

Smalltalk

Serving Providers & Families in Yolo County

Volume XXXI, Number 6

Dear Friends,

We hope you have all been enjoying our extended Summer like weather. As we have been out in the community on provider visits, we have noticed many teachers and family child care providers taking advantage of the nice weather to hold "indoor" activities in outdoor spaces. This allows providers to extend the space they have for running their programs and helps keep the children's "cabin fever" at bay a little while longer. We really encourage providers and parents to take advantage of the continued nice weather as long as possible. Soon enough the little ones (and the big ones too) will be spending much of their time indoors and spring will seem like it is far, far away...

It has been a busy but exciting Fall at the Resource and Referral. Our First 5 funded Quality Enhancement Project (QEP) is hitting stride as we enter our third year of the project. Centers and family child care homes are taking advantage of the wonderful opportunity to have many terrific services and support delivered right to their doorsteps. Our child care specialists are helping providers prepare for the possible arrival of a statewide "Preschool for All" (PFA) system that California voters will decide on a late Spring election. Providers participating in the QEP will be ahead of their peers if "Preschool for All" passes.

Although we do not know all the accompanying requirements "Preschool for All" might encompass, we do know that any provider who wants to be funded for "Preschool for All" spaces will have to meet some basic standards determined by the state. It seems evident that one component of those standards will likely require participating in, and receiving a "passing" score on an environmental assessment. One of the possible assessments the State seems to be considering is the well recognized and respected Harms Institute **Early Childhood Environmental Ratings Scale** (commonly referred to as the 'ECERS'). Although it is not 100% certain the State will use the ECERS as its assessment if "Preschool for All" is implemented, it is certain that any potential sites will have to pass some type of environmental assessment.

It is our recommendation that programs and providers interested in being a part of a future PFA program, start working on enhancing their quality RIGHT NOW. Providers currently participating in QEP have a head start! QEP participants receive a free copy of the ECERS manual along with a great video that explains how it all works. Additionally, our child care specialists will help the provider perform their own assessment in order to see how their program scores.

In This Issue

Meetings/Support Groups	2
Calendar/Community News & Events	3
City of Davis Parks & Recreation Programs. 6	
Health & Safety News	7
More Alike Than Different	8
Especially for Parents	9
Especially for Providers.....	10
Campus Talk	12

QEP participants have access to mini grants, free toys and resources from the PLAY Vans and specific one to one assistance from our Child Development Specialists. All of these components are designed to help providers enhance areas that might have scored lower on the ECERS and to help make all licensed early childhood programs in Yolo County be as successful as possible!

Parents who are interested in finding out how their child's program rates in the ECERS should encourage their providers to call the R&R and see about joining the QEP project. It is free for any licensed provider in Yolo County but space is limited so don't wait too long!

As always, if you have any questions, suggestions or concerns, please feel free to call our office.

Regards,

Robbie Townsley
Resource & Referral Supervisor

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS

Tues., November 15 & December 20 from 9:30 a.m. to 12:30 p.m. **New location:** At the Child Care Services Conference Room, 600 A Street in Davis. A \$25 fee will be charged by Community Care Licensing for attending licensing orientation. This fee must be received by their office prior to the orientation date. For more information call (530) 757-5695 or (800) 723-3001.

PARENTS TOGETHER

Child Care Services sponsors this group. The group is for all parents and babies under 1 year. The group meets every **Tuesday** from 1 p.m. -2:30 p.m. in Davis at the Conference Room at 600 A Street (next to the Child Care Services office). **The group will not meet Nov. 22, Dec 20, 27 & Jan. 3.** For information call Child Care Services at (530) 757-5695 or (800) 723-3001.

FIRST 5 YOLO COUNTY

(formerly Yolo Co. Children & Families Commission)
2nd Wednesday of the month, 3:30 p.m.-5:30 p.m.
403 Court Street in Woodland. For more information call (530) 669-2475. www.yolochildren.org

YOLO CO. CHILDREN'S ALLIANCE

The Children's Alliance Policy Council meets quarterly, *usually* from 3:00 p.m. to 5:00 p.m. at the County Administration Bldg., 625 Court Street, Woodland. For more information call Elizabeth Jones at (530) 757-5558.

YOLO CHILD CARE PLANNING COUNCIL

Meets every other month to discuss child care topics. Meets at Yolo County Office of Education. Call (530) 668-3773 for information.

KINSHIP CAREGIVERS SUPPORT GROUP

Every Thursday morning from 9:00 a.m. to 10:30 a.m. at the Family Service Agency. Call Edie Dornbush at (530) 662-2211 ext. 33 for information.

GROUP FOR TWINS & PARENTS

If you have twins or if you are pregnant with twins call Fran and she will introduce you to the Twins Group. The group organizes a variety of activities for parents and twins to enjoy. For information call Fran Leistikow at (530) 753-6934.

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 at (530) 666-8632.

WOODLAND PARKS, RECREATION, COMMUNITY SERVICES, & URBAN FORESTRY COMMISSION

4th Monday of each month, 7:00 p.m. City Council Chambers, City Hall, Woodland. Public welcome. Youth and children's issues are discussed. (530) 661-5880.

GRANDPARENTS RAISING GRANDCHILDREN – Support for family caregivers raising children. Thursdays, 9 AM at the Woodland office 455 1st Street. Edie Dornbush, MFTI (530) 662-2211 Ex. 33. *Sponsored by Yolo Family Service Agency.*

YOLO FAMILY RESOURCE CENTER MEETINGS

Fathers' Group in Spanish* Is a group run by Latino fathers who want to share experiences. Get advice and support on parenting from peers and a counseling facilitator. The group meets every Wednesday, 6-8 p.m., at the Yolo Family Resource Center. No need to register.

Women's Support Group in Spanish* This is a parent led support group in Spanish for all women interested in sharing experiences, ideas, and looking for solutions to family problems. Tuesdays 10-11:30 a.m. at the Yolo Family Resource Center. No need to register. For information on the Women's Support Group in English contact Matina Kaufman at (530) 406-7221.

Parent Services Committee Meeting in Spanish* (translation available if needed). Interested members of the community get together with Yolo Family Resource Center staff to discuss existing services and brainstorm to plan new center activities, family celebrations, and meet community needs.

Special Needs Support Group*

Monday, 6:00 to 7:00 p.m. This is a parent-led support group for families of children with special needs. Childcare & refreshments are provided.

**These groups meet at the Yolo Family Resource Center in Woodland (409 Lincoln Ave). For more information call (530) 406-7221. FREE childcare is provided for these groups.*

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 (January to November) 7 to 9 p.m. at the Davis Senior Center, at 7th and A Streets in Davis. For information contact Dede Douglass at (530) 759-8817 or dededouglass@yahoo.com.

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 at the YCCC Conference Room, 1950 5th St. in Davis. For more information call (530) 666-8632—Ask to speak with Joan Beesley.

LA LECHE LEAGUE

Support for mothers who are breastfeeding. Meetings are the 2nd Thursday of the month at 10:00 a.m. at 345 L Street, Davis. For phone-support, or meeting topics call: Cheri (530) 759-0334 or Jennifer (530) 753-9824.

GRUPO DE MUJERES – Spanish-speaking woman's support group. Tuesdays, 4 PM at the Woodland office, 455 1st Street. Call Susana Russ, LCSW (530) 662-2211 Ex. 25 for more information. *Sponsored by Yolo Family Service Agency.*

BABY SIGNS® PLAY GROUP Join other parents for a free, informal, FUN time with a certified Baby Signs® Instructor. Meet other families who are interested in signing with their children. 1st Friday of the month at the Davis Library *Blanchard Room*, 315 E. 14th St. from 10:15 a.m.-11:00 a.m. For more information contact Erin Panelli (530) 219-0876.

Community News & Events

Calendar

November	National Adoption Month
4	UCD Playgroup Orientation
15	Family Child Care Licensing Orientation
19	ECE 47c begins
24 & 25	Thanksgiving Holiday Observance (City Offices Closed)
December	
4 & 10	National Hand Washing Week
20	Family Child Care Licensing Orientation
23	City Closed for Holiday Observance
26	City Closed for Holiday Observance
30	City Closed for Holiday Observance
January	
2	City Closed for Holiday Observance
11	Parenting the Toddler Series begins

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

STEAC's Holiday Program

Each year in December, the Short Term Emergency Aid Committee (STEAC) coordinates the Holiday Program for low income Davis families and individuals. Families, civic groups, businesses and UCD departments volunteer to adopt a family and provide food and gifts. Sponsors and families remain anonymous. To qualify for the program you must be a Davis resident at or below the poverty income level.



To become a recipient of the Holiday Program you will need to apply. The program will be scheduling drop-in application times for your convenience. To apply you will need to bring the following:

Proof of income
Proof of residence (utility bill)
ID for every member of the family
For information on similar programs in other communities, contact the following organizations.

For dates and information, please call (530) 758-5444.

West Sacramento: Dept. of Soc. Svcs. (916) 765-6200

Winters: City of Winters (530) 795-4233

Woodland: The Wayfarer Center (530) 661-1218

Calling for Presenters for the Yolo County Child Development Conference

Would you like to be a presenter at the 2006 Yolo County Child Development Conference? Please save the date, **April 29, 2006!** We are currently accepting conference workshop proposals. We are particularly interested in topics addressing the following:

- ◇ Challenging Behaviors
- ◇ Child Development/ECE
- ◇ Children With Disabilities
- ◇ Cultural Diversity
- ◇ Health & Safety
- ◇ Infants & Toddlers
- ◇ Curriculum/School Readiness
- ◇ Assessments/Portfolios/Observations
- ◇ Play & Learning Activities

If you would like to be a presenter, please contact Tamiko Eslick at (530) 757-5695 or (800) 723-3001.

Save the Date for the Yolo County Child Development Conference!!!

Parents, teachers, child care professionals and others who are interested in child development are invited to attend a day long child development conference on **Saturday, April 29, 2006.** The conference will be held at the Veterans Memorial Center, 203 E. 14th Street in Davis. The conference will offer many exciting and fun workshops as well as exhibitors.

The cost for attending the conference is **\$25.00** for pre-registration **before April 1st** or **\$30.00** after April 1st & for onsite registration. A limited number of spaces will be available at the door, pre-registration is strongly recommended. For more information, or to register, contact Child Care Services Resource & Referral by calling (530) 757-5695 or (800) 723-3001 (from West Sacramento or rural Yolo County).



Community News & Events

Storytime with our Commissioners!!!

Join us as we celebrate 5 years of providing services to children in Yolo County. Commissioners will read a story to children and talk to parents about programs being offered by First 5 Yolo.

Wednesday, October 19, 2005

6:00pm Davis Farmers Market
Commissioner Sheila Allen

Monday, October 24, 2004

4:30pm Dunnigan Camper's Inn
Commissioner Irma Rodriguez

Thursday, October 27, 2005

1:30pm Woodland Public Library
Commissioner Suzanne Anderson

Thursday, November 3, 2005

6:30pm West Sacramento Library
Commissioner Katie Villegas

Saturday, November 5, 2005

11:00am Esparto Farmers Market
Commissioner Sue Heitman

Monday, November 7, 2005

4:30pm Knights Landing Library
Commissioners Irma Rodriguez
and Sue Heitman

Thursday, November 10, 2005

6:00pm Clarksburg Library
Commissioner Katie Villegas

Tuesday, November 22, 2005

10:30am Davis Library
Commissioner Donita Stromgren



¡Hora de Cuentos con Nuestros Comisionados!

Les invitamos a que celebre con nosotros 5 años de servicio en el Condado de Yolo. Nuestros Comisionados le leerán un libro a los niños y hablaran con los padres acerca de los programas ofrecidos en el Condado de Yolo.

miércoles, 19 de octubre de 2005

6:00pm Davis Farmers Market
Comisionada Sheila Allen

lunes, 24 de octubre de 2005

4:30pm Dunnigan Camper's Inn
Comisionada Irma Rodriguez

jueves, 27 de octubre de 2005

1:30pm Biblioteca de Woodland
Comisionada Suzanne Anderson

jueves, 3 de noviembre de 2005

6:30pm Biblioteca de West Sacramento
Comisionada Katie Villegas

sábado, 5 de noviembre de 2005

11:00am Esparto Farmers Market
Comisionada Sue Heitman

lunes, 7 de noviembre de 2005

4:30pm Biblioteca de Knights Landing
Comisionadas Irma Rodriguez y Sue Heitman

lunes, 10 de noviembre de 2005

6:00pm Biblioteca de Clarksburg
Comisionada Katie Villegas

martes, 22 de noviembre de 2005

10:30am Biblioteca de Davis
Comisionada Donita Stromgren



All Children will receive a free book!

¡Todos los niños recibirán un libro gratis!



Community News & Events

News from Yolo Family Service Agency

Following we highlight Yolo Family Service Agency programs. The mission of Yolo Family Service Agency is to alleviate stress and strengthen family life in Yolo County through counseling, educational programs and supportive support groups.

Affordable Counseling Services

Professional psychotherapy for individuals, couples and families available in English and Spanish. Services available in Woodland, Davis, West Sacramento, Esparto and Knights Landing. Cost based on a sliding scale based on income and family size. YFSA accepts many public and private insurance plans.

Additional services include:

- Employee Assistance Program
- Family Maintenance & Reunification
- Victims of Crime
- Families Living with Developmental Disabilities

For more information call (530) 662-2211 or (916) 375-1254
English – Extension 21 Spanish – Extension 38

Allied Services for Kids (ASK)

A school-based program for teens that provides crisis intervention, prevention and psycho-educational services throughout Yolo County. Call for more information: (530) 662-2211 Ex. 19. ASK services are in the following school districts:

Esparto:

- Madison Continuation School

Woodland:

- Cache Creek Continuation School

West Sacramento:

- River City High School
- Golden State Middle School
- Elk Horn Elementary School
- Evergreen Elementary School
- Westfield Elementary School

Psycho-Educational/Support Groups

Issue specific topics provided over eight to twelve weeks and led by a licensed or license-eligible clinician.

Parenting Classes—12-week course. If you have interest, we are taking reservations. Course date to be announced.
Contact YFSA at (530) 662-2211

Children's Social Skills – Improve communication and interaction through age-appropriate play, art and games.
Susana Russ, LCSW (530) 662-2211 Ex. 25

For information on Grandparents Raising Grandchildren & El Grupo de Mujeres support groups please see page 2 of Small talk.

Services for Clients Who Speak Spanish

YFSA offers therapy in Spanish for couples, families and individuals (adults and children.) YFSA also offers groups in Spanish, in those cases in which they are needed. To request services in Spanish, call (530) 662-2211, extension 38.

Thinking about going to college?

Currently receiving CalWORKs? If you are receiving TANF (Temporary Aid to Needy Families) CalWORKs, formerly known as AFDC, you are eligible to receive services from the CalWORKs program at Sacramento City College. Services include career guidance, counseling and educational planning, financial assistance, advocacy, job search assistance, childcare information and resource and referrals—support services every step of the way to help you achieve your goals. You must attend an orientation if you are interested in taking part of this program. No appointment needed. Childcare is not provided. Call (916) 558-2331 for more information and directions.

You may also qualify for Sacramento City College's Extended Opportunity Programs and Services (EOP&S), a student support program for educationally and economically disadvantaged students, funded by the State of California and the Los Rios Community College District. It is designed to provide opportunities in higher education for students with academic potential who, historically, would not have attended college. Services that are provided include counseling, book vouchers to purchase books, early enrollment for classes each semester, tutoring services and application fee waivers to four-year colleges and universities. Students on CalWORKs may also qualify for additional cash assistance up to \$600.

Applications for admission into Sacramento City College are accepted throughout the year with many educational options. Consider courses shorter than the traditional 18-week semester that meet for 16, 8, 6, or 4 weeks or less. Early morning, evening and weekend classes are available to meet your schedule. Transportation a problem? Consider attending one of the outreach centers at Davis, West Sacramento and Downtown Sacramento, or try Distance Education options with online, interactive TV, telecourses and teleweb courses.

Additional information about all college programs and how to apply available online at: www.scc.losrios.edu.

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

Saturday Evenings Out

Parents—this is your chance for an evening out on the town! Drop your children off at the Redwood Park Community Building, where they will participate in games, crafts, activities, movies, treats and more. Then, head out for an evening on your own. Children should eat dinner prior to drop off and bring sleeping bag and pillow.



Gymnastics

The City of Davis Gymnastics offers classes for girls and boy, 20 months to 18 years. We teach Tiny Tot gymnastics, Cheerleading, and all skill levels of gymnastics. Instructors are focused on teaching gymnastics in a fun and age appropriate environment. In addition, participants in our program will have the opportunity to meet new friends and develop increased confidence and self-esteem. Call and ask about our fun birthday party packages.

Musical Munchkins

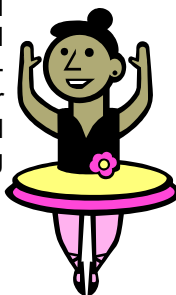
This class is a fun musical playtime for children and their parents. Children will be exposed to a variety of music and musical instruments while enjoying a relaxing open playtime. Other fun activities such as playing with sound, musical crafts, and circle time with singing and movement will be included. Parent participation is required.

Children's Dance Classes

The City of Davis offers various types of beginning dance class for children 4 to 12 years. The classes give boys and girls the opportunity to experience dance in a fun learning environment. Whether your child is interested in creative dance, ballet, tap, jazz, or hip hop, we have a class to fit his or her interest!

Ballet Princess Party

Come in your favorite tutu to this special ballet princess party! At the party, we will work on our dance skills in a creative, fairytale way. After dancing, we will make our own crowns and wands to take home, and we will end the day decorating and enjoying sweet treats!



Winter Workshop

Here is the perfect opportunity for parents to do some holiday shopping while their kids are having fun. Children will make gifts, decorations, and cards. Fee includes all craft supplies, lunch, supervision, and activities. Space is limited in this popular class, so sign up early!



Arts-N-Tots

Take advantage of this unique opportunity to spend time with your children exploring clay, paints, collage, crayons, and more! Parent participation is required in each class.

Creative Playtime

Creative Playtime includes innovative activities such as arts and crafts, music, developmental play as well as outdoor play and field trips. Parent participation is required in each class.

Teddy Bear Story Time

Wear your pajamas, bring your teddy, and snuggle up to a good story. We will lay on the soft mats in the Civic Center gym and read stories, sing songs, and listen to creative storytelling. Don't forget to bring your imagination with you!

Davis Children's Nutcracker

The 29th annual Nutcracker Production will be held December 15th – 19th. Share this Davis holiday tradition with your friends and family. Beginning December 7th, tickets will be available to the general public; maximum 6 tickets per sale.



Class Registration

For information and to register to any of these programs or find out about other programs call (530) 757-5626 or visit www.cityofdavis.org

For more information on recreational programs in your area please call:

**West Sacramento
Winters
Woodland**

**(916) 617-4620
(530) 795-4233
(530) 661-5880**

Health & Safety News

Hand Washing Awareness Week

National Hand Washing Awareness Week is Dec. 4-10. Children can enjoy learning about the importance of hand washing from "Henry the Hand," a character created by Dr. William P. Sawyer. You can learn more about Henry the Hand by visiting his website at www.henrythehand.com.

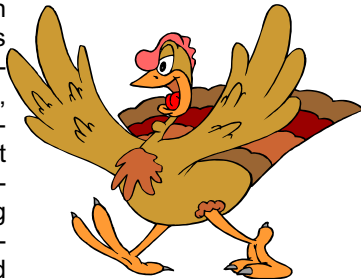
Henry the Hand's 4 Principles of Hand Washing

- WASH your hands when they are dirty and BEFORE eating.
- DO NOT cough into your hands.
- DO NOT sneeze into your hands.

Above all, DO NOT put your fingers into your eyes, nose, or mouth. These skills are good for all of us to practice, adults and children alike.

Davis Turkey Trot and Kids Fun Run

The Davis Turkey Trot is an annual tradition that takes place each year on the Saturday prior to Thanksgiving, on November 19th. The Turkey Trot offers a fun event for all ages, abilities and interests. Parents with young children are invited to participate in our one-of-a-kind event, the 5K Baby Jogger Run. All runners/walkers in this division push their child(ren) in a baby jogger or stroller. Runners, joggers and walkers, casual and competitive alike, compete in our certified 5K and 10K Run events. Lastly, we host two fun runs for kids with 1/4 mile and 1/2 mile courses. The Davis Turkey Trot will host over 4,000 runners, walkers and kids plus an additional 2,500 spectators. 2003 hosted the largest Davis Turkey Trot ever, with 4,100 participants. After reaching the finish line, all participants and spectators are invited to our sports expo, where our vendors offer food sampling, sports nutrition, apparel and other health-related products and samples. For kids 12 and under, we create a giant kids area, complete with fun jumps, interactive games such as golf putting, a soccer shootout and trike races, arts and crafts, face painting, a raffle and more. Join us with your family, friends, neighbors and co-workers for the 18th annual Davis Turkey Trot on November 19. Whether it's already a tradition, or about to become a new one, you are bound to have a great experience. For more information contact a Change of Pace at (530) 757-2012 or visit them online at www.changeofpace.com.



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 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

500 B Jefferson Blvd., Ste. 170, (916) 375-6380

Thursday, 1:00-4:00 p.m.

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.

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.

More Alike Than Different

Developmental Problems: Learn the Signs. Act Early.

It's time to change how we view a child's growth!

Do you know all the ways you should measure your child's growth? A child's growth is more than just physical. We naturally think of height and weight, but from birth to 5 years, your child should reach milestones in how he plays, learns, speaks and acts. A delay in any of these areas could be a sign of a developmental problem, even autism. The good news is, the earlier it's recognized the more you can do to help your child reach her full potential.



Below are developmental milestones by age:

3 Months

- Begins to develop a social smile.
- Raises head and chest when lying on stomach.
- Watches faces intently.
- Smiles at the sound of your voice.

7 Months

- Enjoys social play.
- Transfers object from hand to hand.
- Ability to track moving objects improves.
- Responds to own name.
- Finds partially hidden object.

1 Year

- Enjoys imitating people in his play.
- Reaches sitting position without assistance.
- Bangs two objects together.
- Responds to simple requests.

2 Years

- Walks alone.
- Points to object or picture when it's named for him.
- Begins make-believe play.
- Demonstrates increasing independence.

3 Years

- Climbs well.
- Turns book pages one at a time.
- Uses 4- to 5-word sentences.
- Sorts objects by shape and color.

4 Years

- Goes upstairs and downstairs without support.
- Draws circles and squares.
- Tells stories.
- Cooperates with other children.

5 Years

- Swings, climbs, hops, somersaults.
- Says name and address.
- Can count 10 or more objects.
- Likes to sing, dance and act.

Talk to your child's doctor or nurse if you have concerns about how your child is developing. If you or your doctor think there could be a problem, you can take your child to see a developmental pediatrician or other specialist, and you can contact your local early intervention agency (for children under 3) or public school (for children 3 and older) for help. To find out who to speak to in your area, you can contact the National Dissemination Center for Children with Disabilities by logging on to www.nichcy.org/states.htm. If there is a problem, it is very important to get your child help as soon as possible. Learn the signs. Act early. The Centers for Disease Control and Prevention (CDC) has additional information for families at www.cdc.gov/actearly.

(Source: Source: National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention)

Help Us Welcome Christine Romer to Our Staff!!!

We would like to welcome the newest member of the Child Care Collaborative, Christine Romer. Christine is taking on the Yolo County Office of Education job role funded through the Child Care Collaborative. The primary focus of Christine's job will be to assist centers and licensed family child care providers in accommodating and serving children with special needs. She will also serve as a bridge to the Yolo County Office of Education assessment process for their infant, toddler and pre-school programs for children with special needs. If you are a provider who needs help with accommodating a child with special needs or you just want information or resources on special needs topics, please give Christine a call. She is available to offer on-site assistance to licensed centers and family child care homes anywhere in Yolo County!

Christine can be contacted by calling our main office number and asking for extension 7370. Welcome Christine!!

Yolo County Resources

If you have concerns about your child's development, talk to your pediatrician. He or she can refer you to a specialist. You may also contact Diane Casey, Inclusion & Family Resource Specialist or Christine Romer, Inclusion Specialist in our office at (530) 757-5695 or (800) 723-3001.

Other Resources

Alta California Regional Center	(530) 666-3391
Yolo County Office of Education	(530) 668-3885
First Steps Infant-Preschool Program	(530) 668-3860
WarmLine Family Resource Center	(800) 660-7995

Especially for Parents

Child Care Services will Host Parenting Workshop Series!

The following two workshop series will be offered to Yolo County Parents starting in January. You must pre-register to attend by calling Ing Chao at (530) 757-5695 or (800) 723-2001.

Parenting the Toddler

"No!" Why is this my toddler's favorite word? Join child development instructor Joyce Lee, and other parents of toddlers to discuss this favorite word, as well as insight into who toddlers are and what motivates them. The toddler years can be delightful and hair pullingly frustrating all in the span of 10 minutes. Learn more about communication and verbal/non verbal language, toddler development, nutrition, positive discipline, toilet learning, friendships, fun ways to use all of that great toddler energy and much more!



**Wednesdays, January 11, 18, 25 & February 1
7:00-9:00 PM**

**Children & Families Commission (First 5)
Conference Room
227 Elm Street in Woodland**

Parenting the Preschooler



This class will answer many of the questions you have about your preschooler. Parenting can be challenging. Come and listen to a child development specialist discuss why preschoolers develop and behave the way they do. Find out how you can interact with your child in a positive way and use appropriate discipline to change undesirable behaviors. Specific topics include communication, eating habits, age appropriate activities, TV, positive and effective discipline, computers, handling super hero and pretend gun play.

**Wed., February 15, 22 & March 1, 8 (7:00-9:00 PM)
Children & Families Commission (First 5)
Conference Room
227 Elm Street in Woodland**

The instructor for both series will be Joyce Lee. She has worked with children and families for the past 14 years as a teacher, trainer and advocate. Joyce is currently an Early Childhood Education consultant in Yolo County. Her experience includes being a classroom teacher, facilitating parenting/staff trainings and teaching Child development courses at Community Colleges. She lives in Davis with her husband and two sons (ages 3 and 7).

Funding provided by Yolo County First 5

November is National Adoption Month!

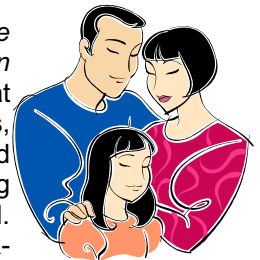
The theme of National Adoption Month 2005 is "Answering the Call." This theme builds on *The Collaboration to AdoptUsKids'* national recruitment campaign. The purpose of National Adoption Month is to raise awareness about the 119,000 children in foster care nationwide waiting for permanent families. Recruitment efforts are highlighted throughout the National Adoption Month website to encourage America's families to "answer the call" to ensure the safety, permanency, and well-being of our children. National Adoption Month roots can be traced back more than 25 years. In 1976, the governor of Massachusetts first proclaimed Adoption Week and, later that year, President Gerald Ford made it official nationally. The number of States proclaiming the observance of Adoption Week in November grew, and in 1990, National Adoption Week became National Adoption Month. Today, National Adoption Month is celebrated throughout the United States during the month of November.



For more information about adoption, please visit the National Adoption Information Clearinghouse website at <http://naic.acf.hhs.gov/index.cfm>.

FKCE Stands for Care...

The *Woodland Community College Foster and Kinship Care Education (FKCE)* program is a program that serves Yolo County foster parents, kinship/relative care providers, and individuals interested in becoming foster parents or in adopting a child. We provide FREE classes and workshops to individuals who are:



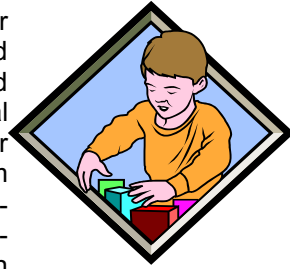
- Parenting a child placed in out-of-home care and you want to improve your parenting skills;
- Taking care of a relative's child;
- Need to complete the State mandated foster care education requirements;
- Interested in being a foster or adoptive parent.

For information on local adoption & foster care services along with parenting classes, please contact the Foster & Kinship Care Education Program at (530) 661-5712 or visit their website at www.yolofostercare.com.

Especially for Providers

Come to PLAY Day!

PLAY Day is a new program for family child care providers and informal child care providers and the children they care for. 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!

CITY	NOVEMBER	DECEMBER
DAVIS	18	16
CLARKSBURG	15	13
KNIGHTS LANDING	10	8
WEST SACRAMENTO	8 & 15	6 & 13
WOODLAND	9 & 16	7 & 14

PLAY Day is brought to your communities in Clarksburg, Davis, West Sacramento & Woodland. **You must register to attend!** For more information and to participate please call Child Care Services at (530) 757-5695 or (800) 723-3001. **Providers that attend will receive a free gift!**

Routines in the Lives of Children (ECE 47c)

ECE 47c will be offered by Woodland Community College beginning on Saturday, November 19. Classes will be held at the First 5 conference room in Woodland, located at 227 Elm Street. To register for the class for credit, you must do so through the college by calling or visiting the college, 41605 Gibson Road, Woodland, CA 95776, (530) 661-5700. You also have the option to take this class for hours instead of academic credit. **Please call Lynn Arner at (530) 757-5695 for more information.**

ECE 47c

Saturdays

November 19, December 3, 10 & 17

From 8:30 a.m. to 12:15 p.m.

First 5 Yolo Conference Room

227 Elm Street in Woodland

RIO Application & CD Permit Workshops for RIO Participants

If you...

- Want someone to help you completing your RIO Application.
- Are not sure which track or level to apply for.
- Want someone to help you complete the Child Development Permit Application.

Then, this workshop is for you!

Bring any paperwork and transcripts you have and meet with Lynn Arner to get your questions about the RIO stipend program answered.

Tuesday, November 15th 7 - 8:30pm

Thursday, December 8th 7 - 8:30pm

Both workshops will be held in the Yolo County Conference Room at 600 A Street in Davis

RIO Advisor Training

Did you miss any of the previous trainings? Here is another opportunity to come on board!

RIO Advisor Training

November 8th

6-7:30pm

Yolo County Conference Room

600 A Street, Davis

Adjacent to the Child Care Services Office

Call Lynn Arner for to register and for more information at (530) 757-5695.

RIO Advisor's Frequently Asked Questions Training

(voluntary for RIO Advisors)

If you still have questions, such as:

- How do I determine which permit matrix level the provider qualifies for?
- How do I know which classes qualify?
- What steps do providers need to take to receive a stipend?

Join us on **November 1st from 6-7:30pm** in the Yolo County Conference Room (600 A Street, Davis) for answers to these questions and more! **Call Lynn Arner for to register and for more information at (530) 757-5695.**

Especially for Providers

Standard Mileage Rate Increase

IRS News Release 2005-99

The IRS has announced that they are raising the standard mileage rate to 48.5 cents per mile for business trips taken between September 1 and December 31, 2005. The old rate was 40.5 cents per mile for business trips taken between January 1 and August 31, 2005. This rate increase was caused by the rapidly rising price of gasoline. Because of this significant increase, providers should make sure that they keep records of all business trips made after September 1. For every 100 miles driven for business purposes after this date, providers will be able to deduct an extra \$8 on their taxes. At the end of 2005 providers should be careful to keep records of trips made before and after September 1, 2005.

Courtesy of Redleaf National Institute, www.redleafinstitute.org.

Health & Safety Reimbursements

Once again, the health & safety reimbursement funds will be available to child care providers in Yolo County. Reimbursements of up to \$50 dollars will be issued to licensed family child care providers and center staff (2 staff members per program). To receive a reimbursement you must submit a Health & Safety Reimbursement form, copies of your valid health & safety certificates and receipts showing the amount paid to take the health & safety training. For an application or if you have any questions please call Rossana Vigil at Child Care Services, (530) 757-5695 or (800) 723-3001.

Child Care 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 21
9:00-11:30 a.m.
County Conference Room
600 A Street in Davis
(Next to the Child Care Services Office)



You must register to attend this workshop. Space is limited and the workshop fills up fast. To register, please call Rossana 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.

Yolo County Child Care Center Director's Association

Funded by First 5-Yolo to improve access to childcare and to enhance the quality of early care and education. The Director's Association was developed to support directors and emerging leaders to keep up to date on current events, trends, resources and community events related to the Early Care and Education profession. The group meets on the 4th Thursday of the month from 1:30-3:00pm, in the Yolo County Conference room located at 600 A Street, Davis. For more information call Child Care Services Resource & Referral at (530) 757-5695 and ask for Tamiko Eslick.

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 a meeting late January. Please check the next issue of Small Talk for date & time or call Dave Bakay at (530) 758-3097.

Reasons to join an association? Meet others who do exactly what you do, share your experiences, get support and 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



¡Grupo de Apoyo en Español!

¡Hay buenas noticias para las proveedoras de cuidado Latinas! En enero, tendremos un taller en el cual les informaremos sobre el proceso de como establecer un grupo de apoyo para proveedoras de cuidado infantil. Esta junta será en español y gratis para todas las proveedoras con licencia o sin licencia.

Como Establecer un Grupo de Apoyo de Proveedores de Cuidado Infantil

Sábado, 21 de enero
8:30 a.m. hasta las 12 p.m.
Council Chambers
23 Russell Blvd.
Davis

Para más información o para reservar su lugar, llame a Rossana Vigil al (530) 757-5695 o el (800) 723-3001.

Campus Talk: Events & Information from UCD

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

STAFF WORK/LIFE PROGRAM MONTHLY BROWN-BAG SERIES

12:10-1PM, Silo/Cabernet Room

November 17 – MindBody Intelligence

This informative, interactive and fun workshop will teach you hands-on stress management and self-care techniques by unlocking the secrets of MindBody Intelligence (MBI). Discover how to use the knowledge of your MindBody connection to enhance performance, health and general well being. You will learn how tools such as breathing exercises, meditation techniques and mindfulness can give you the knowledge and skills to promote mental focus and support a foundation of health and wellness for a lifetime.

December 1 – Positive Psychology for Work/Life Integration

In its early days, the psychology profession focuses on defining and describing the illness aspects of mental disorders. In contrast today, the field of Positive Psychology focuses on building strengths so people may enhance all areas of their lives. In this workshop you will learn how to engage Positive Psychology as part of your own work/life integration and reap the positive benefits!

SUPPORT AND EDUCATION FOR EXPECTANT AND NEW MOTHERS

Join Lactation Specialist Lonna Hampton for a noon-time presentation and discussion. Moms who have had a positive experience breastfeeding and pumping are encouraged to share tips. Those who are facing difficulties will find a venue for questions and solutions. Pregnant women are urged to enjoy the fellowship and prepare for their own experience. Babies are always welcome. Questions, call (530)752-5412.



3rd Tuesday, 12:10 pm, Memorial Union/Moss Room

November 15 – The Benefits of Human Milk: why breastfeeding is the superior infant food and why does the AAP recommend exclusive breastfeeding for 6 months?

December 13 – Keeping Milk Supply Up and Holiday Stress Down Note, due to the holidays, December meeting will be on the 2nd Tuesday of the month.

QUEER WOMEN DISCUSSION CIRCLE

6-7PM, Righteous Babes Lounge, 105 North Hall, UCD
A safe place for queer women, including gender queer, lesbian, bi-sexual, trans identifying, and students in all stages of the coming out process to share and discuss experiences of sexuality and gender.

November 15 – Building Family

With the holiday breaks approaching this discussion is dedicated to exploring the (dis)connections between your Davis “family” and your other family and community.

December 6 – Shifting Identities

Our multiple identities shape who we are. Explore your overlapping identities in the realms of class, race, gender, ability, religion, ethnicity, and sexuality.

UC DAVIS HEALTH AWARENESS 2005-2006 – BROWN BAG SERIES, 12-1p Cabernet Room of North Silo

The Health Awareness Program offers a variety of programs and information to encourage and assist UC Davis employees in understanding, adopting, and maintaining a healthy lifestyle.

November 10 – Stretch and Surrender: Gentle Yoga

Stretch your body, calm your mind, and surrender your stress and worries by practicing the skill of relaxation. This workshop combines gentle yoga stretches with focused breath awareness, positive affirmations, healing visualization, and deep relaxation. Emphasis is on stress management tools for getting through a busy time of year.

December 8 – Earth Rhythms

This workshop on earth rhythms will explore the qualities of primal dance forms found all over the globe. The three purposes of this style of movement – reconnecting to yourself, connecting you to your community, and connecting you to the world in which you live – will all be discussed. Wear comfortable clothing to fully enjoy this insightful workshop!

WOMEN’S HEALTH & TWELVE

Once a month, tune in to hear physicians and researchers in women’s health speak and answer questions about women’s health speak and answer questions about women’s health topics via live streaming video – all from the privacy and convenience of your own computer! All programs are from 12:10 to 1 p.m. and are free. Email your questions anonymously to the presenter and hear them answered during the broadcast. To watch a presentation live on-line, log on to <http://www.uctv.tv/watch>

November 16 – Speaking from the Heart! Heart Health for Women

Smalltalk

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Small Talk is a bi-monthly publication serving families and child care providers in Yolo County. It is produced by the City of Davis, Parks & Community Services, Child Care Services Division which is solely responsible for the content.

Small Talk is funded in part by the California Department of Education.

About Child Care Services Resource & Referral:

Child Care Services Resource & Referral provides free services to families and child care providers in Yolo County. Some of our services include:

For Parents

- ◇ Free Child Care Referrals to licensed programs
- ◇ Parents Together, a support group for parents of infants
- ◇ Trustline, a registry for legally license exempt child care providers
- ◇ Playgroup Orientations
- ◇ Free publications: Small Talk, Parenting Handouts & On the Go
- ◇ Toy & Resource Library
- ◇ Child Development Conference

For Early Care & Education Professionals

- ◇ Referral Services for licensed facilities
- ◇ Trainings & Classes
- ◇ Support & Resources
- ◇ Play Day, a school readiness program
- ◇ Quality Enhancement Project
- ◇ PLAY vans
- ◇ Trustline, a registry for legally license exempt child care providers
- ◇ Free publications: Small Talk, Parenting Handouts & On the Go
- ◇ RIO (Retention Incentives Opportunities)
- ◇ Child Development Conference

Subscribe to Receive Small Talk for Free!

Small Talk is a free publication for Yolo County residents. Small Talk can be accessed online at: www.city.davis.ca.us/pcs/childcare. To receive Small Talk by mail, please call Rossana Vigil at (530) 757-5665 or (800) 723-3001. You may also sign-up to receive Parenting Handouts & On the Go. All publications are free.

