Environments. An advanced series of classes will be available in Russian and Spanish. That curriculum has been translated from the materials Lynn Arner-Cross developed for our program. In March and April we will have English, Spanish and Russian provider trainings occurring at the same time! Needless to say, all of the Resource and Referral staff will be catching up on and storing sleep hours over the winter break.

Last but not least, we have an exciting announcement to make. Yolo County will be participating in a nine county Economic Impact Report that will be released this summer. This report will detail the overall impact that child care has on our county and the region as a whole. It will measure many things: the impact of provider's wages on local economy, the number of jobs in the child care field, the total wages those

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jobs represent, the number of jobs filled because child care is available for parents, total income parents earn because they have child care and are able to work, and other factors. As federal, state and local budgets get tighter, this report will be an important tool for the child care community. This report will enable the child care community to demonstrate exactly what financial impact their existence has on the community!

As always, if we can help you in any way, please do not hesitate to call us.

Regards,

Robbie Townsley
Resource & Referral Supervisor
Child Care Services

Welcome Melissa Lyans!

We would like to extend a warm welcome to Melissa Lyans, the new staff person for Morning Out. Melissa comes to us with a very strong child development background. Melissa received her Masters in Child Development from the Erikson Institute in Chicago. Melissa has also been employed in the child development field in a variety of positions and settings. Her most recent experience has been volunteering for the Center for Child and Family Studies at UC Davis. Prior to that experience, Melissa spent time in England teaching violin among other pursuits. We are very excited to have Melissa joining our staff. Some of our providers have already enjoyed getting to know her at Morning Out. We all look forward to benefiting from her background and experience.

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS

Tues., Jan 21 & Feb. 18* from 9:30 a.m. to 12:30 p.m.

VMC Game Room, 203 E. 14th Street, Davis

*The February Orientation will be held at the Davis Public Library Branchard Room located at 315 E. 14th Street.

Call to register (530) 757-5695 or (800) 723-3001.

PARENTS TOGETHER

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

Davis: Thursdays 1:00-2:30 p.m.; VMC Game Room. (**Not Meeting January 2nd .**)

Woodland: Every other Wednesday, Jan. 8 & 22 and Feb. 5 & 19. 10:30-12:00 p.m. **New Location: Woodland group now meets at the Yolo Co. Children & Families Commission office located at 403 Court Street.**

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.

YOLO CHILD CARE PLANNING COUNCIL

Regular meeting, Jan 14, 2:30-4:30 p.m., Yolo County Office of Education, 1240 Harter Avenue, Woodland. Call (530) 668-3773 for information.

ASPERGER'S SYNDROME PARENT SUPPORT

Support for parents, caregivers, and professionals that work with individuals diagnosed with Asperger's Syndrome. For information contact Robin Dewey at rdewey@uclink4.berkeley.edu The group meets the 4th Wed. of each month (Jan.-Nov.) 7 to 9 p.m. at the Alt. Recreation Bldg. 1111 Anderson Rd. in Davis

BRIDGES

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

DADS GROUP

The Family Resource Center and Yolo Family Service Agency are sponsoring a DADS group. The group is for fathers of children 0-5 years of age, and meets weekly. The group is also held in Spanish the first and third weeks of the month. For more information and registration call (530) 662-2211, ext # 20.

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.

GROUP FOR TWINS & PARENTS

Monthly parent support meetings for parents of twins. Meetings are for parents only, but the group organizes events and activities for everyone to enjoy. For meeting dates or more information contact Christine Easton at (530) 756-1047. You can also visit the group's website at www.dcn.davis.ca.us/~ypotc.

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.

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.– 12:00 p.m.
County Services Center, 500-B Jefferson Blvd., Ste 150

Davis:

4th Tuesday, 10:30 a.m.-12:00 p.m.
Mental Health Offices, 600 A Street.

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)

For siblings of children with special needs. Meets monthly 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 in Woodland. For more information call Sue Owens at (530) 666-0246.

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.

Location Index

VMC = Veterans' Memorial Center
203 E. 14th Street, (14th & B), Davis

Community News

Calendar

Jan. 1	Happy New Year!!! (City offices closed)
Jan. 8	Setting Limits w/ the Strong Willed Child (ages 3-11) begins
Jan. 11	Contracts & Policies Workshop
Jan. 20	Martin Luther King, Jr. Day (City offices closed)
Jan. 25	Tax Workshop
Feb. 1	Marketing Your Family Child Care Business Workshop
Feb. 14	Valentines Day
Feb. 17	President's Day (City offices closed)
Feb. 19	Setting Limits w/ the Strong Willed Child (ages 11-17) begins
Feb. 23	Esparto Almond Festival Flag Day

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

The Yolo County Children's Portfolio

YCCA Commissions a Comprehensive Children's Report

The Yolo County Children's Alliance has commissioned a new report that will address the condition of our children from birth through age twenty-one. The "Yolo County Children's Portfolio" will utilize between 25 and 30 selected indicators that support the best outcomes for our children. The outcomes include: good health, success in school, living in safe homes and communities, enjoying family economic well being, being out of trouble and ready for adult responsibilities. Members of the Children's Alliance represent the community in this case and will provide input on the indicators at open meetings to be held in January and February, 2003.

Reports on the conditions of children are not new in California. Some counties have been producing regular reports, often called scorecards, for years. In Yolo County, there have been a number of excellent studies done and these have usually focused on a particular aspect of children's lives. Excellent examples include a multi-agency report "Perinatal Predictors of Early Child Abuse and Neglect, 2001", the "Yolo County Health Department Key Indicators of Well Being, 1999", and the "County of Yolo Child and Family Needs Profile", commissioned in 1999 to support the local Prop 10 strategic planning process.

For more information about the Yolo County Children's Portfolio and upcoming meetings contact Elizabeth Jones at (530) 757-5558.

Yolo County Children's Alliance Opens Office in Davis

The Children's Alliance was established in April by the Board of Supervisors as a public-private partnership and is the result of several years of planning by a core group of local non-profit organizations and county leaders. Their mission is to find a way to maximize funding for children's services in Yolo County, develop a "results based accountability" model of coordinated service, minimize wasteful duplication of services, and serve as the county's Child Abuse Prevention Coordinating Council. A steering committee chaired by Assemblywoman and Former Second District Supervisor, Lois Wolk, spent over a year bringing the concept of a children's collaborative in Yolo County to reality. Yolo County now joins forty other California counties in developing a service network for children and youth from birth to age twenty-one. The YCCA is possibly the only children's collaborative that focuses on the entire spectrum of childhood and adolescence. The Children's Alliance office has been is staffed by Elizabeth Jones as interim executive director. Initial support for the collaborative has come from public funds, but the YCCA is now in the process of incorporating into a 501(c)3 California public benefit corporation and expects to become self sustaining in the future. The Yolo County Children's Alliance office is now housed in the county building at 600 A Street, Suite Y in Davis.

New Welcome Baby Program

Partnership Health Plan of California and Rise Inc. are happy to announce the start of the new Welcome Baby Program in Yolo County. If you are delivering in Woodland Memorial Hospital or Sutter Davis Hospital you are eligible to participate in the new Welcome Baby Program free of cost. Participants will receive a Welcome Gift, a Parenting Kit, a *Baby Don't Cry* cassette tape donated by the Rotary Club of Davis, and a Welcome Baby Visit from one of the program's Home Visitors.

This new program aims to provide parents with information about having a new baby as well as linking parents to community resources that serve families. **If you live in Yolo County and want more information about this FREE program call: (530) 297-0808 or (800) 809-1350.**

This program is funded by the Yolo County Children and Families Commission.

Community Events

Martin Luther King Jr. Celebration

The 9th annual Davis Martin Luther King, Jr. Celebration will take place on Monday, January 20, 2003 at 12 noon in the Varsity Theatre, 616 Second Street. The event is sponsored by the city of Davis Human Relations Commission. Community members, especially children and families, are invited to attend.

The program will feature speeches and music commemorating the life and accomplishments of Dr. King for civil rights, peace and nonviolence. Dr. Carl Mack will give the keynote address. Dr. Mack is a former chair of the Davis Human Relation Commission, former chair of the UCD African American Studies program and is the retired school superintendent of Sacramento's Del Paso Heights School District. Following the program at approximately 1:00 p.m., citizens will be invited to participate in a short Freedom March through downtown Davis. For more information, call Tansey Thomas at (530) 758-3076.

Talking to Children About Race

Davis Blacks for Effective Community Action (BECA) is sponsoring a half-day parent/caregiver training and dialogue entitled, "Talking To Children About Race." The conference honors the legacy of Rev. Martin Luther King, Jr. by inviting participants to participate in his dream by proactively creating psychologically healthy environments for all children to explore their emerging racial awareness. Award-winning children's author of "Grandpa, Is Everything Black Bad" resident Sandy Lynne Holman will lead off the morning. Ms. Holman is an organizational consultant, diversity trainer, and a Davis resident. The event is Saturday, January 25, 2003 from 8:30AM to 12:30 AM at Emerson Junior High School Auditorium (Davis). Continental breakfast will be served. Tickets are \$10. For more information or for tickets, contact Dr. Jann L. Murray-García at (530) 753-7443 or at jmugan@pacbell.net.

Free Museum Day in Sacramento

February 1, 2003 is Museum Day, which means a free day at the Sacramento Zoo and 19 other Sacramento museums and parks. Come to the Sacramento Zoo and enjoy a chance to meet animals up-close and personal while learning all about the fascinating animals that live at the Sacramento Zoo. This special activity day includes storytelling, wildlife wagons with animal bio-artifacts, drop-in family activities in the zoo's Discovery Room, and three afternoon animal exhibit talks. For more information, please call (916)264-5888 or visit the zoo's web site at www.saczoo.com.

88th Annual Capay Valley Almond Festival in Esparto

Spend Saturday, February 23rd in the lush Capay Valley surrounded by beautiful, fragrant almond blossoms. Enjoy entertainment held throughout Esparto. Some of the days attractions include an all you can eat breakfast, a petting zoo, a free street festival and craft fair starting at 7:00 a.m. in downtown Esparto! For more information, contact the Esparto District Chamber of Commerce at (530) 787-3242.



Bill Harley in Concert!

Bill Harley is a nationally recognized family entertainer known for his ability to entertain children and adults alike with a unique blend of song and story. Harley will perform on Monday, February 24, 2003 at 11:00 a.m. at the Varsity Theater, 616 2nd Street in Davis. Tickets are \$7 per person. Children age two and under may share a seat with a paying adult.

For more information contact Nathaline Shonk at (530) 759-7080 or by email at nathaline@mindfuleducation.com. You can also visit Mindful Education's website at www.mindfuleducation.com.

American Girls Bookclub Presents "Kaya's Hero"!

Avid Reader for Young Readers will host an "American Girls Bookclub" on February 20, 6:30-7:45 pm at 232 E Street. The American Girls Bookclub meets for the third book of Kaya's new series "Kaya's Hero". When Swan Circling saves a baby on a runaway horse, Kaya is awed by the young warrior woman's bravery. Kaya wants to be strong like her, and she hopes to be worthy of being her friend too. The cost for this meeting will be \$3.50 for craft materials and refreshments. For information contact Ben Waller at (530) 758-4040. You may also visit the Avid Readers webpage at www.avidreaderbooks.com



Community Events

Storytime at your local library!

Woodland Public Library:

Toddler Storytime: For children ages 18 to 36 months
Nursery rhymes, stories, songs, activities. This is a parent participation program, one adult per child.

Tuesdays 10:30 a.m. to 11:00 a.m. January 14, 21, 28 & February 4, 11, 18

Preschool Storytime: For ages 3 to 5 years.
Stories, songs, activities, crafts. Adults may stay with their child or go to another area, but must stay in the building. Daycare providers, please check with the Children's Librarian before bringing a group of children.

Thursdays 10:30 a.m. to 1:15 p.m. January 16, 23, 30 & February 6, 13, 20

There is no fee to attend and no sign-up is required. For more information, call Children's Librarian Carol Beckham at 661-5983.

Davis Branch Library:

Please note: due to high demand, sign ups will be for one session per child. Sign up begins January 6th.

Toddler Program: Ages 18 months - 3 years

Parents are required to stay with their child.
Tuesdays at 10:15 & 11:00 a.m. January 14 - February 18

Preschool Program: Ages 3 - 5 years

Wednesdays at 7:00 p.m.
January 15 - February 19
Thursdays at 10:15 a.m.
January 16 - February 20

School-Age Programs: Ages 5 -12 years

Collecting - Stamps, etc...
Presented by Anne Evans, Collector
Thursday, January 30th at 4:00 p.m.

One Family, Big Boat
Special Black History Month Program
Presented by Gordy Ohliger, Banjo-ologist
Thursday, February 20th at 7:00 p.m.

Saturday Programs: All Ages

January 25 & February 22 at 10:30 a.m. (no sign-up required for Saturday Programs)

Call for information about reading programs at your local library.

ESPARTO

17065 Yolo Avenue
Esparto, CA 95627
(530) 787-3426

Hours:

Monday 1:00 p.m. - 8:00 p.m.
Tuesday 8:30 a.m. - Noon & 1:00 p.m. - 8:00 p.m.
Wednesday 8:30 a.m. - Noon & 1:00 p.m. - 8:00 p.m.
Thursday 10:00 a.m. - Noon & 1:00 p.m. - 8:00 p.m.
Saturday 10:00 a.m. - 2:00 p.m.

WEST SACRAMENTO

Arthur F. Turner Branch
Yolo County Library
1212 Merkley Avenue
West Sacramento, CA 95691
Tel: (916) 375-6465
Fax: (916) 371-5612

Call for library hours.

WINTERS

201 First Street
Winters, CA 95694
(530) 795-4955

Hours:

Monday 1:00 p.m. - 5:00 p.m. & 6:30 p.m. - 8:00 p.m.
Tuesday 10:00 a.m. - Noon & 1:00 p.m. - 5:00 p.m.
Wednesday 1:00 p.m. - 5:00 p.m.
Thursday 1:00 p.m. - 5:00 p.m. & 6:30 p.m. - 8:00 p.m.
Friday 1:00 p.m. - 5:00 p.m.
Saturday 10:00 a.m. - 2:00 p.m.

KNIGHTS LANDING

42351 Third Street
P.O. Box 517
Knights Landing, CA 95645
(530) 735-6593

Hours:

Monday 1:00 p.m. - 6:00 p.m.
Wednesday 10:00 a.m. - Noon & 1:00 p.m. - 6:00 p.m.



Health & Safety News



Tips For A Healthier New Year

New Year's tips from the American Academy of Pediatrics

Prevent violence by setting good examples

Hitting, slapping and spanking teaches children that it is acceptable to hit other people to solve problems. Non-physical forms of discipline work better in the long run. Remember that words can hurt too.

Make sure immunizations are up to date

Review your child's immunization record with your pediatrician. Make sure your child is current on recommended immunizations.

Provide your child with a tobacco-free environment

Indoor air pollution from tobacco increases ear infections, chest infections, and even Sudden Infant Death Syndrome. If you smoke, consider quitting. Remember, the most important predictor of whether your children will grow up to be smokers is whether you smoke. Make your home a smoke-free zone.

Read to your children every day

Start by the age of 6 months. Reading to children shows them the importance of communication and motivates them to become readers. It also provides a context to discuss issues and learn what is on your child's mind.

Practice "safety on wheels"

Make sure everyone in the car is buckled up for every ride, with children in the back seat in age-appropriate child safety seats. All bikers, skaters and skateboarders should wear helmets.

Do a "childproofing" survey of your home

A child's-eye view home survey should systematically go from room to room, removing all the "booby traps" that await the curious toddler or preschooler. Think of poisons, small objects, sharp edges, knives and firearms, and places to fall.

Monitor your children's "media"

Monitor what your children see and hear on television, in movies, and in music. Children are affected by what they see and hear, particularly in these times of violent images. Talk to your children about "content." If you feel that a movie or TV program is inappropriate, redirect your child to more suitable programming.

Help Kids Understand Tobacco & Alcohol in the Media

Help your teenager understand the difference between the misleading messages in advertising and the truth about the dangers of using alcohol and tobacco products. Talk about ads with your child. Help your child understand the real messages being conveyed. Make sure the TV shows and movies your child watches do not glamorize the use of tobacco, alcohol, and other drugs.

Pay attention to nutrition

Nutrition makes a big difference in how kids grow, develop and learn. Good nutrition is a matter of balance. Provide foods from several food groups at each meal. Emphasize foods that are less processed, such as whole grain breads and cereals and fresh fruits and vegetables. Review your child's diet with your pediatrician for suggestions.

Become more involved in your child's school and your child's education

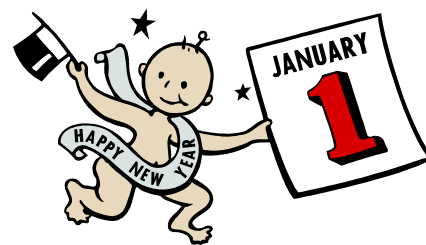
Visit your child's school. Become active in the parent-teacher organization. Volunteer in the classroom or for special projects. Be available to help with homework. If your child's education is important to you, it will be important to your child.

Make your children feel loved and important

Kids develop a sense of self-worth early in life. They get it from their parents. Listen to what your children have to say. Assure them that they are loved and safe. Celebrate their individuality, and tell them what makes them special and what you admire about them.

Source: American Academy of Pediatrics

Visit their website at www.aap.org.



Health & Safety 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, (530) 757-5696.

Last Friday of month:

Winters Community Center, 12:00 p.m.-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 Care & general medical information:

Davis Community Clinic, 2040 Sutter Place, call (530) 758-2060.

Peterson Clinic, 8 N. Cottonwood, Woodland, call (530) 666-8960.

Salud Clinic, 500B Jefferson Blvd. #180, West Sacramento, call (916) 375-6400.

YOLO COUNTY CHILDREN'S MEDICAL SERVICES

Child Health & Disability Prevention Program

Call for information on how to receive free health check-ups for children 0 to 20 years of age on MediCal and for low-to-medium income children through 19 years of age. You may also call for referrals to local physicians and dentists. For more information about these services or to learn more about health coverage programs for children, call (530) 666-8249.

California Children's Services

Case management and financial assistance for children through 20 years of age with serious or chronic medical conditions. Call (530) 402-2800 for information.

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)

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. 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. Inspections are done Fridays from 9 a.m. to 12 p.m. at 120 W. Main Street in Woodland. **You must make an appointment by calling (530) 666-8645.**

Red Cross Babysitter Training

The Yolo County Red Cross offers a training class for babysitters. 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.

Upcoming Training

January 18 & 19

February 22 & 23

For more information call the American Red Cross at (530) 662-4669 or visit their website at www.yc-arc.org. The Red Cross also has the required health & safety training for child care providers. Please see the Especially for Providers section of Small Talk (page 9) for more information.

Especially for Parents

How to Nurture a Growing Reader



Reading doesn't just happen. It is a skill that must be nurtured from a child's earliest years. Once children know how to read, they still need gentle coaxing and support to reach their full potential as readers.

Here are a dozen tips for nurturing your growing readers:

1. Read with your children at least once every day.
2. Make sure they have plenty to read. Take them to the library regularly, and keep books and other reading materials in their reach.
3. Notice what interests each child, then help find books about those things.
4. Respect your children's choices. There's nothing wrong with series fiction if that's what keeps a young reader turning the pages.
5. Praise your children's efforts and newly acquired skills.
6. Help your children build a personal library. Children's books, new or used, make great gifts and appropriate rewards for reading. Designate a bookcase, shelf or box where your children can keep their books.
7. Check up on your children's progress. Listen to them read aloud, read what they write and ask teachers how they're doing in school.
8. Go places and do things with your children to build their background knowledge and vocabulary, and to give them a basis for understanding what they read.
9. Tell stories. It's a fun way to teach values, pass on family history and build your children's listening and thinking skills.
10. Be a reading role model. Let your children see you read, and share some interesting things with them that you have read about in books, newspapers or magazines.
11. Continue reading aloud to older children even after they have learned to read by themselves.
12. Encourage writing along with reading. Ask children to sign their artwork, add to your shopping list, take messages and make their own books and cards as gifts.

Source: American Academy of Pediatrics (AAP)

Visit the AAP website at www.aap.org/family/readmeastory to learn more about "Reading Check-ups" that can help you evaluate your children's progress through six stages of reading development, from picture-pointing to independent reading. Each checkup describes the knowledge and skills that most children demonstrate at a given stage, and suggests how they can be nurtured.

New Adoptive Parent Support Group

The Adoptive Parent Support Group provides support and education to adoptive families, including those from the foster care system and through kinship care. The group will host an educational series beginning in January. Learn about how it feels to be adopted, attachment issues, and working through school issues of adopted children along with many other topics. For more information contact Laura Heintz at (530) 758-6680.



Marital Beliefs Study

Researchers in the UC Davis Psychology Department are seeking individuals married for 2 years or longer (one member per couple only) to participate in a study of beliefs about yourself, your spouse, and your marriage. The study consists of a 10-minute phone screening for qualifications, completion of survey materials (about ½ hour), and a 1-hour session at the researchers' lab on campus. Men are encouraged to participate: we are interested in what both men and women have to say about their marriages. Persons who complete the study will receive \$30. If you are interested, please call (530) 752-1066 for more information.

Fun Websites for Children!

www.mbayaq.org - The Monterey Bay Aquarium's online "Aquarium." Check out the schedule of events at the Aquarium and see the animals with the site's webcams.

www.nwf.org/kids - National Wildlife Federation's kid's webpage. There are sections on this site for different age groups ranging from one year olds to teenagers. A fun page to get ideas of activities to do with children and also for older children to become more environmentally aware and active.

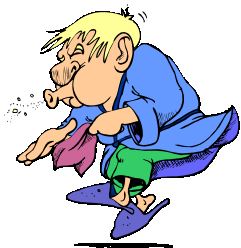
www.animalland.org - The ASPCA website for kids. It has information about careers with animals, pet care, general animal information, and games.

[Http://pbskids.org](http://pbskids.org) - The PBS site developed for kids. It has games, links to the websites for the children's shows, coloring pages to print out, and a section where you can make your own pictures and stories.

www.playkidsgames.com - A site packed with games for school age children. The games are divided into the following categories: problem solving, math, memory, alphabet, and vocabulary.

[Http://sfkids.org](http://sfkids.org) - A website all about music. Learn about tempo, notes, and the different musical instruments. You can even play your own tune in one of the sections.

Especially for Providers



Runny Nose in the Child Care Setting (The Snuffly Child or Green Gooky Nose)

What Is it?

The child with a runny nose and stuffiness is a familiar problem in the child care setting. The nose is lined or covered by a delicate tissue called

“mucosa” which produces mucus (sticky, slippery secretions) to protect the nose. If this tissue is irritated, it swells up, causing blockage and a lot of mucus. Sometimes children get repeated runny noses or permanent sniffles and a green nasal discharge, which are uncomfortable conditions for the child as well as child care provider.

What causes the runny nose?

1. The common cold is the most typical cause of a runny nose and chronic runny nose. This is generally a mild illness, and the child feels and looks well otherwise. The child usually gets better on his own within a week. The runny nose is usually accompanied by a mild fever. There may also be other symptoms such as headache, sore throat, coughing, sneezing, watery eyes, and fatigue. Children with the common cold usually get better on their own within a week.

2. Allergies can also cause a runny nose. They usually occur after two years of age and after the child has had plenty of exposure to allergens (the substances that can produce allergic reaction in the body). They might occur during a specific season or after a particular exposure—for example, after being around grass or animals. The child may also have watery and itchy eyes, sneezing, asthma, rubbing of the nose and a lot of clear mucus. With allergies, the runny nose may last for weeks or months, but there is no fever or spread of disease to others.

3. Bacterial infection (sinus infection) may occasionally develop and contribute to the continuation of illness. This additional infection of the common cold tends to cause yellow-greenish mucus and sometimes pain that continues for more than 10 days. Remember that yellow or green mucus does not always mean that a child has a bacterial infection. It is normal for the mucus to get thick and change color as common viral cold progresses.

Is green mucus more of a concern than clear mucus?

In most cases green nasal mucus (usually found toward the end of the cold) is not more contagious than clear mucus and may even be less contagious. The runny nose usually starts with clear mucus which then becomes whitish or greenish as the cold dries up and gets better. This happens because as the body mounts its defenses against the virus, the white blood cells enter the mucus and give it the green color. Usually the green mucus is in smaller amounts and thicker, a sign that the cold is “drying up” and ending. Green runny nose that lasts for more than 10 to 14 days, and that may be accompanied by fever, headache, cough and foul-smelling breath, might be a sign of sinus infection. The child should have a medical evaluation and may need antibiotic treatment.

When are children contagious?

The amount of virus present is usually highest two to three days before a person develops symptoms of the illness and

continues to be present for two to three days after symptoms begin. As a result, infected children have already spread viruses before they begin to feel ill.

If a person is infected, how is the infection spread?

Germs may be spread to others by: wiping a nose and then touching other people and objects before washing hands; sharing of mouthed toys by infants and toddlers; coughing and sneezing into the air; kissing on the mouth; and poor ventilation.

How can we limit the spread of infection?

To prevent the spread of infection from respiratory illnesses and runny noses, follow routine healthy practices: Avoid contact with mucus as much as possible. Make sure that all children and staff use good hand washing practices, especially after wiping or blowing noses, after contact with any nose, throat or eye secretions, and before preparing or eating food. Do not allow food to be shared. Clean and disinfect all mouthed toys and frequently used surfaces on a daily basis. Wash eating utensils carefully in hot, soapy water, then disinfect and air dry. Use a dishwasher whenever possible. Use disposable cups whenever possible. Make sure that the facility is well ventilated and that children are not crowded together, especially during naps on floor mats or cots. Open the windows and play outside as much as possible, even in the winter. Teach children to cough and sneeze into their elbow, wipe noses using disposable tissues, throw the tissue into the wastebasket, and wash their hands.

When should a child stay home?

Exclusion policies should be based on your general illness policies, not merely the color of the mucus. For example, you might decide to exclude any child who is too sick to participate, no matter what the cause or color of the discharge. Excluding children with runny noses and mild respiratory infections and colds is generally not recommended. As long as the child feels well, can participate comfortably and does not require a level of care that would jeopardize the health and safety of other children, he or she can be included. Exclusion is of little benefit since viruses are likely to be spread even before symptoms have appeared.

When should a child be sent home or seen by a health provider?

When the child looks sick, has a rash, has a fever over 102 degrees (oral), or has difficulty breathing or seems to be in pain. When a child complains of earache and/or is pulling at his or her ears, which might be accompanied by fever and fussiness (all possible signs of ear infection). When a child has redness, sores and crusting of the skin around the nose and mouth. When an infant, especially under 4 months of age, does not get better in a couple of days or gets worse.

References

Healthy Young Children, A Manual for Programs, 1995 Edition.
Keeping Kids Healthy, Preventing and Managing Communicable Diseases in Child Care, Preliminary Edition.
The ABCs of Safe and Healthy Child Care, A Handbook for Child Care Providers, published by CDC. by Rahman Zamani, MD, MPH (Oct 2001)

Health & Safety Notes

California Childcare Health Program

<http://www.ucsfchildcarehealth.org/webpages/childillness.htm>



Especially for Providers

It's Your Business Provider Series

Contracts & Policies - Topics covered will be parent/provider contracts, provider policies & successful business management. There will be time for questions & answers.
Saturday, January 11 from 9:00 a.m. to 11:00 a.m.
Veterans Memorial Center, 203 E. 14th Street

Tax Workshop - Meredith Coghlan, from Coghlan & Associates will teach this workshop. The workshop will give you insight into record keeping and provide you with the opportunity to ask questions and get answers directly from a tax professional.
Saturday, January 25, from 10:00 a.m. - 12:30 p.m.
Veterans Memorial Center, 203 E. 14th Street

Marketing - This workshop will cover topics such as advertising, influences on your business and the child care market. There will be time for questions & answers.
Saturday, February 8, from 9:00 a.m. to 11:00 a.m.
Veterans Memorial Center, 203 E. 14th Street

These workshops are FREE to all Yolo County Child Care Providers. To enroll in these workshops contact Rossana at (530) 757-5695 or (800) 723-3001.

¡Talleres en Español!

Este año Child Care Services se complace en presentar una nueva serie de talleres en español. Estos talleres son gratis para todas las proveedoras de cuidado infantil del Condado de Yolo. Para más información y registración, llame a Rossana Vigil al (530) 757-5695.

Es Su Negocio: Contratos y Política
Sábado, Febrero 1ro. de 9:00 a.m. a las 11:00 a.m.
Davis Senior Center, 646 A Street en Davis

Es Su Negocio: Propaganda y Mercadeo
Sábado, Marzo 8 de 9:00 a.m. a las 11:00 a.m.
Veterans Memorial Center, 203 E. 14th St. en Davis

Estas clases serán en la oficina de Yolo County Children & Families Commission localizada en el 403 Court Street en Woodland.

Como Aprenden y se Desarrollan los Bebés
Sábado, Enero 11 de 9:00 a.m. a 12:00 p.m.
Martes, Enero 14 de 6:30 p.m. a 8:30 p.m.

Comunicándose con Infantes y Niños Pequeños
Sábado, Enero 25 de 9:00 a.m. a 12:00 p.m.
Martes, Enero 28 de 6:30 p.m. a 8:30 p.m.

Diferente es Normal: Valorando la Diversidad en los Niños
Sábado, Febrero 8 de 9:00 a.m. a 12:00 p.m.
Martes, Febrero 11 de 6:30 p.m. a 8:30 p.m.

Trabajando con un Comportamiento Difícil
Sábado, Febrero 22 de 9:00 a.m. a 12:00 p.m.
Martes, Febrero 25 de 6:30 p.m. a 8:30 p.m.

Russian Provider Training

Child Care Services is excited to announce the upcoming provider trainings in Russian! All these classes will be held at the Club West Teen Center located at 1125 River Bank Road in West Sacramento. These classes are free for all Yolo County family child care providers. For more information and to register for these classes call Elena Yakovlev at (800) 723-300 or (530) 757-5695.

Building Professionalism & Working with Parents
Saturday, January 11, 9 a.m. to 1 p.m.

How Children Learn
Saturday, January 25, 9 a.m. to 1 p.m.

Ages and Stages of Development
Saturday, February 8, 9 a.m. to 1 p.m.

Creating Fun and Quality Environments
Saturday, February 22, 9 a.m. to 1 p.m.

How Babies Learn & Develop
Saturday, March 8, 9 a.m. to 12 p.m.

Communicating with Infants & Toddlers
Saturday, March 15, 9 a.m. to 12 p.m.

Different is Normal: Valuing Diversity in Children
Saturday, April 12, 9 a.m. to 12 p.m.

Dealing with Difficult Behaviors
Saturday, April 26, 9 a.m. to 12 p.m.

Health & Safety Reminder

Remember to keep your Health and Safety training current! In Yolo County, Woodland Healthcare Community and the Yolo County Red Cross offer the classes.

Woodland Healthcare Community (530) 669-5540

American Red Cross (530) 662-4669
or check their website at www.yc-arc.org

Don't forget! Licensed providers and one assistant can get reimbursed for part 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 Reimbursement Form

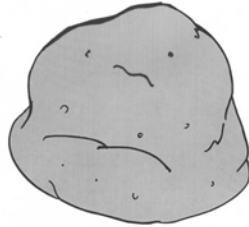
To receive a Reimbursement Form or for any other questions, please call Child Care Services at (530) 757-5695 or (800) 723-3001 and ask to speak with Rossana.

Creative Corner

Pet Rocks

Materials:

Smooth, flat or round rocks
Paint & paint brushes
Google eyes
Yarn
Glue
Glitter
Pieces of fabric



Procedure:

Gather rocks from outdoors
Clean rocks with soap and water
Paint the rocks
Glue google eyes, yarn, glitter, etc...

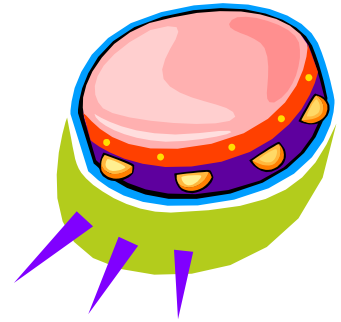
Variation:

For younger children, you may want to get a few large rocks and let them paint on the rocks for a 3-D painting experience.

Tambourines

Materials:

Two paper plates
Dry beans or rice
Ribbon
Glue
Markers
Stickers
Glitter
Stapler



Procedure:

Have children decorate the bottom of both plates using the markers, glue, ribbon glitter, and stickers - wait for the glue to dry.
Staple the plates together with the top of the plates facing each other - be sure to leave an open area at the top to put in the beans/rice.
Pour some beans and/or rice into the plates.
Staple them closed.

Have a music making session with the new tambourines!

Pudding Painting!

Materials:

Vanilla and chocolate pudding
Two mixing bowls
Tarp (to protect floor)
Heavy construction paper or pieces of cardboard

Procedure:

Make the pudding according to package directions
Place tarp on the floor
Place pieces of cardboard or paper on the tarp
Put the bowls of pudding down on the tarp (You may want to split the pudding into several bowls depending on how many children are doing the project.)
Let children finger-paint with the pudding!
(It's ok if they eat it too!)



Heart Flowers

Materials:

Red, pink, & green construction paper
Glue
Scissors
Tongue depressors or clean popsicle sticks
Markers



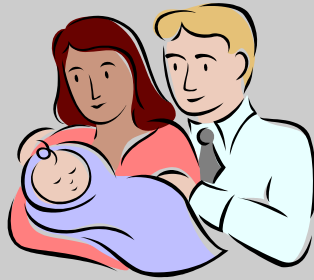
Procedure:

Cut out hearts (of red or pink) for the flower.
Cut smaller green hearts for the leaves.
Glue the flower petals to the top of the tongue depressor and the leaves to the middle of the tongue depressor.

Classes, Workshops & Conferences

New Parent Education Brochure!

The Winter/Spring issue of the Parent Education Brochure is now available. The Parent Education Brochure will assist parents in learning about upcoming parenting classes, workshops and conferences in Yolo County.



We work with various community agencies that provide parent education services such as Foster & Kinship Care Education Program, Yolo Connections, and the Yolo County Office of Education to name a few. Working with these agencies allows us to develop a comprehensive guide of all classes available. If you would like to receive a free copy of our new Parent Education Brochure, call Child Care Services at (530) 757-5695 or (800) 723-3001.

California Head Start Association 5th Annual Conference

January 21 - 24, 2003

Sheraton Grand Sacramento

General Session Keynote will be Les Brown. For information visit www.ca-headstart.org.

Annual CAEYC Conference



The Annual CAEYC Conference will be held at the Sacramento Convention Center, February 28 to March 2, 2003. This is an opportunity to attend workshops of interest to child care providers. College credit will also be available. Advanced registration deadline is January 22. For more information contact CAEYC by calling (800) 378-2817 or visit their website at www.caeyc.org.

Setting Limits with the Strong-Willed Child

Child Care Services will be hosting two parenting classes presented by Dr. Robert MacKenzie, author of *Setting Limits*, *Setting Limits with Your Strong-Willed Child*, and *Setting Limits in the Classroom*. The classes will be about how to set limits with the strong-willed child. One of the classes will focus on ages 3 to 11 years and the second will focus on ages 11 to 17 years old. These classes will be available to Yolo County parents. There will be a fee based on a sliding fee scale. For more information or to register call Child Care Services at (530) 757-5695 or (800) 723-3001. (Space is Limited)

SETTING LIMITS WITH THE STRONG-WILLED CHILD (ages 3-11)

Presented by Dr. Robert MacKenzie

January 8, 15, 22 & 29 from 7:00 p.m. to 9:00 p.m.

Class will be held at the Yolo County Office of Education, 1240 Harter Avenue in Woodland

SETTING LIMITS WITH THE STRONG-WILLED CHILD (ages 11-17)

Presented by Dr. Robert MacKenzie

February 19, 26, March 5 & 12 from 7:00 p.m. to 9:00 pm.

Class will be held at the Yolo County Office of Education, 1240 Harter Avenue in Woodland.

These classes are co-sponsored with the Yolo County Local Child Care Planning Council

2003 Yolo County Child Development Conference

Child Care Services is sponsoring the 2003 Yolo County Child Development Conference on Saturday, April 5. The conference is geared towards center staff, family child care providers, parents, students, and anyone interested in child development!

The conference will include workshops covering topics such as infant/toddler care, parenting, creative activities, nutrition, science, early literacy and many other topics. Some of the workshops will be available in Spanish and Russian as well. For more information call Tamiko Eslick at (530) 757-5695 or (800) 723-3001.

Legislative Update

Governor's Proposed Mid-year Budget Cuts

On Friday, December 6, 2002, Governor Davis released his proposal for \$10.2 billion in mid-year budget cuts for the current fiscal year (FY2002-03). 85% of the reductions were in cuts and the remaining 15% are in reversion of prior-years savings to the General Fund.

Noted below are child care highlights from the budget reductions:

Elimination of CalWORKs Stage 3:

The Administration proposes to reduce \$98,806,000 from the Proposition 98 General Fund appropriated for CalWORKs Stage 3 child care to eliminate Stage 3 child care services, effective April 1, 2003. All Eligible CalWORKs recipients will continue to receive subsidies during the entire period while on cash aid and for two years subsequent to leaving cash aid, for a maximum period of seven years.

Reversion of Prior-Years Savings:

Child Care Education Code Section 8278

Carryover:

\$79 million of the remaining 2001-02 unliquidated contract savings from Child Care and Development Programs with the exception of CalWORKs child care programs. (This appears to be unexpended general fund child care funds.)

CalWORKs Child Care Carryover:

\$17.7 million of the remaining 2001-02 unliquidated balances of the General Fund Appropriated for CalWORKs Stage 2 and Stage 3.

Child Care Facilities Revolving Fund:

\$22 million from the balance established pursuant to Education Code Section 8278.3 which are not anticipated to be committed in the current year.

Child Care Savings:

\$6.8 million in 2001-02 program savings.

CHILD DEVELOPMENT POLICY ADVISORY COMMITTEE:

The Administration proposes legislation to repeal all statutory provisions related to the CDPAC, effective July 1, 2003. In order to eliminate the CDPAC and to realize full-year General Fund Savings of \$367,000 in 2003-04, enactment of legislation is required in 2002-03.

CalWORKs COLA:

Consistent with the suspension of the SSI/SSP COLAs, the Administration proposes the June and October 2003 CalWORKs COLAs be suspended. This would not result in General Fund savings, since the State must meet the federally-required Temporary Assistance for Needy Families (TANF) Maintenance-of-effort requirement. Therefore, the Administration proposes that \$12.2 million TANF be reverted to the Federal Trust Fund to be available for CalWORKs costs in the Budget Year.

These is a partial list of the Governor's Proposed Budget Cuts. For more detailed information you may visit list www.leginfo.ca.gov or www.assembly.ca.gov To contact your representatives please refer to page 14 of Small Talk.

Legislative Update

Election News

Residents of Yolo County have new elected officials this election year. On a State and Federal level the names and faces have all changed either by election results or as the recent re-districting on both state and federal levels. Below are your incoming representatives effective January 2003. If you are not sure what district you live in, several of the following web-sites may help you.

Official state of California web site

www.ca.gov./state/portal/myca_homepage.jsp

Maps of the new state districts for the senate and assembly

www.calvoter.org/maps/

Federal web site

www.house.gov/house/govsites.html

STATE ASSEMBLY

Lois Wolk

**State Assembly Member
Assembly District 8**

Capitol Office

State Capitol
Room 5135
Sacramento, CA 95814
Phone: (916) 319-2008
Fax: (916) 319-2108

Email: Assemblymember.Wolk@assembly.ca.gov

Doug La Malfa

**State Assembly Member
Assembly District 2 (unincorporated Yolo County)**

Capitol Office

State Capitol, Room 4177
P.O. Box 942849
Sacramento, CA 95814
Phone: (916) 319-2002
Fax: (916) 319-2102

Redding District Office

100 East Cypress Avenue
Suite 100
Redding, CA 96002
Phone: (530) 223-6300
Fax: (530) 223-6737

Website: www.douglamalfa.com/

STATE SENATE DISTRICT 5 (All of Yolo County)

Michael J. Machado

State Capitol, Room 3086
Sacramento, CA 95814
(916) 445-2407
Fax (916) 323-2304

31 E Channel St., #440 And 1020 N Street, Suite 502
Stockton, CA 95202 Sacramento, CA 95814
(209) 948-7930 (916) 323-4306
Fax (209) 948-7993 Fax (916) 323-2596

UNITED STATES SENATE

Senator Barbara Boxer

San Francisco

1700 Montgomery Street, Suite 240
San Francisco, CA 94111
(415) 403-0100
(415) 956-6701 fax

Washington D.C. Office

112 Hart Senate Office Building
Washington, D.C. 20510
(202) 224-3553

Senator Dianne Feinstein

San Francisco

One Post Street, Suite 2450
San Francisco, CA 94104
Or call (415) 393-0707
Fax (415) 393-0710

Washington D.C. Office

331 Hart Senate Office Building
Washington, DC 20510

UNITED STATES HOUSE OF REPRESENTATIVES

Mike Thompson

Napa Office

1040 Main Street, Suite 101
Napa, CA 94559
Phone: (707) 226-9898
Fax: (707) 251-9800

Washington D.C. Office

119 Cannon HOB
Washington, DC 20515-0501
Phone: (202) 225-3311