

Smalltalk

Serving Providers & Families in Yolo County

Volume XXX, Number 1

Dear Friends,

The holiday season is already upon us and by the time this lands in your mail box, 2004 should be here. The staff at the Child Care Services Resource and Referral office would like to take this opportunity to wish all of our families a wonderful and successful 2004.

The next five months promise to be busier than usual in the R&R office. The brand new "Yolo County Early Care and Education Collaborative" grant (funded by Yolo County First Five) is off and running. We have made our first visits to centers and family child care homes in the last six weeks, offering providers a variety of services. These services include: borrowing toys and equipment for up to two weeks from the PLAY mobile resource van; hands on help from child development specialists as well as an inclusion specialist for children with special needs; funding for quality improvement; funding for substitutes to alleviate staff for training opportunities and much more. We also began offering PLAY days for informal care providers (those not legally required to have a license to care for children) in order to allow an opportunity for social and educational experiences for the children in their care. We have spent the last 5-6 weeks making trial runs with a small percentage of child care providers in order to work through any unforeseen challenges or obstacles and feel we are ready to take this show on the road....so to speak! As of January 5, we are ready to roll out the program in it's full. This is very exciting for all of the partners in the Collaborative. It has been a long and winding road to arrive at this point and we are all thrilled to finally be here!

In addition to all of the direct services we will be providing to child care providers in Yolo County, we will also offer a selection of classes and training opportunities in several communities. If you are a provider who is participating in our Retention and Incentive Opportunities program (RIO), you can earn from \$100.00-\$1400.00 in incentives by obtaining certain levels of child development training. Our first two training series will be taught in English. However, we will be adding Spanish and Russian tracks in the spring for those providers who might be more comfortable with those languages.

As always, the R&R would be very interested in hearing feedback from the community on these or any of the services we provide to the community. If you have thoughts, ideas or suggestions, please feel free to contact me at our administrative office in Davis.

Regards,

Robbie Townsley
Resource & Referral Supervisor
Child Care Services

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New Inclusion Specialist for Parents of Children with Special Needs

The R&R is excited to announce the presence of an Inclusion Specialist at the Child Care Services administrative office in Davis. Christy Robinett, of the WarmLine Family Resource Center will be available by phone or in person to assist families with children who have special needs and are considering or are currently using child care. Christy already has a background of working with child care providers in our county. She serves as a part-time health and safety trainer for the American Red Cross in Yolo County. Many providers have already met Christy while attending the mandatory 15 hours of health and safety training required by the state. Christy also has personal experience working with children with special needs. If you are experiencing challenges when accessing or keeping child care for your children with special needs, please give Christy a call. She will offer assistance and suggestions for overcoming some of the barriers you may be encountering. Additionally, Christy will provide resources and assistance to child care providers as they work to offer full inclusion to children with special needs. She has a vast library of resources on a variety of topics ranging from specific special needs (autism, allergies, attention deficit disorder, asthma, hyperactivity, cerebral palsy, etc) to various ways to include all children in child care settings. You may reach Christy by calling our office in Davis at (530) 757-5695 and either asking for her by name or asking to speak to the "Inclusion Specialist."

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS

Tues., Jan. 20 & Feb. 17, from 9:30 a.m. to 12:30 p.m.
Veterans Memorial Center Game Room, 203 E. 14th Street,
Davis. Call for more information (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 at the Veterans Memorial Center lo-
cated at 203 E. 14th Street. For information call Carrie
Shepard at (530) 753-8602.

YOLO CO. CHILDREN & FAMILIES COMMISSION

(FIRST 5)

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, 2nd Tuesday of the month, 2:30-4:30
p.m., Yolo County Office of Education, 1240 Harter
Avenue, Woodland. Call (530) 668-3773 for information.

YOLO CO. CHILDREN'S ALLIANCE

The Children's Alliance Policy Council will meet date to be
announced. For more information call Elizabeth Jones at
(530) 757-5558.

ASPERGER'S SYNDROME PARENT SUPPORT

Support for parents, caregivers, and professionals that work
with individuals diagnosed with Asperger's Syndrome. 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. For information contact Robin Dewey at
rdewey@uclink4.berkeley.edu

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

Every Thursday morning from 9:00 to 11:00 a.m. at the
Family Service Agency, call Edie Dornbush at (530) 662-
2211 for information.

GROUP FOR TWINS & PARENTS

Monthly support for parents of twins. Meetings are for par-
ents only, but the group organizes events and activities for
everyone to enjoy. For information call Christine Easton at
(530) 756-1047 or visit the group's website at www.dcn.davis.ca.us/~ypotc.

SPECIAL NEEDS FAMILY SUPPORT GROUP

Mondays, 6:00 to 7:00 p.m. at the Yolo Family Resource
Center, 409 Lincoln Avenue in Woodland. This is a parent-
led support group for families of children with special
needs. Childcare & refreshments are provided. For infor-
mation call (530) 406-7221.

BRIDGES

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

LA LECHE LEAGUE

2nd Thursday of month, 10:00 a.m. For location, phone-
support/meeting topics call: Christina (530) 758-8270,
Mary (530) 753-2932, Lonna (530) 756-3551 or Angela
(530) 757-7105.

PARENT-CHILD PLAYGROUP

Hands Together (formerly Lekotek Family Resource Cen-
ter) offers a parent-child playgroup on Fridays from 10:30
to 11:30 a.m. for children ages 0 to 5 at the Davis Branch
Library. Session includes music, storytelling, structured
play with developmentally appropriate toys and an art pro-
ject. For information, call (916) 979-1121.

SUPPORT FOR PARENTS OF EMOTIONALLY DISTURBED CHILDREN

Time limited support groups are available for caregivers of
children with emotional disturbances. For information call
Joan Beesley or Sherri Adams at (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 Beesley or Sherri Adams at (530) 666-8632.

WEST SACRAMENTO SIBLING GROUP (ages 6 to 12)

For siblings of children with special needs. Meets monthly
at Bryte Elementary 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 education in
the Woodland Joint Unified School District. For more infor-
mation 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.

Community News & Events

Calendar

Jan. 1-2 New Year's Day Holiday Observance
14 Tax Workshop
19 Martin Luther King Jr. Day
22 Barbara Coloroso Presentation
23 Yolo County Children's Summit
24 Talking to Children About Race
Feb. 14 Valentine's Day
17 Family Child Care Licensing Orientation
16 Presidents' Day

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

Do You Have Room in Your Home and Heart for a Child?

There is a tremendous and growing need in Yolo County for loving families to take foster children into their homes.

Now there is an easy way to learn about foster parenting through a free series of evening classes at Woodland Community College. Class topics include the judicial system, foster parent rights, adoption, planning, attachment issues, fostering self-esteem and more.

Upon completion of the classes, you will be eligible for certification as a Yolo County foster parent and be able to apply for adoption services. Classes are offered several times per year. For more information call Janet Perez at (530) 666-8471.



The next Foster/Adoption Orientation will be:

Monday, March 8, 2004
6:30 p.m. to 9:30 p.m.
Woodland Community College
Building 100 Conference Room

YOLO COUNTY CHILDREN'S SUMMIT

FRIDAY, JANUARY 23, 2004

(Buehler Alumni and Visitors' Center, UC Davis)

Purpose of the Summit:

To evaluate the implications of the data presented in the 2003 Yolo County Children's Portfolio which reports on the conditions of children in the county. The Summit will assist in setting priorities for addressing children's needs in the areas of education, health, safety, economic support and social & emotional well-being.

Keynote Address & Facilitator: Barbara Coloroso

Barbara Coloroso is an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, non-violent conflict resolution and reconciliatory justice. She is an educational consultant for school districts, the medical and business community, the criminal justice system and other educational associations in the United States, Canada, Europe, South America, Asia, New Zealand, Australia and Iceland.

Barbara has served as a classroom teacher, a laboratory school instructor, and a university instructor. She is the author of two international bestsellers: ***Kids Are Worth It! Giving Your Child the Gift of Inner Discipline*** and ***Parenting Through Crisis: Helping Kids in Times of Loss, Grief and Change***. Barbara's latest book, now available in the United States and Canada, is ***The Bully, the Bullied, and the Bystander: From Preschool to High School—How Parents and Teachers Can Help Break the Cycle of Violence***.

Who Should Attend?

Community Leaders, Elected Officials, Educators, Human Service and Health Professionals, Law Enforcement, and Probation Officers, Parents and Consumers.

Sponsored by:

Lois Wolk, Assembly Member 8th District; Helen Thomson, Yolo County Supervisor District 2; UC Davis; First Northern Bank of Dixon; Yolo Federal Credit Union & Child Care Services Resource & Referral.

For more information or to become a sponsor please contact Elizabeth Jones with the Yolo County Children's Alliance at (530) 757-5558.

Community News & Events

Come to Play Day!

A new program for baby-sitters and the children they Care For

Child Care Services Resource & Referral is offering a new program for informal child care providers. Informal Child Care Providers care for their own children and the children from **only one** other family. These providers are also called license exempt providers or baby-sitters. In these instances, they do not need a license. Play Day is a short group session where informal child care providers take the children in their care to a preschool setting to participate in games & activities. Activities are geared towards children ages 0 to 5. Play Days will be held at different locations throughout the county. Play Day is **FREE** for all Yolo County informal child care providers. If you are baby-sitting for your family, friends or neighbors you are invited to participate in Play Day! For more information and to participate please call Mary Velasco at (530) 757-5695 or (800) 723-3001.

\$Money from Tax Credits for Families\$

Do you work? Do you have children? If the answer is yes, you may be eligible to receive thousands of \$dollars\$ for you & your family. Tax season is once again upon us. Before you file your income taxes, find out more about possible tax credits you may be eligible for.

Whether you owe taxes or not, you may qualify for the following types of credits. However, you must file your tax return to qualify!

Federal Child & Dependent Tax Credit	up to \$2,100
CA Child & Dependent Care Expenses	up to \$1,050
Federal Earn Income Credit	up to \$4,204
Federal Tax Credit (per Child)	up to \$1,000

In-person Tax Help

IRS Taxpayer Assistance Centers are your one-stop resource for face-to-face tax help and solutions to tax problems, every business day. At an IRS Taxpayer Assistance Center, knowledgeable staff will help you with services on a walk-in, non-advance appointment basis. These services include:

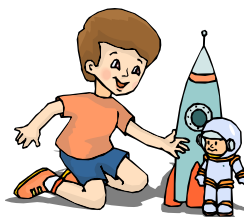
- Answers to your tax questions
- Information about tax assistance clinics
- Help preparing your basic individual income tax return if your income is \$35,000 or less

For more information call or visit the Sacramento IRS Tax Assistance Centers at (916) 974-5225 4330 Watt Ave. Sacramento, CA 95821.

2nd Annual "Talking To Children About Race" Conference

On **Saturday, January 24th** from 8:30a.m. to 12:30p.m., we will again gather as parents, teachers, and caregivers to continue living the dream of Dr. Martin Luther King, Jr. The conference is sponsored by Blacks for Effective Community Action (BECA). Our collective goal is to make Davis homes, classrooms, child care centers, and neighborhoods places that are emotionally, academically, and socially safe and nurturing for all Davis children. The conference includes a presentation on how to build inclusive classroom and neighborhood communities, as well as how to use children's literature to teach children about diversity. Featured is American River College Adjunct Professor of Early Childhood Education, Aladrian Mack, M.A. A certificate will be awarded to conference attendees pursuing the Child Development Permit. For more information or a registration form, please contact Jann Murray-Garcia, M.D., M.P.H. at jmurgar@pacbell.net or (530) 753-7443.

Would you Like to Join a Playgroup?



Are you interested in joining a playgroup? Would you like to meet other parents and find playmates for your children? If so, you may want to consider calling Child Care Services. You can call and ask for a listing of open playgroups. We can also get you in touch with other parents who are looking for similar opportunities and are interested in forming new playgroups. We currently have a need for playgroups for children under the age of two. If you would like to receive information on how to form a playgroup, please call us. If you are currently part of a playgroup and would like to open your playgroup to other families, you can be placed on our playgroup referral listing free of charge. For more information call Child Care Services and ask to speak to Rossana Vigil at (530) 757-5695 or (800) 723-3001.

City of Davis Parks & Community Services Programs

These programs are offered through the City of Davis Parks and Community Services Department. To enroll in any of these programs or for more information, please call (530) 757-5626 or visit the website at www.cityofdavis.org

Gymnastics

The City of Davis Gymnastics offers classes for girls and boys, 20 months to 18 years. We teach Tiny Tot gymnastics, cheerleading, and beginner through advanced skill level gymnastics. We teach gymnastics in a fun and age appropriate environment. We also offer birthday parties! Participants in our program will have opportunities to meet new friends and develop increased confidence and self-esteem.



Paper Mache Mask Making

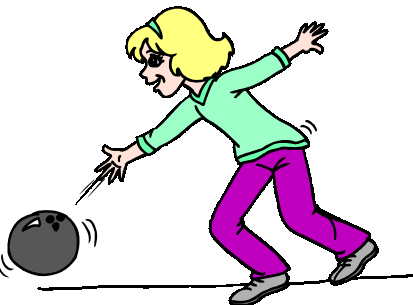
Have you ever seen beautiful paper mache masks and wonder how they were made? Now the whole family can come together to make beautiful masks of their own. Learn how to turn strips of paper into amazing works of art that you can proudly display (or even wear). Each of four classes will cover an important step in the process. The ideas are all yours!

Sensory Art Class

This new class is designed for children ages 5 to 12. The instructor will encourage children to explore art using their senses. Each week children will have a unique and new sensory experience. Parent or aide participation is required. The instructor is Antoinette O'Neil.

Spring Break Safari

Think there's nothing to do during Spring Break? Think again. We're offering a week-long camp for all children ages 6-12. The week includes organized games, arts and crafts, cooking, outdoor and indoor games and field trips including roller skating, bowling, and a trip to Golfland Sunsplash. Fee includes all activities and field trips.



Beginning Hip Hop Dance Class

In this class, children will be introduced to basic hip hop moves, counts and rhythms. High energy dance routines will be choreographed to contemporary R&B and Hip Hop music.

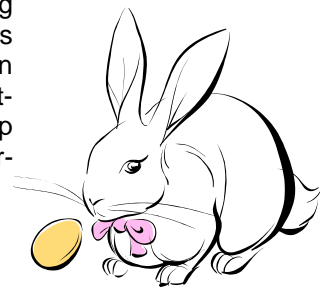


New Parent Stress Reduction

Whether you're expecting a baby or in the midst of those first crazy months, practical ideas can help you meet both your baby's and your own needs. How do you manage to care for the baby, the house, get the rest you need, and maybe take a shower before noon? This workshop will answer your questions. Topics covered include: household management after birth, how to get more sleep, tips for soothing a crying baby, and information on setting up a postpartum support system. Handouts will be provided. Newborns are welcome!

Breakfast with the Bunny and Spring Parade Eggstravaganza!

Kids of all ages will love to participate in our annual Breakfast with the Bunny and Spring Parade Extravaganza. This year our events will be held on Saturday, April 10 at the Veteran's Memorial Center. Keep your eyes peeled for more information hopping your way soon.



Winter/Spring Registrations

Registration is still being taken for all City of Davis Parks and Community Services classes and programs. For your convenience, the offices are open Monday-Friday, from 8:00 a.m. -5:00 p.m. If you have any further questions please feel free to contact our office at 757-5626.

Health & Safety News

The following is a listing of health & safety related classes sponsored by UC Davis Medical Center or Sutter Hospitals in the area. For more information on dates, times & fees associated with each class, please call the respective medical center.

Classes at UC Davis Medical Center

Pre-registration is required for all classes. For fee information and to register, call (916) 734-9797 or log on to <http://wellness.ucdavis.edu/class/>

Baby Basics: Care of Infants

This class presents the basics of caring for the newborn through the first 12 months of life. Learn how to give a bath and how to keep your infant warm. We'll also be discussing new information on sudden infant death syndrome as well as other topics of interest. Come with your questions.

Condensed Childbirth Preparation Class

This 1 day class contains a condensed version of the content in the six-week class. The pregnant woman and her coach learn what to expect during labor and delivery. This class teaches the coach to manage the labor process.

Fit Kids & Fit Teens

Fit Kids and Fit Teens are 10-week behavior modification programs designed for families who want to develop skills for successful weight management. The program has three focuses for developing a healthy lifestyle: nutrition, exercise and psychosocial habits. Parents and their children or teenagers participate in a variety of "hands-on" activities every week that address all three focus areas. In addition, daily and weekly goals are used to reinforce positive lifestyle changes. Height and weight are monitored every two to three weeks and food intake is reviewed weekly. Communication skills are practiced routinely and self esteem building activities are provided.

Breastfeeding

Nutrition in the lactating woman will be discussed. Topics include how to breastfeed, how to get the infant on and off the nipple, and what to expect.

Prepared Child Birth

The technique of childbirth is presented during this six-week class. The pregnant woman and her coach will receive information on what to expect during labor and delivery. This class teaches the coach to manage the labor process. Please indicate the name of your coach when you register.

CPR for Families & Friends

If you want to know what to do in a life-threatening emergency, the American Heart Association course in Cardiopulmonary Resuscitation (CPR) for Family and Friends can help you. With the knowledge and skills you will learn in this course, you may save the life of a loved one, a friend or a neighbor. The course includes: -Introduction to life-threatening emergencies and the chain of survival for all ages -Adult warning signs of heart attack, stroke, cardiac arrest and choking; CPR and relief of foreign-body airway obstruction for adult victims. -Infant/Child prevention of sudden infant death syndrome, injuries, and choking; CPR and relief of foreign-body airway obstruction for infant and child victims.

Classes at Sutter Hospitals

Pre-Registration is required for all classes. For fee information and to register, call (916) 733-7080 or log on to: <http://www.sutterdavis.org/healthinfo/calevents.cfm>

Ready, Set, Deliver (Lamaze Series)

Sutter Davis Hospital is offering an information packed childbirth preparation (Lamaze) class series, which prepares the mother and her support person for labor, delivery, and postpartum experiences. Includes a hospital tour of Sutter Davis.

Act II Lamaze Refresher

Sutter Childbirth Education is offering a two-class session preparing couples who have already had a childbirth course with a previous pregnancy within the last 4 years. Includes a review of labor, delivery and breathing and relaxation techniques.

Breastfeeding 101

Sutter Childbirth Education is offering a single information packed class, which prepares the new mom and her partner in the how to's of breastfeeding, this class will include: getting started at the hospital and continuing at home, avoiding problems that may complicate your experience, proper latching onto breast, hints on how your partner can help you, and physical and emotional adjustments for the breastfeeding family. Early registration is advised.

Breastfeeding 102

Sutter Childbirth Education is offering a single information packed class, which will cover the following: an overview of breastfeeding products, nutrition and exercise while breastfeeding, pumping and milk storage, returning to work, introducing solids, and how to change breastfeeding challenges into success! Early registration is advised.



Health & Safety News

Classes at Sutter Hospitals (cont.)

Grandparent Adventure

Sutter Childbirth Education is offering an informative class to help you increase your satisfaction in the important role as a grandparent. By attending the class you will become acquainted with the postpartum unit, visit the nursery, become familiar with the latest options in childbirth, and discuss today's attitudes about feeding, safety, and childrearing. Communication between generations, and recognizing your limits of giving will also be addressed.



Little Helper

Sutter Childbirth Education is offering a single class designed to help children 3-7 years old (no 2.5 year olds) prepare for the arrival of a new baby in the family. Includes storybook time, related play activities and a brief maternity tour.

Maternity & Orientation Tour

Sutter Childbirth Education is offering a maternity tour of the labor/delivery and postpartum units of the hospital designed to orient you to the hospital and the admission process. The maternity tour is open to the expectant mother and her support person only. **NO CHILDREN ARE ALLOWED ON THE TOUR.** Registration is required. Leave an alternate date in case the tour you are requesting is full. Cost: \$FREE

Rattles, Rashes & Resources

Sutter Childbirth Education is offering an informative single class preparing the new mom and her support person for the first few months at home with a new baby. Class includes information on basic early infant care, comforting skills, swaddling, crying or communication, and much more. A must for all new parents with little or no experience.

Safe Start

Sutter Childbirth Education is offering a single class designed to assist in providing a safe environment for your infant. This class includes must know instruction on INFANT CPR, practicing on infant mannequins (this class is not for certification), up to date information on car seat and home safety.

Community Resources

FEDERAL FOOD DISTRIBUTION PROGRAM

Eligibility is based on income.

Last Wednesday of the month:

Davis Senior Center, 12:30-1:30 p.m.
Call (530) 757-5696 for information.

Last Friday of the month:

Winters Community Center, 12:00-1:30 p.m.
Yolo Housing Community Center, 10:45-11:30 a.m.
Call (530) 758-6821 for information.

IMMUNIZATION CLINIC

Davis

Davis Community Clinic
Mondays 2:00-4:00 p.m. & Fridays 1:00-4:00 p.m.
2040 Sutter Place, (530) 758-2060

West Sacramento

Salud Clinic
Thursday, 1:00-4:00 p.m.
500 B Jefferson Blvd., Ste. 170, (916) 375-6380

Yolo County Health

500 B Jefferson Blvd. (916) 375 6380
Monday, 9:30-11:00 a.m.

Woodland

Yolo County Health Department
Mondays, 2:00-4:00 p.m. & Fridays, 9:00-11:00 a.m.
10 Cottonwood, (530) 666-8645

Peterson Clinic

Wednesdays, 2:00-4:00 p.m.
8 N. Cottonwood, (530) 666-8960

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, W. 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. 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 in Woodland, or (916) 375-6390 in West Sacramento.

Especially for Parents

Parenting Classes

These FREE Parenting Classes are offered by Hands Together. You must register to attend. Child care may be available for some of the classes. Please call Jada Chapman at (530) 669-3285 for more information or to register for classes.

IN WOODLAND

Bonding & Rebuilding (0-5)
January 13 to March 23
6:30 PM to 8:30 PM

Active Parenting (5-12)
January 14 to March 24
6:30 PM to 8:30 PM

Active Parenting (5-12)
January 14 to March 24
6:00 PM to 8:00 PM

IN WEST SACRAMENTO

Bonding & Rebuilding (0-5)
January 21 to March 31, 2004
1:30 PM - 3:30 PM

Active Parenting (5-12)
January 22 to April 1, 2004
6:30 PM - 8:30 PM

Active Parenting for Teens (12-18)
January 28 to April 8, 2004
6:30 PM - 8:30 PM
For Parents and Teens Together

Parent to Parent (12-18) (Spanish)
January 28 to April 8, 2004
6:30 PM - 8:30 PM
For Parents and Teens Together

Bonding & Rebuilding (0-5) (Spanish)
January 20 to March 16, 2004
6:30 PM - 8:30 PM

IN WINTERS

Active Parenting (5-12)
January 13 to March 16, 2004
6:00PM to 8:00 PM

Active Parenting (5-12) (Spanish)
January 13 to March 16, 2004
6:00PM to 8:00 PM

The following FREE classes are sponsored by the Foster & Kinship Care Education Program. For more information on any of these classes please call Rena DeLacey at (530) 662-5151.

Attachment & Separation Issues
Friday, January 23
9:00 a.m. to 4:00 p.m.

This class will review the attachment process, both healthy and distorted; specific behaviors demonstrated by children who lack attachment; understanding the traumatic effects of separation & treatment interventions for attachment and separation issues among others.

Foster & Kinship Care Education offers parent education classes & workshops on an ongoing basis. For information on upcoming classes please call Rena DeLacey at (530) 662-5151.

Author Barbara Coloroso will Present:

The Bully, the Bullied, and the Bystander: *From Pre-School to High School—How Parents and Teachers Can Help Break the Cycle of Violence*

It's the deadliest combination going: bullies who get what they want from their target, bullied kids who are afraid to tell, bystanders who either watch, participate, or look away, and adults who see the incidents as simply 'teasing' and a normal part of childhood. Discussing her new book, *The Bully, The Bullied, and The Bystander*, Barbara Coloroso gives parents, caregivers, educators—and most of all, kids—the tools to break this cycle of violence.

The Children's Alliance, in partnership with Child Care Services Resource and Referral invite you to join internationally renowned speaker Barbara Coloroso for a free evening presentation on **January 22nd** in Davis. Barbara will be speaking on the growing problem of bullying and violence faced by our children in today's world. *Registration will be required and space will be limited. In order to ensure a seat, call our office as soon as possible and ask to speak with Rossana Vigil at (530) 757-5695 or (800) 723-3001.*

Barbara Coloroso is an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, non-violent conflict resolution and reconciliatory justice. She is an educational consultant for school districts, the medical and business community, the criminal justice system and other educational associations in the United States, Canada, Europe, South America, Asia, New Zealand, Australia and Iceland.

Barbara has served as a classroom teacher, a laboratory school instructor, and a university instructor. She is the author of two international bestsellers: *kids are worth it! Giving Your Child the Gift of Inner Discipline* and *Parenting Through Crisis: Helping Kids in Times of Loss, Grief and Change*. Barbara resides in Littleton, Colorado.



New Training Opportunities for Providers

The following provider classes are sponsored by Child Care Services Resource & Referral. They are open to any child care provider in Yolo County. You may choose to earn up to 6 ECE units of college credit if you attend the entire series or 1 ECE credit if you attend 4 sessions. Classes will be held in both, Woodland & Davis. For more information and to reserve your seat contact Tamiko Eslick at (530) 757-5695.

IN WOODLAND

ECE 47a Building Your Business

Saturday, January 17 9:00a.m. – 4:20p.m.
Thursday, January 22 6:30p.m. – 8:30p.m.
Saturday, January 24 9:00a.m. – 4:20p.m.
Thursday, January 29 6:30p.m. – 8:30p.m.

ECE 47b How Children Learn

Saturday, January 31 8:30a.m. – 12:45p.m.
Saturday, February 21 8:30a.m. – 12:45p.m.
Saturday, February 28 8:30a.m. – 12:45p.m.
Saturday, March 6th 8:30a.m. – 12:45p.m.

ECE 47c Routines in the Lives of Children

Saturday, March 13 8:30a.m. – 12:45p.m.
Saturday, March 20 8:30a.m. – 12:45p.m.
Saturday, March 27 8:30a.m. – 12:45p.m.
Saturday, April 17 8:30a.m. – 12:45p.m.

ECE 47d Working With Families

Saturday, May 1 9:00a.m. – 4:20p.m.
Thursday, May 6 6:30p.m. – 8:30p.m.
Saturday, May 8 9:00a.m. – 4:20p.m.
Thursday, May 13 6:30p.m. – 8:30p.m.

ECE 47e Awareness of Differences

Saturday, May 15 9:00a.m. – 4:20p.m.
Thursday, May 20 6:30p.m. – 8:30p.m.
Saturday, May 22 9:00a.m. – 4:20p.m.
Thursday, May 27 6:30p.m. – 8:30p.m.

ECE 47f Guiding Children's Behavior

Saturday, June 5 8:30a.m. – 12:45p.m.
Saturday, June 12 8:30a.m. – 12:45p.m.
Saturday, June 19 8:30a.m. – 12:45p.m.
Saturday, June 26 8:30a.m. – 12:45p.m.

**All Woodland Classes will be held at:
Yolo County First 5 Conference Room
Located at 227 Elm Street in Woodland.**

IN DAVIS

ECE 299 Building Your Business:

Saturday, January 17 9:00a.m. - 4:00p.m.
Tuesday, January 20 6:30p.m. - 8:30p.m.
Saturday, January 24 9:00a.m. - 4:00p.m.
Tuesday, January 27 6:30p.m. - 8:30p.m.

ECE 299 How Children Learn:

Saturday, January 31 8:30a.m. - 1:00p.m.
Saturday, February 28 8:30a.m. - 1:00p.m.
Saturday, March 6 8:30a.m. - 1:00p.m.
Saturday, March 13 8:30a.m. - 1:00p.m.

ECE 299 Routines in the Lives of Children:

Saturday, March 20 8:30a.m. - 1:00p.m.
Saturday, March 27 8:30a.m. - 1:00p.m.
Saturday, April 3 8:30a.m. - 1:00p.m.
Saturday, April 17 8:30a.m. - 1:00p.m.

ECE 299 Working With Families:

Saturday, May 1 9:00a.m. - 4:00p.m.
Tuesday, May 4 6:30p.m. - 8:30p.m.
Saturday, May 8 9:00a.m. - 4:00p.m.
Tuesday, May 11 6:30p.m. - 8:30p.m.

ECE 299 Awareness of Differences:

Saturday, May 15 9:00a.m. - 4:00p.m.
Tuesday, May 18 6:30p.m. - 8:30p.m.
Saturday, May 22 9:00a.m. - 4:00p.m.
Tuesday, May 25 6:30p.m. - 8:30p.m.

ECE 299 Guiding Children's Behavior:

Saturday, June 5 8:30a.m. - 1:00p.m.
Saturday, June 12 8:30a.m. - 1:00p.m.
Saturday, June 19 8:30a.m. - 1:00p.m.
Saturday, June 26 8:30a.m. - 1:00p.m.

ALL Davis Classes will be held at the Sacramento City College Location at 1909 Galileo Court, Suite B Davis.

Training dates & locations for classes in Russian & Spanish will be announced soon.

Especially for Providers

2003 Tax Law Changes Aid Providers

by Tom Copeland

Tax law changes in 2003 offer many benefits to family child care providers. The highlights:

- The standard mileage rate for 2003 is 36 cents per business mile. In 2004 it will rise to 37.5 cents. Remember that you are always entitled to claim the business portion of your car loan interest even if you use the standard mileage rate.

- The IRS has adopted a new standard meal allowance rate that allows you to claim food expenses without keeping any food receipts. The rate is \$0.98 for breakfast, \$1.80 for lunch and supper, and \$0.53 for a snack. For 2004 the rate is \$0.99 breakfast, \$1.83 for lunch and supper, and \$0.54 for a snack. You can claim up to one breakfast, one lunch, one supper, and three snacks per day per child. All providers are eligible to use these rates, including providers who receive the lower Tier II reimbursement rates, providers not on the Food Program, and providers who are not licensed. It is important for you to keep records showing all the meals and snacks you are serving in your business. For more information, visit our [Standard Meal Allowance](#) section.

- If you live in your home and own it for two of the last five years before you sell it, you can avoid paying capital gains tax when you sell your home, according to a new IRS rule. This makes it very easy for most providers to avoid this tax. Tax on the depreciation claimed after May 5, 1997 is still due when the home is sold. You should always claim depreciation deductions on your home. Providers who sold their home in the past three years and paid capital gains tax on the business portion of the profit can use this new rule to amend their return and receive a refund.

- If you purchase new items after May 5, 2003, you may be entitled to claim 50% of the normal depreciation deduction in 2003. Items eligible include computers, furniture, appliances, fences, cars, and other equipment. The purchase of a home or a home improvement is not eligible for this rule. Here's an example: a provider who purchases a \$1,000 swing set in June and has a time-space percentage of 40% is normally entitled to depreciate \$400 ($\$1,000 \times 40\%$) over 7 years. But this new rule allows the provider to claim 50% of the amount in 2003, or \$200 ($\$400 \times 50\%$). The remaining \$200 is depreciated over 7 years. Note: if you bought such items between January 1, 2003 and May 5, 2003, you can claim an extra 30% (instead of 50%) depreciation in 2003.

- If you are not eligible to be covered for health insurance through an employer plan and instead purchase insurance on your own, you can now deduct 100% (up from 70% last year) of the premium on your Form 1040.

For more information about these tax changes, see the *2003 Family Child Care Tax Workbook and Organizer* (Redleaf Press, 800-423-8309 or www.redleafpress.org).

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.

Wednesday, January 14
7:00 p.m. to 9:00 p.m.
Davis Senior Center Game Room
646 A Street in Davis



You must register to attend this workshop. Space is limited and the workshop fills up fast. To register, please call Rosana Vigil at Child Care Services (530) 757-5695 or (800) 723-3001. If you would like to speak to Meredith Coghlan prior to the workshop, you may call her at (530) 527-0470.

Family Child Care Provider Association

ALL PROVIDERS WELCOME: The Davis Licensed Family Day Care Association would like to invite all interested providers in Yolo County to join us for an early February meeting. Please call Dave Bakay for date & time at (530) 758-3097.

Reasons to join an association? meet others who do exactly what you do, share your experiences, get support, network with fellow providers! Currently, yearly fees are only \$5, and the insurance discount for belonging to an association is about 10 times that. Hope to see you there...

Dave Bakay
Family Child Care
Association President



Campus Talk: Events & Information from UCD

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

Reentry Student Family Potluck

Saturday, Jan. 10 @ 1820 Raphael Place, Davis 6:30 p.m. A great opportunity to meet other reentry students and members of the Reentry Resource Network as well as to relax before class schedules and assignments hit. Bring a main dish, dessert, or salad to share. RSVP at (530) 752-4441 or by email to ssperry@ucdavis.edu. Sponsored by Reentry Student Services.

Babies & Books:

Balancing Parenting and Academia

Wednesday, Jan. 14 @ 3201 Hart Hall 12:00 – 1:30 p.m. Are you wondering how to manage both? Learn from faculty and graduate students who have integrated parenting and academic life. Hear about campus and community resources. Share your own questions and experiences. Sponsored by the Women's Resources and Research Center and Professors for the Future. For more information, contact Renata at 752-3372, or wrcgrad@ucdavis.edu.

Breastfeeding Moms on Campus Series



Third Tuesday of each month @ Memorial Union/Moss Room from 12:10-12:50 p.m.

January 20

Lactation Specialist Lonna Hampton on "Questions mothers ask in the course of breastfeeding"

February 17

Public Health Nurse Donna Nevraumont on "Sudden Infant Death Syndrome: Research updates and current thinking"

March 16

Doula Jan Plotkin on "Preparing for birth and easing the life transitions of the postpartum period"

For more information, call Child Care & Family Services at (530) 752-5415.

The Graduate Parent Handbook

http://wrrc.ucdavis.edu/grad_book/index.html

An on-line collection of narratives resulting from past years' roundtable discussions on balancing parenting and graduate school. Heartfelt stories of triumphs and tribulations. To contribute one of your own, write to wrrc@ucdavis.edu.

Wellness Classes

UC Davis Health System

The UCDHS Wellness Center offers an array on classes from early bird prenatal, to childbirth preparation, baby basics and CPR. Visit <http://wellness.ucdavis.edu/class> for a calendar and registration. Learn fetal development, nutrition, and how to care for yourself and your growing child.

Youth Riding Lessons

Equestrian Center

Winter Session

(January 12 – March 8)

Classes available in both English and Western for 8 – 14 year olds. Emphasis on fun and safety. For more information, call (530) 752-2372.



Youth Bowling Leagues

Memorial Union Games Area

Saturdays, January 24 – March 13

Pewees: ages 3 – 7, \$40

Bantams: ages 8 and up, \$50

Juniors: ages 11 and up, \$50

Registration

Saturday, January 17 from 10am – 12 pm and Friday, January 23 from 6 – 8 pm

Free instruction

Friday, January 23 from 6 – 8 pm

For information call 752-2580

Birthday Bowling

Memorial Union Games Area

Wondering how to celebrate this year? The campus Games Area offers party packages including one hour of bowling, shoes, balloons, paper goods and tokens to play the amusement games. For reservations, call 752-2580.