

# Smalltalk

Serving Providers & Families in Yolo County

Volume XXXII, Number 1

Dear Friends,

Happy New Year and welcome to 2006! The staff of the Resource and Referral (R&R) would like to extend best wishes for the up-coming year to you and yours.

The R&R has many exciting events occurring in 2006. First, we would like to extend a warm welcome to our two new Family Child Care Specialists, Yin Myo-Flores and Solveig Toft. Solveig and Yin will be a part of our **First 5-YOLO** funded "Yolo Child Care Collaborative". They will work with licensed family child care providers and legally licensed exempt child care providers (those caring for the children from only one family other than their own). Yin and Solveig will be driving the "Preschool Lending Library in Yolo" (PLAY) vans around the county, making visits directly to child care providers and bringing free training, resources, and support right to their doorstep! Yin and Solveig will also be a part of our Play Day sessions held all over Yolo County. These sessions are designed to provide a mini-version of a formal preschool environment and are open to all licensed or legally licensed exempt providers. For more information on Play Day, please refer to page 9.

Yin comes to us with a strong background in Child Development, most recently working as a Site Supervisor for Child Development Incorporated. Yin originally hails from the country of Burma and is fluent in English and Burmese! Yin also understands a little Spanish as well. Solveig's most recent work history involved assisting families of children with special needs access services and support through the WarmLine Family Resource Center. Previous to that, Solveig worked in the child development field in Norway. Solveig is fluent in five languages! Those languages are: English, Spanish, French, Italian and Norwegian. WOW! Our two new staff members bring five languages other than English with them. We feel very lucky to have them on board. Please help us welcome them to the Yolo County Child Development Arena.

We are very excited to be able to offer parenting classes again this winter, courtesy of funding from First 5-YOLO. The classes are already pretty full and you must sign up ahead of time in order to attend. If you are interested in attending, call our office right away and ask to speak to Ing Chao. For more information on parenting classes, please see page 8. Our last piece of BIG news is to announce the R&R is going to have Dr. Thelma Harms, of the Frank Porter Graham Institute at the University of North Carolina, Chapel Hill, come to our county in the spring to conduct an intensive

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week long "train the trainer" series on the Early Childhood Environmental Ratings Scale. This is a huge honor for the Resource and Referral program and the entire child development field in our county! Dr. Harms developed the ECERS tool specifically for assessing child care/development programs and is the author of the internationally famous series based on her work. Dr. Harms travels all over the world as a valued speaker and expert in the child development field. The dates will be June 5-10 and will be limited to a small group of ECE professionals who will then go onto become official ECERS trainers in our county. Participants will be chosen from a competitive application process. Dr. Harms will also conduct two over view trainings on the ECERS that will accommodate a much larger audience. We wish to thank **California and First 5-YOLO** for providing the funding for the exciting opportunity. For more information on this topic, please refer to page 10 and stay tuned for further updates on this event!

Regards,

**Robbie Townsley**  
**Resource & Referral Supervisor**

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# Meetings/Support Groups

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## **FAMILY CHILD CARE LICENSING ORIENTATIONS**

Tues., January 17 & February 21, 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 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)  
2<sup>nd</sup> 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](http://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 1<sup>st</sup> 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](mailto: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 1<sup>st</sup> 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. 14<sup>th</sup> St.* from 10:15 a.m.-11:00 a.m. *For more information contact Erin Panelli (530) 219-0876.*

# Community News & Events

## Calendar

### January

- 2 City Closed for Holiday Observance
- 11 Parenting the Toddler Series begins  
RIO/CARES Q&A Session
- 16 Martin Luther King Jr. Holiday  
(City offices closed)
- 17 Family Child Care Orientation

### February

- 8 RIO/CARES Q & A Session
- 15 Parenting the Preschooler Series begins
- 20 Presidents Day Holiday  
(City Offices Closed)
- 21 Family Child Care Licensing Orientation

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

## 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.

## 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**

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**

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

## 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. 14<sup>th</sup> 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).



# 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](http://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. Classes are taught 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.

## 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 imaginations with you!



## Mother Daughter Choices

Come be a part of the national Mother Daughter Choices program for 6<sup>th</sup> grade girls and their mothers. The program integrates issues from the text, Choices, in order to initiate discussions between mothers and daughters regarding personal values, career goals, decision-making, assertive communication, and self-confidence.

## Me and My Shadow

Is your 2 or 3 year old child excited to start dancing? If so, this is the class for him/her! Parents or caretakers participate with their children to help them work on their dance skills. Come and "play ballet" with us!

## Early Artists

In a relaxing, child friendly atmosphere, preschool artists and their parents explore various drawing, painting, collage, and modeling media, creating both open-ended and more structured projects. Children enjoy playing with art materials, and parents enjoy observing the process as they gain inspiration for at-home follow up activities that further enhance their children's natural creative tendencies.

## Manor Pool Renovation

Manor Pool will be going through an extensive face lift in the next year. The New Manor Pool Complex will include a Zero Entry pool and an interactive play area with spraying water features. The pool will be closed for summer 2006, but upon completion of the project in early winter 2006, the new Manor Pool Complex will be a great place for families in the community!

## 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.



## Tiny Tots and Movement Education

Movement education classes give parents the opportunity to interact with their 20 month to 2.5 year old children in an environment that focuses on development of coordination through motor skills, with a strong emphasis on socialization and group involvement. Tiny tot classes are offered for older children, 3 years, to develop strength, balance, flexibility, and coordination.

## Creative Playtime

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

## Mini Horse Camp

In the Mini Horse Camp, 2<sup>nd</sup> through 8<sup>th</sup> grade students not only learn how to ride, but they also receive instruction in horse behavior, grooming, and care of equipment. In addition, on the last day of the camp, participants get the opportunity to show parents what they learned in a mini horse show! The camp takes place at the Sterling Riding Academy.



## 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](http://www.cityofdavis.org)*

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

West Sacramento	(916) 617-4620
Winters	(530) 795-4233
Woodland	(530) 661-5880

# Health & Safety News

## Revised SIDS Prevention Recommendations

Despite major decreases in the incidence of Sudden Infant Death Syndrome (SIDS) over the past decade, SIDS is still responsible for more infant deaths beyond the newborn period in the United States than any other cause of death during infancy. Revised prevention recommendations have been issued by The American Academy of Pediatrics (AAP) and include the following tips:

- Back to sleep. Infants should be placed for sleep in a supine (wholly on back position) for every sleep. Side sleeping is not considered a safe alternative to sleeping lying on the back. Studies have found that the side sleep position is unstable and increases the chances of the infant rolling onto his or her stomach. Every caregiver should use the back sleep position during every sleep period.
- Use a firm sleep surface. A firm crib mattress, covered by a sheet, is the recommended sleeping surface.
- Keep soft objects and loose bedding out of the crib. Pillows, quilts, comforters, sheepskins, stuffed toys and other soft objects should be kept out of an infant's sleeping environment.
- Do not smoke during pregnancy. Also avoiding an infant's exposure to second-hand smoke is advisable for numerous reasons in addition to SIDS risk.
- A separate but proximate sleeping environment is recommended such as a separate crib in the parent's bedroom. There is growing evidence that room sharing (infant sleeping in a crib in parent's bedroom) is associated with a reduced risk of SIDS. However, bed sharing during sleep is not recommended. Infants may be brought into bed for nursing or comforting, but should be returned to their own crib or bassinet when the parent is ready to return to sleep.
- Consider offering a pacifier at nap time and bedtime. Research now indicates an association between pacifier use and a reduced risk of SIDS. The pacifier should be used when placing infant down for sleep and not be reinserted once the infant falls asleep. In addition, if the infant refuses the pacifier, it should not be forced. If you are breastfeeding your child, it is recommended that a pacifier not be used until your child is one month old, after breastfeeding has been established.
- Avoid overheating. The infant should be lightly clothed for sleep, and the bedroom temperature should be kept comfortable for a lightly clothed adult.
- Avoid commercial devices marketed to reduce the risk of SIDS. Although various devices have been developed to maintain sleep position or reduce the risk of rebreathing, none have been sufficiently tested to show efficacy or safety.
- Do not use home monitors as a strategy to reduce the risk of SIDS. There is no evidence that use of such home monitors decreases the risk of SIDS.
- Avoid development of positional plagiocephaly (flat back of head). Encourage "tummy time" while the baby is awake and observed. Avoid having the infant spend excessive time in car-seat carriers and "bouncers." Place the infant to sleep with the head to one side for a week and then changing to the other.
- Assure that others caring for the infant (child care provider, relative, friend, babysitter) are aware of these recommendations.

(Source: American Academy of Pediatrics)

## 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.

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# More Alike Than Different

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## Speech Disorders: Baby Talk or a Problem?

When I was a child, I had a lisp. To this day, I remember practicing in front of the mirror to retrain my tongue to be positioned correctly. It worked. Sometimes, speech disorders have an easy fix — well, at least relatively easy!

Often, it is not until parents see their children in context with other children that they start to wonder if some of the differences in speech development are normal. A mother notices at playgroup that other children are putting words together into simple phrases. Her daughter is only saying a handful of words, but most of the time she grunts. Is this a problem? It depends.

Not every child develops at the same speed or at the same age. There is a fairly wide window of what is considered "normal development." There are "late talkers" — and in such cases, the only thing needed is time. However, ignoring a child's inability to verbalize or communicate can be a missed opportunity for early intervention. If you are concerned there may be a problem, talk to your child's doctor. When speech and communication disorders are recognized and treated, it lessens the impact on your child both in the immediate future and later in life.

Speech disorders refer to problems creating speech sounds. Issues can range from language disruption, such as stuttering, to sound substitution; or a child may have difficulty creating specific sounds, such as a lisp. If a child has a delay in using language, it could be an indication of a developmental disorder. Often, there is no known cause for speech problems. But here is what we do know:

- Boys are more likely than girls to experience a speech disorder.
- As many as one in every 10 children experience a speech or developmental disorder
- Sometimes, speech difficulties are related to other medical problems. For example, if a child has hearing loss from repeated ear infections, he or she may have problems with articulation. If a child has ADHD, he or she may speak so fast that time is not taken to construct sentences properly.

### Stuttering Stretch

It is not uncommon for children ages 2 to 5 to pass through a stage where they repeat sounds at the beginning of words. This is likely not cause for concern or an indication of developmental problem. These interruptions

in speech are referred to as dysfluencies and can indicate nothing more than your child passing through a new stage of learning.

If your child is experiencing a stuttering stage, there are several things you can do to help him or her feel comfortable speaking:

1. Do not finish your child's sentences or try to correct the stutter. Instead, wait patiently for your child to finish.
2. Speak slowly to your child. Try not to rush through conversation.
3. Listen to your child. React to what your child is saying rather than to the stutter.
4. Try not to draw attention to the stutter. The more self-conscious and anxious your child becomes about stuttering, the more of a problem it may become.

Often dysfluencies go away on their own, but if stuttering is severe and causes your child prolonged stress or lasts longer than a few months, talk to your child's doctor. Speech therapy can help. It is a common myth that stuttering is caused by stress; while stress can make the problem worse, it isn't the cause. Like many speech disorders, the cause of stuttering is unknown, although there may be a genetic link.

### Learning & Lisps

Lisps are not usually treated before age 4 or 5. If your child is approaching school-age and has a lisp, it is time to talk to your child's doctor. Early on, lisps are often no more than a toddler not yet being able to pronounce certain sounds leading to "Bugs Bunny" style talk. However, for a school-age child, having a lisp and sounding different or "baby-like" can make for a very self-conscious classroom experience. Although it not an indication of a developmental problem, embarrassment from a lisp might keep a child from speaking during in learning activities. In addition, school-age children are beginning to write language down and determine spelling from how words sound, which can be a challenge for a child with a lisp.

### Communication and Connection

Communication is at the core of our existence. So it is not surprising that one effect of a speech disorder, which can leave a child unable to effectively communicate, can be feeling alone and isolated. This is one of many reasons to seek both a diagnosis and treatment if you think there may be a problem.

# More Alike Than Different

## Speech Disorders: Baby Talk or a Problem? (continued)

Depending on your child's symptoms, hearing tests may be ordered. In addition, you will likely be referred to a speech-language pathologist or speech therapist for evaluation. Sometimes, children who live in bi-lingual homes will experience some speech display as they simultaneously learn two languages. Tell your child's doctor or speech therapist if your home is bi-lingual.

If treatment is needed, the speech-language pathologist or speech therapist will likely work individually with your child to change speech patterns, and work with your child's teachers to make sure that communication in the classroom be used in ways that benefit your child.

### Increasing Your Child's Communication Skills

The American Medical Association offers the following suggestions:

- Talk to your toddler about what she did during the day or what she plans to do tomorrow. "I think it's going to rain this afternoon. What shall we do?"
- Play make-believe games.
- Read your child's favorite books over and over and encourage her to join in with words she knows. Encourage "pretend" reading (let your child pretend she is reading the book to you) skills.

The speech therapist also may work with you on strategies to help your child communicate at home. Having your child assessed for a speech problem is not a sentence. It doesn't mean that a problem will be found. It does, however, open the window for treatment if one exists. Many wildly successful people had speech and communication problems in their childhood. We don't realize this, because for so many of them the problem is no longer there. If your child's speech seems behind that of her peers, give her the gift of evaluation and, if necessary, early intervention.

Sincerely,

Nancy W. Dickey, M.D.  
Editor-in-Chief  
Medem

*Nancy W. Dickey, M.D., is a recognized leader in medicine. She is a past president of the American Medical Association and served on the board of the Archives of Family Medicine, a medical journal published by the AMA. She is President and Vice Chancellor for Health Affairs at the Texas A&M University Medical School System Health Science Center in Bryan, Texas, where she maintains an active practice as a board certified family physician.*

## Increasing Your Child's Communication Skills

*The American Medical Association offers the following suggestions:*

- Talk to your toddler about what she did during the day or what she plans to do tomorrow. "I think it's going to rain this afternoon. What shall we do?"
- Play make-believe games.
- Read your child's favorite books over and over and encourage her to join in with words she knows. Encourage "pretend" reading (let your child pretend she is reading the book to you) skills.



## 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**

## Foster & Kinship Care Education Workshops

The Foster & kinship Care Education Workshop will be hosting the following classes. These workshops will be free of charge. If you would like more information on the specifics of the workshops visit the Foster & Kinship Care Education website at [www.yolofostercare.com](http://www.yolofostercare.com). Please call to (530) 662-5151 to enroll for any of the workshops.

### Parent/ Infant:Baby Signs ®

**January 3 & 10 at 6:00 p.m.**

Clarksburg Room  
County Bldg.  
25 N. Cottonwood St. in Woodland  
Enter at Beamer Street Door

### Kinship Healing the Shame & Guilt (Part 1 & 2)

**January 6 & 13 from 6:30 to 9:30 p.m.**

Co. Bldg Rm. 167A  
25 North Cottonwood Street in Woodland

### Parent/Youth WISE Up – Empowering Yourself Against Hurtful Words & Teasing!

**January 7 from 10 a.m. to Noon**

25 N. Cottonwood St. Room 167A ~ Yolo Co. Bldg in Woodland

### Love & Logic

*A Six-Part Parenting Series*

Join Us for One Night or All

**Jan. 17, 19, 24, 26, 31 & Feb. 2 from 6:30 to 9:30 p.m.**

Woodland Community College Conference Room  
Building 100, Last Door on the Right

### Parents Who Love Too Much, Giving Children What they Need Instead of What they Want\*

January 27 (all day) from 9 a.m. to 4 p.m.

Cheryl Erwin, MA MFT & Author  
25 N. Cottonwood St. Room 167A ~ Yolo Co. Bldg in Woodland

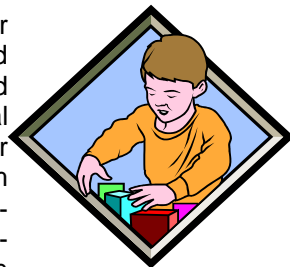
\*You must pre-register for this workshop. A light lunch will be provided.

Please visit the Foster & Kinship Care website at [www.yolofostercare.com](http://www.yolofostercare.com) to see any other upcoming workshops.

# 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	JANUARY	FEBRUARY
DAVIS	27	24
CLARKSBURG	24	21
KNIGHTS LANDING	19	16
WEST SACRAMENTO	17 & 24	14 & 21
WOODLAND	18 & 25	15 & 22

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!**

## RIO-CARES QUESTION & ANSWER SESSIONS

If you still have questions about RIO or unfinished paperwork that you'd like help completing, just come to one of the RIO Q&A sessions. Drop in anytime during the following sessions:

**Wednesday, January 11 6:30-8:00pm**  
**Tuesday, January 24 6:30-8:00pm**  
**Wednesday, February 8 6:30-8:00pm**

**Yolo County Conference Room  
 (Adjacent to the Child Care Services Office)  
 600 A Street, Davis**

*Please call Lynn Arner at (530) 757-5695 to RSVP.*

## Do you need classes for RIO/CARES?

The following classes are being offered beginning in January at Woodland Community College and Sacramento City College.

For more specific information on these classes please visit the colleges' websites:

Sacramento City College [www.scc.losrios.edu](http://www.scc.losrios.edu) (SCC)  
 Woodland Community College [www.yccd.edu](http://www.yccd.edu) (WCC)

### CORE Courses:

ECE 3	Child Growth and Development	WCC
FCS 312	Child Development	SCC
FCS 314	The Child, Family & Community	SCC
(see also On-line classes)		

### Administration & Supervision Classes:

ECE 2B	Administration of Children's Center	WCC
ECE 422	Advanced Coordination & Supervision	SCC
ECE 424	Adult Supervision: Mentoring	SCC

### Field Experience Course:

ECE 46R	Field Experience – Preschool	WCC
ECE 498	Work Experience in ECE	SCC

### Woodland Community College is now offering Television Classes!...

#### Television Classes:

ECE 3	Child Growth and Development	WCC
ECE 1	Intro to ECE Curriculum	WCC
ECE 32	Parenting	WCC

### Sacramento City College is now offering Online Classes!

#### Online Classes:

FCS 314	The Child, Family & Community	SCC
	<a href="http://web.scc.losrios.edu/foleyj">http://web.scc.losrios.edu/foleyj</a>	
FCS 346	Children's Health, Safety & Nutrition	SCC
	<a href="http://web.scc.losrios.edu/foleyj">http://web.scc.losrios.edu/foleyj</a>	
ECE 415	Children's Health, Safety & Nutrition	SCC
	<a href="http://web.scc.losrios.edu/foleyj">http://web.scc.losrios.edu/foleyj</a>	

### Here are more classes that may be convenient for your work schedule...

#### Saturday Classes:

ECE 5	Physical Activities for Young Children	WCC
ECE 6	Early Childhood Language Development	WCC
ECE 1B	Preschool Teaching Practices	WCC
ECE 7B	Worldwide Arts for Children	WCC
ECE 23	Cultural Diversity in ECE Classrooms	WCC
ECE 41	Child Guidance and Discipline	WCC
ECE 56R	Effective Parenting	WCC

#### Evening Classes:

ECE 17	Preschool Exceptional Needs	WCC
ECE 1B	Preschool Teaching Practices	WCC
ECE 59	Child Abuse: Causes, Effects, Remedies	WCC
ECE 190	The Art of Storytelling & Exp List	SCC
ECE 300	Intro to Early Childhood Ed	SCC
ECE 342	Constructive Math & Science	SCC
ECE 360	Art in Early Childhood	SCC
ECE 400	Children with Exceptional Needs	SCC
ECE 410	Health & Safety in ECE Setting	SCC
ECE 305	Intro to Family Child Care	SCC

# Especially for Providers

## Save the Date for Thelma Harms!!!

Child Care Services will be sponsoring the Thelma Harms Environmental Rating Scale Training Institute. The tentative dates for the week long training will be **June 7-9**. On **June 10th**, Dr. Harms will have a 1 day ECERS presentation as well. This is made possible with funding from Yolo County First 5. For more information please contact Robbie Townsley or Tamiko Eslick at (530) 757-5695 or (800) 723-3001.

*Dr. Harms is Director of Curriculum Development at the FPG Child Development Institute and Research Professor, School of Education, UNC-CH. Dr. Harms is recognized internationally for her work in assessing the quality of educational and care settings. She has also developed a variety of curriculum materials and staff training resources. Dr. Harms has provided extensive in-service training and consultation in the U.S., Canada, Europe, and Asia.*

## 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.

## Providers Together Meeting

Providers Together, a new provider group will be having a meeting on January 31 at 7 p.m. The February meeting will be held on February 28 at 7 p.m.. All Yolo County licensed providers are welcome. For more information call Colleen at (530) 753-1138.

## 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, **January 26** and **February 23**, 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 to be held January 24, at 7:30 p.m. at Lesley Kuss' home. Please call Dave Bakay at (530) 758-3097. You may also call Lesley at (530) 758-5438 or 758-3097 for more information.

Reasons to join an association? Meet others who do exactly what you do, share your experiences, get support and network with fellow providers! All providers are welcome. Refreshments will be served

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.

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# Especially for Providers

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## Early Drop-Off and Late Pick-Up

*From the November 2005 Redleaf Institute newsletter. For more information please visit the website at: [www.redleafinstitute.org](http://www.redleafinstitute.org).*

Providers work very long hours caring for children. A national survey indicates that they care for children an average of eleven hours a day, or fifty-five hours a week. When you are working so many hours it can be very frustrating when clients drop off their children early or are late to pick them up. Providers around the country have come up with many different solutions to this problem.

First, it's important that your contract states that your regular fee covers a specific time during the day so it is clear if a client is early or late. Usually the most common way that providers deal with these situations is to charge a late fee (or early fee). It makes sense that you would charge for all the time that you are working. Often providers give parents a ten or fifteen-minute grace period at pick-up time before the late fee applies. Some providers have no grace period at all. One provider's contract says that if a client is ever late to pick up her child she is immediately terminated! When asked, she said that no client had ever been late. Most providers would not take such a drastic step.

### **Here are some examples of a late fee or other consequence when parents drop off early or pick up late:**

- Client will pay \$0.50/\$1.00 per minute if child is dropped off earlier than scheduled or picked up later than scheduled.
- Client who notifies me of early drop off the night before will not have to pay an early drop off fee.
- Client who notifies me of a late pick up at least an hour before the scheduled pick up time will not have to pay a late pick up fee.
- Client will be allowed to drop off early or pick up late \_\_\_\_ times a year without charge. For all additional early drop offs or late pick ups there will be a fee of \$\_\_\_\_ per minute.
- Client will be allowed to drop off early or pick up late \_\_\_\_ times a year without charge. If there are any additional early drop offs or late pick-ups our agreement will end.
- Provider is willing to provide care after the regular pick up time. The rate after the regular pick up time is \$\_\_\_\_ per minute.

**Fees for early drop off or late pick up are due at the end of the day.**

## Time versus Money

Even with a late fee in their contract, many providers feel uncomfortable with enforcing this rule. To resolve some of the conflict surrounding this issue I strongly urge providers to answer this question: What is more important to you--time or money? If time is more important to you and your regular hours end at 6:00pm, this means you don't want to work after then no matter how much a client is willing to pay you. You want the time to spend with your family or for yourself. If this is the case, you need to set a high consequence for the client to stop the behavior. That could mean charging \$1 a minute or more for a late pick up. One provider complained that a client kept showing up late even though her late fee was \$50 a half hour! Since the client didn't hesitate to pay the late fee the provider needs to raise it even more to change the behavior.

If money is more important to you, this means you would be willing to work after 6:00pm if the amount of money was right. If this is the case, you want to set your late fee low enough so that enough clients will be late and you can earn some extra money. A \$1 a minute late fee is \$60 an hour and many clients may not be willing to pay this. If you lowered your late fee to \$0.50 a minute (\$30 an hour) you may find more clients feeling like they can afford to be late.

One provider told me of a different kind of solution she came up with to address this problem. She did not like having a late fee because it was associated with guilt and blame, and it created tension between her and her clients. Instead she said that after her regular pick up time she had an "evening rate" which was higher than her regular rate. She said that by calling this an evening rate rather than a late fee it reduced the stress for both her and her clients. Obviously this provider considered money more important than time so this solution worked for her.

## 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.



# 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](http://www.hr.ucdavis.edu/childcare)

**WINTER QUARTER APPLICATIONS AVAILABLE FOR UC DAVIS CHILD CARE SUBSIDY PROGRAM** Applications are being taken for **Winter Quarter**. The program assists low-income student parents with the cost of child care at licensed homes and centers throughout the state. Eligibility is based on household income and student status. *Pell Grant recipients have first priority.* For a fact sheet and application, call (530) 757-5695, stop by the Child Care Grant Office at 600 A Street, or download from the UCD Child Care & Family Services website at <http://www.hr.ucdavis.edu/childcare>

**CENTER FOR CHILD AND FAMILY STUDIES** is now enrolling for Winter (Jan. 13/14 - Feb. 17/18) sessions of its [Family Connection Program](#)

A chance to learn about child development as your child explores an environment set up just for kids! A program designed for parents and caregivers of infants and toddlers that will stimulate your child's cognitive, physical, social and emotional development.

- Enjoy connecting with other parents in a warm, supportive environment
- Practice providing your child with developmentally appropriate activities and get ideas for home
- Ask a child development expert questions about sleeping, eating, toileting, discipline, play, and more. Learn how to use Baby Signs to communicate with your preverbal child

For more information call (530) 754-9081 or e-mail [familyconnectionprogram@yahoo.com](mailto:familyconnectionprogram@yahoo.com)

## 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. Please call if you have any questions (530)752-5412,

3<sup>rd</sup> Tuesday, 12:10 pm, [Memorial Union/Moss Room](#)

[January 17](#) – Myths and Truths of Breastfeeding

[February 21](#) – Nutrition tips for the Breastfeeding Mother



Questions

**NEW MOMS INTERESTED IN BREASTFEEDING! JOIN THE BREASTFEEDING SUPPORT PROGRAM.** Orientations are held the **2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month** at Human Resources Administration Building, [Room 182](#) from noon to 1pm. Call (530) 752-5415 for more information.

The Medical Center now offers sessions on the **2<sup>nd</sup> Tuesday of each month** to be held in the [Glassrock Building, 7<sup>th</sup> Floor, Conference Room](#). Call (916) 703-3360 for more information.

## REENTRY DAY

February 25, 2006 is an annual event hosted by Reentry Student Services attracting about 100-150 students from California's community colleges and UC Davis applicants.

Reentry Day gives prospective students an opportunity to get to know more about UC Davis. Representatives from each of the colleges and from student services answer questions. A reentry student panel discusses issues such as adjusting from semesters to quarters; workload; academic expectations; balancing school, work, and family; internships and research possibilities; and what it's like being a reentry student at UC Davis. And, a keynote speaker will address faculty and staff expectations.

## CHANCELLOR'S CHILD CARE ADMINISTRATIVE ADVISORY COMMITTEE

*3rd. Thursday at Human Resources Administration Building, Room 182, noon-1pm.* The committee, comprised of UCD students, staff and faculty and representatives of the City of Davis Child Care Services, advises the Provost and Executive Vice Chancellor on programs and policies to meet the child care needs of campus affiliates and provides a campus forum for child care issues. Meetings are open and input welcome. For more information, contact Chair James Cubbage, [jscubbage@ucdavis.edu](mailto:jscubbage@ucdavis.edu)

## WOMEN'S HEALTH AT TWELVE

Tune in to hear physicians and researchers in women's health answer questions about women's health topics via live streaming video – all from the privacy and convenience of your own computer 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> (12 to 1 PM)

[January 25](#) – Lesbian Health Matters

[February 22](#) – Understanding and Managing the Biological Clock: Childbearing Over 30

## STAFF WORK/LIFE PROGRAM MONTHLY BROWN-BAG SERIES, 12:10-1PM, Silo/Cabernet Room

[January 19](#) – Lasting Resolutions and Successful Change

[February 2](#) – Keeping Sane in the Sandwich Generation

[February 23](#) – Requesting Alternate Work Arrangements

For more information, contact Paula D. Shimada, Work Life Coordinator, (530) 752-2280, [swl@ucdavis.edu](mailto:swl@ucdavis.edu)

## UC DAVIS HEALTH AWARENESS 2005-2006 – BROWN BAG SERIES, 12-1PM

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.

[January 12](#) – Wake Up! A Fatigue Management Program

[January 26](#) – Decoding the New Food Pyramid

[February 9](#) – Heart of the Matter: Preventing Heart Disease

[February 16](#) – Tai Chi Principles for the Workplace

For further information contact UC Davis Staff Development & Professional Services, [sdps@ucdavis.edu](mailto:sdps@ucdavis.edu); (530) 752-1766

# Smalltalk

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CITY OF DAVIS  
CHILD CARE SERVICES  
(530) 757-5695 or (800) 723-3001

*Supervisor:* Robbie Townsley  
*Editor:* Rossana Vigil  
*Staff Writers:* Robbie Townsley, Rossana Vigil, Tamiko Eslick,  
Anna Lynn Dayton & Robert Wallis

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](http://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.

