

Smalltalk

Serving Providers & Families in Yolo County

Volume XXXII, Number 2

Dear Friends,

Spring is already upon us and we are preparing for a fun and eventful season in our office.

Our second parenting series, "Parenting The Preschool Age Child" began in February and will continue through March. Our first series, Parenting The Toddler was a huge success! We would like to thank First Five Yolo for providing both funding and space for the series. Both series were held at the First Five Yolo Office in Woodland and each class was full with a waiting list. It is our plan to offer these classes again later this year in Davis and West Sacramento. We will also be offering classes on parenting pre-teen and teenage children so stay tuned to Smalltalk for future class dates and locations. All classes for parents of children between the ages of 0-5 are provided free of charge courtesy of First Five Yolo!

One of several large events we are preparing for this spring is our annual Child Development Conference, "Once Upon A Childhood" on April 29th, 2006. Internationally known storyteller and song writer Diane Ferratte will be our keynote speaker/entertainer to kick off the conference. We will have child development, parenting and many other workshop topics in English, Russian and Spanish languages. This year it is our goal to provide free CDs to all registered attendees. These CDs will contain many of the handouts from all workshops so even if you are unable to attend all the workshops on your "wish list", you will still be able to obtain many of the handouts. CDs will be made available at the end of the conference during the door prize drawing.

Finally, we are very excited to be preparing for a 6 day intensive "train the trainer" workshop with Dr. Thelma Harms. Dr. Harms is Director of Curriculum Development at the FPG Child Development Institute and Research Professor, School of Education, UNC-CH. She is well known as one of the co-authors of the Early Childhood Environmental Rating Scale ("ECERS"). There will be 25 "train the trainer" slots available. Those participants will be chosen though an application process. Dr. Harms will also offer an overview of the ECERS for those unable to participate in the "Train the Trainer" series. Please see page 11 for more information!

Regards,

Robbie Townsley
Resource and Referral Supervisor

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Child Care Services News

Child Care Services provides support for parents, child care providers, Preschools/Child Care Centers through several programs, one is our Resource and Referral (**R&R**) program. We also administer the primary **Child Care Subsidy** program for families in Yolo County who need assistance in paying for their child care throughout the county.

The Child Care Subsidy program has some exciting news!

We are creating a new way to help lower-income families pay for their child care or enroll in an affordable child care center. It's called **YCEL**. **How will it Help?** Whether you need part time or full time care, anywhere in the county, you can complete just one application to get on the eligibility list for all the subsidized programs in Yolo county. You tell us what kind of care you need: full time care for your pre-school age child, after school care for your 1st grader, part-time pre-school for your 4 year old or weekend/evening care with a family child care provider. When subsidized programs have openings they will go to the YCEL to find families who need child care. Get your name on this list now. Sometimes a little help is all you need!

For more information about qualifying for YCEL, call Robert Wallis at (530) 757-5695 or (800) 723-3001.

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS

Tues., March 21 & April 18, from 9:30 a.m. to 12:30 p.m.

Location: Child Care Services Conference Room, 600 A Street in Davis. Community Care Licensing charges \$25 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). For information call Child Care Services at (530) 757-5695 or (800) 723-3001.

FIRST 5 YOLO COUNTY

(formerly Yolo County 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 COUNTY CHILDREN'S ALLIANCE

The Children's Alliance Policy Council meets quarterly, *usually* from 3:00p.m. to 5:00p.m. at the County Administration Bldg., 625 Court Street, Woodland. For more information call (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. <http://www.yolochildcareplanning.org/>

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.*

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. *For more information contact Erin Panelli (530) 219-0876.*

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 Josie Enriquez at (530) 406-7221.

Women's AA Support Group

New Women's AA group. Meets Wednesdays, 5:30 to 7:30 p.m. Free child care is provided. For more information call (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.

FOSTER & KINSHIP CARE EDUCATION PROGRAM

Yolo County foster parents, kinship/relative care providers, and individuals interested in becoming foster parents or in adopting a child. For more information contact Cherie Schroeder (530) 661-5772.

Community News & Events

Calendar

March

- 11 Provider Training (in Russian)
- 25 Provider Training (in Russian)
- 21 Family Child Care Licensing Orientation

April

- 1 Protecting The Spirit of Childhood II
- 2-8 Week of the Young Child
- 18 Family Child Care Licensing Orientation
- 29 Annual Yolo County Child Care Services Conference, "Once Upon A Childhood"

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

Come to the 2006 Yolo County Child Development Conference on April 29!!!

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).

Please use the registration form on page 15

Protecting The Spirit of Childhood II

Continuing efforts to further school readiness through meaningful literacy, nurturing relationships, and play.

Bruce D. Perry, M.D., Ph.D., internationally recognized authority on brain development and learning will be exploring the risks of asking children to master skills before they are neurologically and developmentally ready. He will discuss how to reconnect to research-based approaches that nurture a love of learning and children's emotional/cognitive health, leading to their school success.

Saturday, April 1, 2006

8:00am-5:00pm

University of California, Davis, Freeborn Hall

Registration due by March 20: \$95 (includes box lunch)

Scholarships available: please inquire at (530) 668-3773

For registration information:

<http://www.yolochildcareplanning.org/>



THE 2006 YOLO COUNTY CHILD DEVELOPMENT CONFERENCE UPDATE

"Once Upon A Childhood"

Some of the workshop topics include:

- Supporting Autonomy Development in Infants & Toddlers
- Developmentally Appropriate Guidance: When One Size Doesn't Fit All
- The Use of Positive Discipline Strategies for Young Children
- Emotional Intelligence: Can your child control their emotions or do their emotions control them?
- Set Limits and Save Your Sanity
- Kindergarten Readiness
- Science
- Open Ended Art
- Parenting
- Baby Signs
- Storytelling with Children



And much more!!! Our website will have a list of workshops as of April 17th.

www.cityofdavis.org/pcs/childcare

Resource and Referral Staff News

Meet Our New Staff: Family Child Care Specialists!

Child Care Services Resource & Referral is happy to introduce two new members of our staff. Family Child Care Specialists Yin Myo-Flores and Solveig Seland Toft. Please help us welcome them! You may call our office at (530) 757-5695 to speak to either one of them.

They will be working on the Quality Enhancement Project, providing onsite resources, training and support directly to the family child care providers and their programs. They will also be working on the Play Day program, an early preschool experience for children 0-5 and their caregivers.



Solveig Seland-Toft

I'm very happy to have joined City of Davis Child Care Services Resource & Referral as a Family Child Care Specialist, my name is Solveig Seland-Toft and I will be serving our beautiful Yolo County, including providers whose main language is Spanish. My heritage is Mexican-Norwegian. My background and education involves both business and child care, my emphasis in child care deals with issues involving children with special needs. As the mother of child with severe disabilities, I feel compelled to share the little I know with anyone who is interested. I realized early enough that all children, with or without disabilities could benefit from simple and useful techniques I learned during the trainings I was required to take to help our son.

I'm looking forward to meeting all of you and the children for whom you provide loving care, and to help you in anyway I can. My husband Rick and I live in Davis, and we have 2 lovely sons.

Solveig Seland-Toft

Yin Myo-Flores

It has been my passion to work with children and the professionals who care for them and I am very excited to be apart of Child Care Services as a Family Child Care Specialist. My name is Yin Myo-Flores and I am a mother of two wonderful children; a three year old and a twenty month old. I grew up in Burma admiring my dedicated teachers and was overwhelmed by the large amount of commitment and responsibility they displayed. I thought I could never teach the children as well as they did. But little did I know that it is my nature and strength to try to give opportunities for little ones to learn and watch them grow.

I graduated from University of California, Davis with Human Development major. I was fascinated by how children's lives and behaviors are affected and shaped by what they learn from us on a daily basis. For the next six years, I worked as a Child Development Center Teacher and a Site Supervisor of a School Age and Preschool Program.

I am looking forward to meeting with Yolo County Providers to be your resource person and extend the support system. I am very excited that I will be helping you help shape your children's lives.

Yin Myo-Flores
Family Child Care Specialist



City of Davis Parks & Community Services Programs

Recreation Schedule is Coming Soon! The Summer 2006 Recreation Schedule, with classes and programs offered May through August, will be available in the Davis Enterprise on Wednesday, March 8. Copies of the Schedule will also be available at the Parks & Community Services Department or on line at www.cityofdavis.org. For more information regarding registration dates and times call 530-757-5626

Gymnastics

The City of Davis offers a variety of gymnastics classes for boys and girls, 20 months to 18 years. Classes offered include Movement Education, Tiny Tots, Cheerleading, and beginning through advanced gymnastics. Participants in our classes will get the opportunity to meet new friends, increase confidence, and improve self-esteem. In addition to classes, the gymnastics program sponsors several special events. Special events available this spring include a Sham "Rock" sleepover, a Cartwheel and Round-off workshop, a Build a Castle/Fort day, an Open Gym day, and more! For more information on the City of Davis Gymnastics program and the classes/events offered, please call 757-5626.

Spring Break Safari – April 10-14

If you think there is nothing to do during Spring Break...think again. The City of Davis offers a week long camp for all children ages 6-12. The week includes organized games, arts and crafts, cooking, outdoor and indoor games, and fieldtrips (roller skating, bowling, and a trip to Golfland Sunsplash). For more information on the fun-filled week, please call 757-5626.

Breakfast with the Bunny

Breakfast with the Bunny will be held at the Veterans' Memorial Center on Saturday, April 15th. Enjoy complimentary pictures with the bunny, a delicious continental breakfast, and a passport to the **Eggstravaganza**. Tickets are available by advance purchase only and go on sale February 10th at the Parks and Community Services Department. For more information on the event or tickets for the event, please call: (530)757-5626.

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!

Horse Riding

The City of Davis offers two ways for children and teens in 2nd through 8th grade, to become acquainted with horses. English Horsemanship lessons give aspiring riders an opportunity to learn and develop English riding skills.

In the Mini-Horse Camp, students not only learn how to ride, but they also receive instructions on horse behavior, grooming, and care of equipment. Both programs are offered at the Sterling Riding Academy. For more information, please call 757-5626.



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.

For more information on any of the activities mentioned above, please contact the Parks and Community Services Department at 757-5626, or visit our web site. www.cityofdavis.com

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

Sport Utility Vehicles: Bigger Does Not Mean Safer

Although many parents perceive Sport Utility Vehicles (SUVs) to be a safer ride than smaller cars, a new study found otherwise. According to researchers, risk of injury to children passengers involved in a crash while riding in a SUV are similar to children riding in smaller cars. The reason - even though SUVs are heavier, they are more than twice as likely to roll over in a crash.

Highlighting the importance of proper safety restraints, such as car seats and boosters, the researchers found a 25-fold increased risk of injury to children who were not using proper safety restraints when involved in a SUV roll-over crash. Regardless of the size of the vehicle, all children in the study group who were using proper safety restraints were less likely to be injured in a car crash.

Children riding in the front seat were more likely to be injured. According to the study authors, children younger than 13-years-old should never be seated in the front seat of a vehicle with a passenger-side airbag.

Make sure your child is buckled in with age- and size-appropriate child restraints. For more information on car seat safety, go to this website:<http://www.yolocounty.org/org/health/ph/carseat.asp>

(Source: Medem; Study: 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.

Health & Safety News

Tips for a Healthier New Year

- **Prevent violence by setting good examples**
Set limits for your children by letting them know what's expected, and noticing when they meet your expectations. Celebrate their successes with them. Try to avoid hitting, slapping or spanking. Your children may copy you and think that it is okay to hit other people.
- **Make sure immunizations are up to date**
Review your child's immunization record with your pediatrician. Make sure your child is current on recommended immunizations.
- **Provide your child with a tobacco-free environment**
Second-hand tobacco smoke increases ear infections, chest infections and even Sudden Infant Death Syndrome. If you smoke, consider quitting. Remember, your child loves you and will copy you — if you smoke, your children may grow up to be smokers too. Make your home a smoke-free zone.
- **Read to your child every day**
Start by the age of 6 months. Reading to children shows them the importance of communication and motivates them to become readers. It also provides a context to discuss issues and learn what is on your child's mind.
- **Practice "safety on wheels"**
Make sure everyone in the car is buckled up for every ride, with children in the back seat in age-appropriate child safety seats. All bikers, skaters and skateboarders should wear helmets and other appropriate sports gear.
- **Do a "childproofing" survey of your home**
A child's-eye-view home survey should systematically go from room to room, removing all the "booby traps" that await the curious toddler or preschooler. Think of poisons, small objects, sharp edges, knives and firearms, and places to fall.
- **Monitor your children's "media"**
Monitor what your children see and hear on television, in movies, and in music. Children are affected by what they see and hear, particularly in these times of violent images. If you feel that a movie or TV program is inappropriate, redirect them to more suitable programming.
- **Help kids understand tobacco, alcohol and the media**
Help your teenager understand the difference between the misleading messages in advertising and the truth about the dangers of using alcohol and tobacco products. Talk about ads with your child. Help your child understand the real messages being conveyed. Help direct your child toward TV shows and movies that do not glamorize the use of tobacco, alcohol and other drugs.
- **Pay attention to nutrition**
Nutrition makes a big difference in how kids grow, develop and learn. Good nutrition is a matter of balance. Provide foods from several food groups at each meal. Emphasize foods that are less processed, such as whole grain breads and cereals and fresh fruits and vegetables. Review your child's diet with your pediatrician for suggestions.
- **Become more involved in your child's school and your child's education**
Visit your child's school, and find out how parents can help. Whether you become active in the parent-teacher organization or volunteer in the school, parent involvement matters. Your child will notice how important education is to you.
- **Make your children feel loved and important**
Kids develop a sense of self-worth early in life. Listen to what your children have to say. Assure them that they are loved and safe. Celebrate their individuality, and tell them what makes them special.

(Source: American Academy of Pediatrics)



More Alike Than Different

If someone were to put a bowl full of red apples in front of you with a few green apples mixed in-how would you describe the apples? Sometimes it seems that we're more likely to point out our differences than our similarities. Are those green apples really that different than the red ones?

Society tends to view people with disabilities as having problems, so much so that "problem" seems to be the #1 word used to describe people with disabilities. People *without* disabilities, however, don't spend a lot of time talking about their "problems." A person who wears glasses doesn't say, "I have a problem seeing." They say, "I wear (or need) glasses."

Using **people first** language puts the person before the disability, and it describes what a person *has*, not what a person *is*. Children with disabilities are children first. The only labels they need are their names!

My son Ian is going to be 14 soon. More important than his disability label are his interests, strengths and dreams. He loves trains, grilled cheese sandwiches, playing on the computer, watching TV and basketball. He has a dog and would like a cat. He wants to be a train engineer when he grows up or work in a train museum. He is a polite and incredibly happy young man with blonde hair and blue eyes and a very rare genetically inherited metabolic disorder. His disability is only one of the many characteristics of who he is. He is not his diagnosis. His potential cannot and should not be defined by his disability label. People with disabilities make up our nation's largest minority group. Everyone's represented: people of both genders and of all ages, as well as individuals from all religions, ethnic backgrounds and socioeconomic levels. The "disability community" is the only minority group which anyone can join at any time. Some join at birth. Others join in the split second of an accident, through illness or by the aging process. If and when it happens to you, will you have more in common with others who have disabilities or with family, friends and co-workers.

Yolo County Resources

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

Words are powerful. When and if you ever have the opportunity to include a child with a disability in your care, remember the child comes first! We really are much more ALIKE than different!

Examples of People First Language

Say:

1. People with disabilities.
2. He has a cognitive disability (diagnosis).
3. She has autism (or a diagnosis of...).
4. He has Down syndrome (or a diagnosis of...)
5. She has a learning disability (diagnosis).
6. He has a physical disability (diagnosis).
7. She's of short stature/she's a little person.
8. He has a mental health diagnosis.
9. She uses a wheelchair/mobility chair.
10. He receives special ed services.
11. She has a developmental delay.
12. Children without disabilities.
13. Communicates with her eyes/device/etc.
14. Customer
15. Congenital disability
16. Brain injury
17. Accessible parking, hotel room, etc.
18. She needs . . . or she uses . . .

Instead of:

1. The handicapped or disabled.
2. He's mentally retarded.
3. She's autistic.
4. He's Down's; a Down's person.
5. She's learning disabled.
6. He's a quadriplegic/is crippled.
7. She's a dwarf/midget.
8. He's emotionally disturbed/mentally ill.
9. She's confined to/is wheelchair bound.
10. He's in special ed.
11. She's developmentally delayed.
12. Normal or healthy children.
13. Is non-verbal.
14. Client, consumer, recipient, etc.
15. Birth defect
16. Brain damaged
17. Handicapped parking, hotel room, etc.
18. She has problems/special needs.

Services for Children in Child Care In Yolo County

If you have concerns about your child's development, talk to your pediatrician. He or she can refer you to a specialist. If your child with a special need is enrolled in a child care setting, and you need assistance with the process or situation, please contact Diane Casey or Christine Romer, Inclusion Specialists for child care settings, in our office at (530) 757-5695 or (800) 723-3001. Diane and Christine offer resources **and assistance to children with special needs (and their families)!**

Especially for Parents

A Death in the Family: Helping Your Child Grieve

My mother-in-law passed away last winter, two days before Christmas. A beloved grandmother and great-grandmother, her passing affected many generations simultaneously. There were details to deal with and questions to answer. Should the children be at the funeral? How should they be told of the death? How should we celebrate a holiday while grieving a loved one?

The answers to such questions and how each family deals with loss are, of course, deeply personal and dependent on circumstance, such as the age of the child, the death itself (sudden or the result of a chronic illness), and the child's feelings about attending the funeral. Although death can be an uncomfortable subject, even for adults, it is a subject with which our children need our help.

For children, like adults, grief presents itself in many ways. Your child may cry, get angry, withdraw and be quiet, deny the death, or even talk to the person who has died. There is no right reaction. Help your child understand this by sharing your feelings. Refraining from emotion around your child may inadvertently send a message that grieving is not okay. While avoiding demands for your child to verbalize his or her feelings, offers to talk or listen may be very helpful.

Straight Talk

Speak to your child about the death at his or her level. Use simple and concrete words like "died" and "buried," with explanations when needed. It is important not to dress death up in euphemisms that leave children unable to grasp the situation. A well-intentioned attempt to shield a child from death can create confusion. A child who is told that "Uncle Joe has gone up in the sky" or that "Grandma has gone to sleep" might very well be waiting for Uncle Joe to visit or Grandma to wake up after her long nap, never grasping or grieving the loss that has occurred.

It is likely your child will have questions. Be honest and direct in response. Keep answers simple, but make sure your child has the opportunity to ask for more information. It is okay if you don't have all the answers - none of us do. The important thing is to have open communication with your child about the loss. My own mother died of cancer when my oldest child was 5 years old. There were months leading up to the death when my children asked questions. They wanted to know why grandma had no hair and why she didn't feel like playing. My mother's decline gave us an opportunity for us to discuss and prepare for death before she was gone. Let your child know that death is a natural part of life. Many fantastic books are available that deal with this subject and can be of great help in starting this conversation. If, for whatever reason, you can't talk to your child about death, find someone who can. This may be an aunt, a close friend, a coach, a pastor, or a professional counselor.

Today, children see far more explicit details of death on television and in movies than we did growing up. For many school-aged children, initial impressions and ideas about death may

come from these exposures. If a child is unable to ask questions, he or she may fill in the gaps with a vivid imagination, which can lead to far more disturbing visualizations than reality. If the only dead people a child can think of are crime victims, for example, seeing Grandpa looking peaceful in the casket may actually ease anxiety over death and dying.

Funerals and Rituals

Parents often ask whether it is appropriate to take children to funerals. The issue is not so much whether to take a child to a funeral but how to make sure your child is able to grieve and say good-bye to their loved one. This may involve the ritual of a funeral - or it may involve an alternative ritual. At my mother-in-law's funeral, the entire family, including the young children, came an hour before the funeral for a private viewing. This gave each child an opportunity to ask questions and to say good-bye in his or her own personal way. Although parents sometimes fear the open grief at funerals and viewings will scare their child, being with others who are grieving can make it easier for a child to do the same.

If your child is old enough to understand what a funeral is, explain what to expect and ask your child how she or he feels about going. Prepare your child for the sadness and tears. If your child does not want to go, don't force the issue. If your child wants to attend, ask if there are remembrances - such as a photo or grandma's favorite flower - that your child would like to bring to the ceremony. If you feel you won't be able to provide the comfort your child may need while dealing with your own grief, ask a friend or relative to help during the ceremony.

Although children are resilient, their grief is not necessarily fleeting. You shouldn't expect your child to be back to normal the day after the funeral. Watch your child - and yourself. If sadness, withdrawal or other behavioral changes (such as loss of interest in activities or loss of appetite) seem to persist for more than three months after the loss, there may be issues of depression that need to be addressed.

It is hard to know how to comfort your child during moments when you are struggling to comfort yourself. Death is not easy for adults, and, understandably, not easy for children, either. But in death also comes an opportunity to share and cherish with our children. As we lose someone from our life, we can savor the life they shared with us. Although a cliché, in death we are able to celebrate life.

Sincerely,

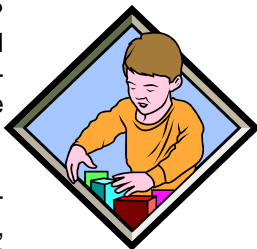
Nancy W. Dickey, M.D.
Editor-in-Chief, Medem

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.

Especially for Providers

Come to PLAY Day!

Are you caring for young children? PLAY Day offers a fun early preschool experience for family child care providers, babysitters, grandparents and the children they care for.



PLAY Day's early preschool experiences include art activities, circle time, nutritious snacks, music and movement for children and their caregivers. Activities are geared towards children ages 0 to 5. PLAY Day is held throughout the county and is **FREE** for all Yolo County caregivers. If you are baby-sitting for your family, friends or neighbors you are invited to participate in PLAY Day!

PLAY Day is now in the following communities: Clarksburg, Davis, Knights Landing, 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!**

CITY	MARCH	APRIL
DAVIS	31	21
CLARKSBURG	28	25
KNIGHTS LANDING	31	20
WEST SACRAMENTO	21 & 28	18 & 25
WOODLAND	22 & 29	19 & 26

RIO/CARES QUESTION & ANSWER SESSIONS

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

Sessions are from 6:00-7:30pm

Monday, March 6
Thursday, March 16
Wednesday, March 29
Thursday, April 6

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.

RIO/CARES Advisors Needed!

RIO/CARES Advisors are still needed! To qualify as a RIO/CARES Advisor, you must be at the Master Teacher Level or higher on the Child Development Permit Matrix and you must be trained in three areas:

1. RIO/CARES Advising (to learn the requirements for the program);
2. Professional Growth Advising (to learn about the Child Development Permit Matrix);
3. Harms/Clifford Environmental Rating Scale (to learn about the rating scales and scoring systems).

RIO/CARES Advisors are eligible to earn the highest stipend of \$2100/year.

If you are interested, call Lynn Arner for an application and attend the following trainings...

Training	DATE	TIME	LOCATION
RIO/CARES Advisor Training	Thursday, March 23	6:00pm-7:30pm	Yolo County Conference Room
Professional Growth Advisor Training	Saturday, March 25	9:00am-12:00pm	Yolo County Conference Room

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

American River College ECE 299-Environment Rating Scales in Early Childhood Programs

Code 23419; 1 unit, 18 hours
 Saturdays in Bldg 700, American River College

March 11, 9-3:30
 March 18 9-3:30
 March 25: 9-12
 April 29: 9-12

The latest information on use of Harms and Clifford scales: ways of measuring quality, structural indicators, definitions, substantial portion of the day calculations, plans of action, themes that emerge, communicating results, making changes to improve quality.

For more information, contact instructor, Dr. Anne Kress, (916) 484-8705 or kressm@arc.losrios.edu

Register through ARC website today! www.arc.losrios.edu

Especially for Providers

Save the Date for Thelma Harms!!!

Child Care Services will be sponsoring the Thelma Harms Environmental Rating Scale Training Institute. The confirmed dates for the week long Train the Trainer series will be **June 5-9**.

On **June 5th and June 10th**, Dr. Harms will offer a day long overview of the ECERS. Anyone may attend either of these sessions, however, space is limited to 120 attendees. If you wish to sign up to attend either of the overview sessions, pre-registration is required. The Train the Trainer series and the two overview sessions are free of charge and made possible with funding from Yolo County First 5. Each space in the week long "intensive" Train the Trainer series is valued at roughly \$2200.00 per person but will be offered free of charge to successful applicants. Certain terms and conditions will apply to those accepted into the "intensive" session. Participants chosen will be able to attend the Trainer the Trainer series and become a certified ECERS trainer. 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.



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 (with the exception of April), 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 Robbie Townsley or Tamiko Eslick.

Next dates:

March 23

April 20

Family Child Care at It's Best Series

Promoting School Readiness through a series of early care and education classes. To register for these **FREE** classes, please call Child Care Services (530) 757-5695 and ask for Tamiko. All classes are located at Child Care Services Conference Room, 600 A Street in Davis.

Guiding Young Children (presented in Russian)

Saturday, March 11 & 25, 2006

8:30am-2:00pm

This course will cover children's challenging behaviors, and ways to work effectively with children and parents, practical suggestions for managing conflict while supporting children's optimal development, using observation to understand behavior, effective communication skills and parenting styles.

Exploring Language and Literacy (presented in English)

Saturday, April 8, 2006

8:30am-2:00pm

(0.5 units)

This course focuses on the development of language and literacy skills needed for kindergarten. Participants will gain increased understanding and competence in methods for supporting emerging language and literacy capabilities, as well as guidelines concerning the creating on a print-rich environment.



Campus Talk: Events & Information from UCD

CAREER CATALYST BROWN BAG SERIES workshops held in TB 121 Classroom, 12-1pm and sponsored by the Staff Development Professional Services.

March 16 – Keyword Madness

March 30 – Your Professional Best

April 27 – Creative Problem Solving

For more information, call (530) 752-1766 or visit their website at <http://sdps.ucdavis.edu>

CHANCELLOR'S CHILD CARE ADMINISTRATIVE ADVISORY COMMITTEE meetings are scheduled for every third 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

NEW MOMS INTERESTED IN BREASTFEEDING! JOIN THE **BREASTFEEDING SUPPORT PROGRAM**. Orientations are held the **2nd and 4th 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 **2nd Tuesday** of each month to be held in the Glassrock Building, 7th Floor, Conference Room. Call (916) 703-3360 for more information.

EXPECTANT AND BREASTFEEDING MOMS ON CAMPUS SERIES, (SUPPORT GROUP AND INFORMATION BROWN-BAG DISCUSSIONS) to be held **every third Tuesday** of each month from 12-1pm, Moss Room, MU. Lonna Hampton, Lactation Specialist, will give a presentation on the month's publicized topics as well as allow time to answer questions. Contact lannahampton@sbcglobal.net, (530) 752-5412 for more information.

A discussion will follow for those who are able to stay longer. Babies are always welcome. Moms who have had a positive experience breastfeeding and pumping are encouraged to come share tips on what's helped them; moms who are struggling are encouraged to come ask questions and let us help them find a solution that will work for them and their babies. Come enjoy fellowship with more moms on campus.

March 21 - The Art of Breastfeeding and Overcoming Difficulties

April 18 - Introducing Solids to your Breastfed Baby's Diet

FAMILY CONNECTION PROGRAM is a program designed for parents and caregivers of infants and toddlers (6 weeks to 3 years of age). Enjoy this unique opportunity to learn about child development as your child explores an environment set up for kids!

This 6-week program costs approximately \$70 and you can reach them at (530) 754-9081.

To enroll, visit <http://ccfs.ucdavis.edu> or e-mail at family-connectionprogram@yahoo.com



STAFF WORK/LIFE PROGRAM MONTHLY BROWN-BAG SERIES, 12:10-1PM, Silo/Cabernet Room
March 2 – Growing a Life Out of Gardening
April 6 – Making A Difference -- Volunteering

For more information, contact Paula D. Shimada, Work Life Coordinator, (530) 752-2280, 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.

March 9 – The Herbal Home Spa

March 23 – Using Food for Rejuvenation

April 13 – Line Dancing For Fun and Fitness

April 20 – Meditation and Deep Relaxation

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

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

PROTECTING THE SPIRIT OF CHILDHOOD II CONFERENCE April 1, 2006

BRUCE D. PERRY, M.D., PH.D.

Continuing Efforts to Further School Readiness through Meaningful Literacy, Nurturing Relationships, and Play

Saturday, April 1, 2006 8:00AM-5:00PM, University of California, Davis, Freeborn Hall

Hear from Bruce Perry, internationally recognized authority on brain development and learning. The full day with Dr. Perry will be enhanced by a diverse selection of workshops, including bilingual.

Explore the risks of asking children to master skills before they are neurologically and developmentally ready. Discover why so many American children suffer from learning and behavioral challenges.

Reconnect to research-based approaches that nurture a love of learning and children's emotional/cognitive health, leading to their school success.

Receive powerful support documenting that children's play, movement, and creative activities fuel their healthy development.

Co-Sponsors: Alliance for Childhood; First 5 Yolo; The California Endowment; Sacramento County Department of Human Assistance; Susan Kendall Newman/PaulNewman-Newman's Own; Alice C. Tyler Perpetual Trust; Northern California High Scope Educators; Richards Institute/Education through Music; Harcom Foundation

Presented by: The Caldwell Early Life Center at Rudolf Steiner College California State University Sacramento Center for Excellence in Child Development, UC Davis Extension UC Davis Work Life Child Care & Family Services Yolo County Child Care Planning Council

REGISTRATION FORM — PROTECTING THE SPIRIT OF CHILDHOOD II

Saturday, April 1, 2006 8:00AM-5:00PM • University of California, Davis, Freeborn Hall, Davis, CA 95616

Name _____ Phone _____
Address _____ City _____ State _____ Zip _____
E-mail _____
School/Agency _____

Registration by March 20: \$95, includes box lunch (\$110 after March 20) \$ _____
Students/Seniors: \$70, includes box lunch (\$85 after March 20) \$ _____
Optional: 1 Unit CSUS Academic Credit \$50 (in addition to fee above) \$ _____
TOTAL \$ _____

All reservations must be accompanied by payment:

Make checks payable to Rudolf Steiner College or MasterCard Visa Card

_____ Exp. Date _____ Signature _____

Register online at www.steinercollege.edu **OR** Mail or fax registration form to: *Protecting the Spirit of Childhood II* at Rudolf Steiner College, 9200 Fair Oaks Boulevard, Fair Oaks, CA 95628

Fax: (916) 864-4860 Registrations accepted at the door

Confirmation letter and conference information will follow. For more information, call (916) 961-3932 or email sgill@steinercollege.edu

Scholarships for Yolo County child care providers available: please inquire at: (530)668-3773

2006 Yolo County Child Development Conference "Once Upon A Childhood"

Saturday, April 29, 2006

8:30 AM to 4:30 PM

Veterans Memorial Center
203 E. 14th Street (14th & B Street)
Davis, CA 95616

Keynote Presentation by:

Diane Ferlatte

International Storyteller

www.dianeferlatte.com

Workshop Topics Include:

Infant/Toddler, Preschool, Special Needs,
Child Development, Science, Multiculturalism and more!
(Some workshops available in Russian & Spanish)

2006 Yolo County Child Development Conference Registration Form EARLY BIRD REGISTRATION DEADLINE: April 1, 2006*

Please print clearly. One form per person. Copy if extra forms are needed.
You will pick up your name badge, conference bag and packet on the day of the conference.
College Credit through Sacramento City College Is Available

Name _____

2006 Yolo County Child Development Conference Registration
REGISTRATION FEES ARE NOT REFUNDABLE

Address _____

Early Bird Registration fee:

- Registration must be postmarked on or before **\$25.00**
April 1, 2006.
- Late & onsite Registration is \$30.00

Phone _____

Please Check all that Apply:

- Parent
 Family Child Care Provider
 Center/Preschool Staff
 Director
 Teacher
 Student
 UCD Student/Staff
 Other: _____

Mail your registration form along with your payment by
April 1, 2006 to:

**Child Care Services
Conference Registration
600 A Street
Davis, CA 95616**

Method of Payment:
Make check payable to
City of Davis

Check

Questions? Call 530-757-5695

Smalltalk

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City of Davis
Child Care Services
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Davis, CA 95616

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

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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. 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.

