

Smalltalk

Serving Providers & Families in Yolo County

Volume XXXIII, Number 1

Dear Friends,

Winters greetings to one and all. I hope everyone was able to slow down a bit and enjoy some family, friend and personal time over the many winter holidays! If you made a New Year's resolution to learn more about early childhood education in 2007, the Resource and Referral is the place for you!!

We will hit the ground running in January, offering many different classes and multiple opportunities to participate in wonderful learning experiences. If you are the parent, guardian or grandparent of a toddler (or think you might ever be), please join us for our four part Parenting the Toddler series that begins on January 23rd (Tuesday evenings) in Davis. This terrific series is taught by local Early Childhood Specialist Joyce Lee and is free to Yolo County residents. Pre-Registration is required and space is limited. If you want to be guaranteed a space, call our office as soon as possible to register. Please ask for Rossana.

In March, we will offer a special training for anyone looking for new tools and strategies for working with children with challenging behaviors. It is highly possible that almost every ECE professional (teacher, provider, educator etc) in the world will eventually come into contact with at least one child with some type of challenging behavior. If you think that ECE professional might be YOU, this will be a terrific training opportunity to sharpen your skills and add to your "tool box". Nationally recognized trainer and author Linda Brault will be here to offer two different training opportunities based on her book, "Children With Challenging Behaviors". **For information on this opportunity and MANY other provider trainings, please refer to Page 11 of Small Talk.**

Last, but certainly not least, we are gearing up for our annual Child Development Conference on Saturday, April 21st in 2007. Internationally beloved Early Childhood Educator Bev Bos will be our keynote speaker for the conference. Bev is an icon in the ECE field and always inspires and energizes the audience. Please make sure you sign up early to guarantee a spot and to take advantage of our early bird registration. For an easy tear off registration form, please refer to page 14 of SmallTalk.

As always, if you have any ideas, suggestions or concerns, please feel free to contact me to discuss them. Our door is always open!

Regards,

Robbie Townsley
Resource & Referral Supervisor

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Register for the Yolo County Child Development Conference on April 21!!!

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 21, 2007 with Bev Bos as Keynote.** 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.

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 Conference Registration Form on the last page of Small Talk.

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATIONS

Tuesday, January 16 & March 20 from 9:30 a.m. to 12:30 p.m. 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. You may also contact Community Care Licensing at (916) 229-4530 or visit their website at www.cclcd.gov.

PARENTS TOGETHER - Child Care Services sponsors this group. The group is for all parents and babies under 1 year. The group meets every **Tuesday** from 1 p.m. -2:30 p.m. in Davis at the Conference Room at 600 A Street (next to the Child Care Services office). **The group will not meet Nov. 28, Dec.26 nor Jan. 2, 2007.** For information call Child Care Services at (530) 757-5695 or (800) 723-3001.

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

YOLO CO. CHILDREN'S ALLIANCE - The Children's Alliance Policy Council meets quarterly, For more information call Katie Villegas 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.

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

SUPPORT FOR PARENTS OF EMOTIONALLY DISTURBED CHILDREN - Time limited support groups are available for caregivers of children with emotional disturbances. For information call Joan Beesley at (530) 666-8632.

WOODLAND PARKS, RECREATION, COMMUNITY SERVICES, & URBAN FORESTRY COMMISSION- 4th Monday of each month, 7:00 p.m. City Council Chambers, City Hall, Woodland. Public welcome. Youth and children's issues are discussed. (530) 661-5880.

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

YOLO COUNTY GRANDPARENTS RAISING GRAND-CHILDREN- We plan monthly events for grandparent families and evening events for grandparents. Special activities: annual camping trip, holiday celebrations, and unusual festivities. Contact Sandy Weiss at (530) 756-0183 for more information.

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 dede-douglass@yahoo.com.

PARENTS AND CAREGIVERS OF TRANSITION-AGE YOUTH (16-25) WITH PSYCHIATRIC DISABILITIES - Group meetings held 4th Tuesday of every month 6:30-8:00 p.m. at the YCCC Conference Room, 1950 5th St. in Davis. For more information call (530) 666-8632—Ask to speak with Joan Beesley.

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

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

BABY SIGNS® PLAY GROUP - Join other parents for a free, informal, FUN time with a certified Baby Signs® Instructor. Meet other families who are interested in signing with their children. *For more information contact Erin Panelli (530) 219-0876.*

Community News & Events

Calendar

January	1	New Year's Day (City Offices Closed)
	10	CARES Q&A
	13	Tax Workshop
	15	Martin Luther King Jr. Day (City offices closed)
	16	Family Child Care Licensing Orientation
	20	Math & Science Training (English)
	27	Child Observation (Russian)
February	19	President's Day (City offices close)
	24	Socio-Emotional Training (Russian)
March	2	Train the Trainer Session for "Understanding Behavior from the Outside In"
	3	"Understanding Behavior from the Outside In"
	3	Math & Science Training (Russian)
	20	Family Child Care Licensing Orientation
April	21	Child Development Conference

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 2007 Yolo County Child Development Conference? Please save the date, **April 21, 2007!** 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.

Meet Our New Finance Supervisor Catherine Turek!



Hello, my name is Catherine Turek and I am the new Financial Supervisor for Child Care Services. I am very happy to be part of such a wonderful organization.

Originally from Los Angeles, I moved to Sacramento three and a half years ago. I graduated from California State University, Northridge with a Bachelors of Science degree in Accounting. In Los Angeles, I worked as an auditor for the public accounting firm of Deloitte & Touche. My audit clients included companies in many industries including aerospace and defense, entertainment, real estate, and non-profit. When I left public accounting, I went to work for Disney as a Financial Analyst. After several years with Disney, I moved to another entertainment company, New Regency Productions, as their Assistant Controller. After moving to Sacramento, I worked for a non-profit trade association, The California Apartment Association, in downtown Sacramento, as the Vice President of Finance and Administration.

As Financial Supervisor for Child Care Services, I will be responsible for preparing and monitoring budgets for the contracts within our program. I will also be very involved with the calculation and payments to providers of child care for children in our subsidy. I will prepare monthly, quarterly, and annual financial reports. Finally, I will coordinate our annual audit with our auditors. My office hours are 8:30 am to 5:00 pm, Monday through Friday.

In my free time I enjoy cooking, reading, bicycle riding, and doing volunteer work.

City of Davis Parks & Community Services Programs

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

Gymnastics



The City of Davis Gymnastics offers classes for girls and boys, 20 months to 18 years. We teach Tiny Tot gymnastics, cheerleading, and beginner through advanced skill level gymnastics. 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.

Mother Daughter Choices

Come be a part of the national Mother Daughter Choices program for 6th 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. The class meets from 7-9 p.m. on Thursdays from 1/4/07-2/22/07.

Diaper Daredevils

With an emphasis on development of social skills, this program is geared towards the exploration of movement in a safe and fun environment. Fine and gross motor skills are introduced as well as irresistible group activities such as songs and parachute games. Parent/guardian participation required.

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 2007, but upon completion of the project in early winter 2008, 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.



Mini Horse Camp

In the Mini Horse Camp, 2nd through 8th 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.

Cheerleading

The City of Davis offers classes for any child who is interested in learning more about the sport of cheerleading. Participants will learn dances, cheers, jumps, stunts and tumbling techniques in a fun and safe environment.

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.

Spring Break Safari

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

Class Registration

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

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

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

From the Desk of First 5 Yolo

Nurturing the Child is Building the Brain...For Life

Science and research continue to “connect the dots” on the innumerable ways children’s environments, interactive experiences and learning opportunities affect their brain development. We know that what happens with and around children from the very start of life builds a foundation for future learning and ultimately influences their behavior later in life.

Childcare professionals have long known that a child’s exposure to violence and fear has a lasting impact often associated with negative behavior and learning difficulties. Now science gives us some of the reasons why, with research telling us that **both** genetic make-up and experience are important to how a child’s mind grows. The following facts illustrate the significance of brain growth in a child’s earliest years:

- ⇒ During pregnancy, 60% of a child’s genes are working on building the brain.
- ⇒ At birth, infants have about 100 billion brain cells.
- ⇒ Responding to babies’ early signals helps brain and language development. Babies communicate everyday – with sounds, crying, smiles and gestures. A toddler can learn as many as 20 new words a week.
- ⇒ During the first three years of life, most of the brain’s “synapses”, or connections, are produced.
- ⇒ By the age of three, children’s brains are 85 percent developed and twice as active as adults’.
- ⇒ Brain connections are made every time a child hears, sees, touches, tastes or smells something.
- ⇒ When children move, brain connections happen. Rolling, crawling, running, climbing and dancing all help children learn.

Knowing the science helps us to see how children’s secure and nurturing relationships with family and childcare providers actually affect their brain growth. Natural curiosity and intense observation skills coupled with rapid brain development mean that a child’s positive and negative living circumstances truly become a part of who they are for a lifetime.

Dr. Bruce Perry, M.D., Ph.D., the internationally-recognized authority on children in crisis and Provincial Medical Director in Children’s Mental Health for the Alberta Mental Health Board tells us that “a year of neglect, if it’s in the first year, robs a child forever, shifts down their potential along a spectrum. You can have either shorter, earlier periods of profound neglect...or you can have longer less consistent attention and come up with the same thing: unattached, emotionally empty individuals. And these kids are highly likely to be violent.” Dr. Perry goes on to say that when a young child is neglected or abused, he or she tends to have less of a capacity to inhibit anti-social behavior based, in part, on impaired development in the frontal lobes.

While First 5 Yolo programs focus on children 0 – 5 and their families, we know that what we do now will have a lasting impact on the whole lives of the children we serve. When a child’s brain development is characterized by safe, nurturing and enriching emotional, social and learning experiences, he or she can grow to become a happy, productive and caring member of society.

For more information about First 5 Yolo and its programs and services, visit www.yolochildren.org.

In November 1998, California voters passed a statewide ballot initiative to add a 50-cent-per-pack tax on cigarettes. The funds collected are utilized to fund education, health, and childcare programs that promote early childhood development from prenatal through age 5.



Children and Families Commission

Health & Safety News

Yolo Family Service Agency Programs

The following is a summary of the services provided by the Yolo Family Services Agency. Please call the number indicated for more information.

Affordable Counseling Services

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

Additional services include: Employee Assistance Program, Family Maintenance & Reunification, Victims of Crime, Families Living with Developmental Disabilities

Psycho-Educational/Support Groups

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

Grupo de Hombres

12 week series for men, Tuesdays, 6:00-7:30 PM, beginning December 19 \$5/session

Kids' Turn

Six week program serving children & parents experiencing divorce or separation. Safe place to improve communication skills, help parents understand & children to cope. Children 4-14 in age groups and their parents in separate groups. Fee based on income. *Please call to be placed on the waiting list.*

Grupo de Mujeres

Ongoing support group for Spanish Speaking Latinas, \$5/session. Safe environment for support, growth and empowerment.

Women's Support Group

Ongoing support group in 12-week series. Insurance accepted or \$10 per session.

Allied Services for Kids (ASK)

A school-based program for children and teens providing crisis intervention, prevention and psycho-educational services throughout Yolo County.

For more information on any of these services please call (530) 662-2211.



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.

Especially for Parents

Join a Playgroup for Stay at Home Dads !



Are you a Stay at Home Dad? Do you know one? Are you planning on being one? Contact local stay at home dad, Bob Bain! He has organized a playgroup for stay at home dads for the last 2 years.

For more information contact Bob at (530) 750-3677 or by e-mail at: californiazipppy@yahoo.com

Money from Tax Credits for Families\$

Do you have children? If the answer is yes, you may be eligible to receive thousands of \$dollars\$ for you & your family. Tax season is once again upon us. Before you file your income taxes, find out more about possible tax credits you may be eligible for. Even if you do not owe taxes there are tax credit rebates you may be eligible for. You must file a tax return to receive them.

These are some of the tax credits available:

- ⇒ Federal Child & Dependent Tax Credit up to **\$2,100**
- ⇒ CA Child & Dependent Care Expenses up to **\$1,050**
- ⇒ Federal Earned Income Credit up to **\$4,536**
- ⇒ Federal Tax Credit (per Child) up to **\$1,000**

Find out more today!

For more information, and to find out where to get free tax preparation assistance, call the Internal Revenue Service toll-free at (800) TAX-1040 or (800) 829-1040 and the Child Care Connection toll-free at (800) KIDS-793 or (800) 543-7793.

In-person Tax Help:

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

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

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

Change a Life: Become a Foster or Adoptive Parent!

Change a Life, foster and adoptive parents are needed in Yolo County. All children deserve and benefit from the love of a family. Nearly every community across the country is urgently seeking more foster parents to meet the needs of children and youth of all ages and nationalities. Foster and adoptive homes allow displaced youth to live together with their siblings, remain in their own neighborhoods, and stay in their same schools and community. You do not need to be married, in a partnership, own a home or have a child of your own. We are looking for stable, committed adults to care for children who have been hurt, neglected and/or abandoned. Please give some thought to opening your heart and home to a child in need ~ you will change a life. For more information please call Cherie at (530) 661-5772, email volofkce@onramp113, or check out our website at www.yolofostercare.com



FKCE Stands for Care...

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

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

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

More Alike Than Different

First Steps Infant Program

In this issue we would like to highlight the First Steps Infant Program. They are an essential program to Yolo County Families. Please make sure you read a letter from a parent who talks about the program, its services and the importance of the program to families in Yolo (on page 9).

First Steps Infant Program Mission

In an atmosphere of mutual respect and trust, our mission is to help families of children with special needs to receive support, education, hope, love, and acceptance so that they can meet the needs of their children and access services.

First Steps Infant Program provides educational and support services to children (birth to 3 years) and their families who reside in Yolo County. Children must demonstrate a delay in one or more areas of development. All services are provided at no cost. Staff includes Special Education Teachers, Paraeducators, an Occupational Therapist, a Nurse, a Speech Pathologist, and Interpreters.

What we Offer

To help you and your family meet the special needs of your child, they offer....

- ⇒ **Services provided in the child's natural environment(everyday routines, activities, and places)**
- ⇒ **Home Visits**
- ⇒ **Play Groups**
- ⇒ **Parent Meetings: information, education, and support**
- ⇒ **Social Gatherings**
- ⇒ **Bilingual Services**
- ⇒ **Coordination with Alta California Regional Center, Child Care Services Resource and Referral, and other agencies**



Qualifying for Services

Children are eligible for services when:

- ⇒ They have a known disability
- ⇒ They demonstrate a developmental delay in one or more of the following areas:
 - * gross or fine motor
 - * communication
 - * social or emotional
 - * cognitive
 - * self-help
- ⇒ They have a solely low incidence disability: hearing loss, vision impairment or severe orthopedic impairment
- ⇒ Services are discussed and developed at an Individual Family Service Plan (IFSP) meeting

If you would like to contact First Steps Infant Program please call (916) 371-9561 or (530) 668-3873

More Alike Than Different

About First Steps Infant Program: Letter from a Parent

When First Steps Infant Program asked if we would be willing to write about our experience with the program, we said we would be happy to do so in order to let other families know about the wonderful services available to children under three years who might benefit from early intervention services.

Our story began with the birth of our oldest daughter, Anna, who was healthy, beautiful, and everything we had hoped our child would be. However, we immediately realized that she was a “difficult” baby – colicky and hyper-alert. She reacted to changes in schedule, changes in weather, and any place with numerous people (restaurants, malls, gatherings with friends) with prolonged screaming fits. Anna also had a very difficult time interacting with her peers and adults who were not very familiar to her, often clinging to me and crying until the person left. As first time parents, we assumed that she was “highly strung” and joked that she wanted to make sure she was an only child.

During her first year, we also noticed that she was failing to meet some of her gross motor skill milestones. We weren't overly concerned, however, because she was extremely verbal and meeting all of her fine motor skill milestones. We accepted her pediatrician's assessment that all children learn skills at different rates. By the time she was fifteen months old, however, we were alarmed that she could sit if we put her in a sitting position, but she was unable to get from a lying to a sitting position and had not yet begun to crawl or pull up. Her friends were literally running circles around her.

At fifteen months, at our request, her pediatrician referred Anna to a physical therapist. After observing Anna at the first meeting, the physical therapist immediately suspected something that I had never heard of before – that many of Anna's issues were caused by sensory integration disorder. Anna had a problem processing stimuli from basic things such as touch (she wouldn't play with sand or touch grass) to being able to process where her body parts were in location to other items in space. While Anna needed PT services, she also needed occupational therapy to address her sensory issues.

To make a long story short, we floundered around in our insurance provider's system for about nine months trying to cobble together the services that we thought Anna needed. Finally, a friend, who happened to be an OT, suggested that we try calling ALTA Regional Center. It was the best suggestion I have ever received. Within weeks of my first phone call, we had a home visit from a social worker, nurse, and infant specialist to assess Anna's need for services. The social worker, Liz, was terrific and coordinated all of the services for Anna – weekly OT and monthly PT appointments. Liz also arranged for a weekly hour long home visit with an infant specialist, Robin, who became one of Anna's trusted friends. Because Robin knew Anna so well, Robin was able to provide me with great deal of support from discussing where to enroll Anna for nursery school to bringing me articles and suggesting books on topics that might be helpful.

Six months later, Liz, Robin, and a few other specialists met with us to discuss Anna's progress and the plan of action for the next few months. At that meeting a few people noted that Anna was exhibiting some of the behaviors consistent with Asperger's Syndrome (high functioning autism). Although the waitlist for assessments at the UC Davis MIND Institute is long, Liz arranged an appointment for Anna and ALTA paid for the assessment. Ultimately, the doctor at the MIND Institute determined that Anna did not have an autism related disorder, and instead gave her a diagnosis which will hopefully resolve itself over time with continued therapy and support.

The first three years of Anna's life were filled with all of the joy and worry that all parents experience, and we feel very blessed that our family received the additional support of the staff and services in the First Steps Infant Program. Anna is now thriving in her preschool, something that we could not imagine when I first called ALTA.

*Sincerely,
Jennifer*

For more information on First Steps Infant Program see page 11 of Small Talk or call ((916) 371-9561 or (530) 668-3873. For information on Alta Regional call (530) 666-3391. For information on the MIND Institute call (916) 703-0280.

Especially for Providers

News from the CARES Program

We are excited to launch the CARES 2006-2007 Program. This year comes with a few changes in requirements guided by the CARES funding terms and conditions. We also have Ing Lindsey and Rossana Vigil overseeing the program. We look forward to providing incentives for Yolo County Child Care Providers. In September, we issued over \$200,000 in Stipends to providers. We hope this project year is one that rewards many Yolo County Providers for caring for children and continuing their education!

CARES Applications:

Applications were mailed in October and December to all previous CARES Participants. You can also call our office or visit our website at:

<http://www.cityofdavis.org/pcs/childcare/additional.cmf>

New CARES Deadline:

The application deadline is **April 2, 2007**. This means that all documentation & requirements such as class grades, employment length, permit requirements, ECERS among others are **due on or before April 2**. Please refer to the 2006-2007 CARES Requirements.

Submit your CARES application ASAP

We encourage you to submit your application as soon as possible. This will enable us to match you up to an advisor if you need one, provide you with technical assistance and/or mail pertinent information. Do keep in mind that supporting documentation must be submitted by the April 2, 2007 deadline.

Are you Waiting for your Permit?

GOOD NEWS!!!

The State has allowed us to accept proof of permit even if your permit is in **PENDING STATUS!** Now there is no reason for you to hesitate in mailing your applications! Feel free to call either Ing Lindsey or Rossana Vigil if you have questions about permit requirement or CARES in general at (530) 757-5695 or (800) 723-3001.

Health & Safety Reimbursements

Once again, the health & safety reimbursement funds will be available to child care providers in Yolo County. Reimbursements of **up to \$100 dollars** will be issued to licensed family child care providers and center staff (for a limited time only). Applications were mailed in December. If you have any questions please call Rossana Vigil at Child Care Services at (530) 757-5695 or (800) 723-3001.

CARES Question & Answer Session

If you still have questions, such as:

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

Dates: January 10, 2007

Time: 7--9 p.m.

Place: Yolo County Conference Room
600 A Street, Davis
Adjacent to Child Care Services Office

You must register to attend by calling Rossana Vigil at (530) 757-5695 or (800) 723-3001.

Enroll in ECE Courses

Are you working in the child care field? Did you know that your career opportunities not only depend on your experience, but your training as well? Both, Sacramento City College and Woodland Community College have ECE classes ready for your career development. Also, when you continue with your education you may qualify for the CARES incentive program.

Some of the ECE Classes include:

- Introduction to Early Childhood Education
- Administration of Child Development Centers
- Health & Safety in the Child Care Setting
- Adult Supervision: Mentoring in a collaborative Learning Center

To enroll please visit the websites for the community colleges.

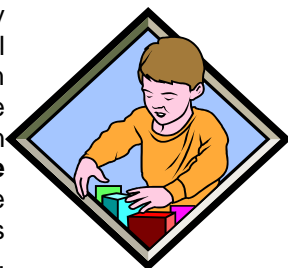
Sacramento City College:
www.scc.losrios.edu

Woodland Community College:
<http://woodland.yccd.edu/>

Especially for Providers

Come to PLAY Day in Davis!

PLAY Day is a 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 and family 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 are held in Davis and 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!

JANUARY	FEBRUARY	MARCH
12	9	16
26	23	30

Yolo County Child Care Center Director's Association

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 is funded by First 5-Yolo to improve access to childcare and to enhance the quality of early care and education. Meetings are held on a monthly basis. For more information call Child Care Services Resource & Referral at (530) 757-5695 and ask for Tamiko Eslick.



Provider Training Opportunities

Child Care Services will be hosting the following training topics. You must pre-register to attend. For more information about any of these trainings call Child Care Services at (530)757-5695 or (800)723-3001.

DATE/TIME	TOPIC
January 13 10-11:30 a.m.	Tax Workshop
January 20 8:30-2 p.m.	FCCAIB: Math & Science
January 27 8:30-2 p.m.	Family Child Care: Child Observation (Russian)
January 27 9-11 a.m.	License Exempt Training: Safety as they Grow
February 10 9-11 a.m.	License Exempt Training: Health & Nutrition as they Grow
February 24 8:30-2 p.m.	FCCAIB: Socio-Emotional Development (Russian)
March 3 8:30-3:00 p.m.	Understanding Behavior from the Outside In Linda Brault
March 3 8:30-2 p.m.	FCCAIB: Math & Science (Russian)
April 21 8:30-4 p.m.	Child Development Conference
April 28 9-1 p.m.	FCCAIB: Early Literacy for Infants & Tod- dlers (Russian)
May 5 9-1 p.m.	Training in Russian: To be announced
May 19 9-1 p.m.	Training in Russian: Mandated Reporting
June 2 9-1 p.m.	Training in Russian: Taxes & Record Keeping

These are only a portion of the trainings we will be offering. Trainings in Spanish will be scheduled in January.

Especially for Providers

Social Security and Family Child Care

Redleaf Institute Article - January 2005

Family child care providers have a special interest in the future of Social Security. With all of the recent political discussion about how to reform Social Security, many family child care providers are not aware of how this program works and what special plans providers need to take to ensure that their retirement years are financially secure.

Family child care providers qualify for Social Security benefits by paying Social Security taxes on their business profit. Providers who are self-employed pay the full 15.3% tax on their profit, while workers who are employees pay half this amount and their employer pays the other half. To receive Social Security benefits, providers must pay Social Security taxes for at least 10 working years. Providers can retire at age 62 and receive partial Social Security tax benefits, or wait until their full retirement age (age 65 and higher depending on your date of birth) and receive full benefits.

Family child care providers will only pay Social Security taxes if their profit is more than \$400 in a year. Providers who make less profit than this may want to drop some deductions to show a profit of more than \$400 to be able to count that year as one of their 10 qualifying years needed to receive Social Security benefits.

Redleaf National Institute has advised providers for years to claim all the allowable deductions they are entitled to reduce their tax burden. Providers who have been working as a provider for many years, or who plan to work in the field for many years should be aware, however, of the consequences of showing a small business profit each year. Since the amount you receive from Social Security is based on the amount of Social Security tax you pay into Social Security, providers who claim their maximum business deductions will receive fewer benefits than providers who only claim a few deductions.

This means that providers need to plan more carefully for their retirement needs. Social Security for most people will replace only about 40% of their current earnings. For many low-income providers who are paying only a small amount of Social Security taxes year after year, they will probably receive less than 40% of their retirement needs from Social Security benefits. Therefore, many providers will have to make up the difference by working past retirement age, or relying on pensions and individual retirement savings.

We strongly advise providers to continue to claim all their allowable business deductions and not to forgo deductions to show a higher profit and pay more in Social Security taxes. Instead, providers should use their tax savings and invest in their own IRA. Providers have many different IRAs they can invest in (traditional, ROTH, SEP, and SIMPLE).

Providers who claim all allowable deductions will get a current tax benefit and then another tax benefit when they invest in an IRA. In the long run providers who do this will be able to replace their lower Social Security benefits.

Planning Ahead

Providers should look closely at the Social Security statements that they receive in the mail a few months before their birthday. Check to make sure it properly reflects your earnings for each year of your life. If there is a mistake contact the Social Security administration right away to get it corrected. Look on the statement to see how much you will receive at retirement and use this as a basis for your retirement planning. A few years before you plan on retiring talk to a representative from Social Security to find out exactly what Social Security benefits you will receive. For more information, go to www.ssa.gov.

This article is a courtesy of Redleaf Institute. For more information or to access other resources for providers, visit www.redleafinstitute.org.

Campus Talk: Events & Information from UCD

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

CAREER CATALYST BROWN BAG SERIES - Mee Room, MU, 12-1pm and sponsored by the Staff Development Professional Services. For information call (530) 752-1766 or visit their website at <http://sdps.ucdavis.edu>

Jan. 11 – Resume Magic

Feb. 1 – The UC Davis Employment Process

Feb. 15 – The Whole Package – For the Job Search

Mar. 1 – Continuing Your Professional Education

Mar. 15 – Interviewing with Pizzazz

CHANCELLOR'S CHILD CARE ADMINISTRATIVE ADVISORY COMMITTEE - 3rd Thursday monthly, 12:00 – 1:30pm, Human Resources Administration Building Room 182. (January 18, February 15, March 15)

The committee, comprised of UC Davis students, staff, and faculty and representatives of the City of Davis Child Care Services, advises the Provost and Executive Vice Chancellor (through the Associate Vice Chancellor—Human Resources) on programs and policies to meet the child care needs of campus affiliates; assesses and articulates child care concerns, services, and funding, including the review and evaluation of campus child care activities; and provides a campus forum for child care issues. Meetings are open to the campus community and input welcome. For more information, contact Chair James Cabbage, jscubbage@ucdavis.edu.

GRADUATE SYMPOSIUM SEEKS ENTRIES

The Interdisciplinary Graduate Symposium, presented by the Graduate Student Association and sponsored by Graduate Studies and Student Affairs, is seeking entries to its 12th annual symposium. Registration begins January 10 and the event will be held March 10 at the University Club. Entered graduate work, which can range from art and ecology to mathematics and geology, is eligible to receive cash prizes ranging from \$250 to \$500. For more information, visit gsa.ucdavis.edu or contact GSA symposium coordinator Daniel Rathbun at dlrathbun@ucdavis.edu.

STAFF WORK/LIFE BROWN BAG SERIES workshops are held from 12-1pm, Silo/Cabernet Room. For more information call Staff Development & Professional Services, (530) 752-1766.

Jan. 25 – Feng Shui: The Dynamics of Organizing

Feb. 8 – Admission Matters

Mar. 8 – Anyone Can Grow Vegetables!

Mar. 29 – Life Transitions: How are you Affected?

HEALTH AWARENESS PROGRAM – BROWN BAG SERIES!!

All programs 12-1pm, FREE, Cabernet Room, Silo. For more information call Staff Development & Professional Services (530) 752-1766.

Jan. 18 - Screen Scene

Feb. 22 - The Alexander Technique:

Changing the Way You Work

Mar.22 - Introduction to Nia: A Transformative Fitness Program

UC DAVIS BREASTFEEDING BROWN-BAG Noon Series for expectant and new mothers are held on campus the third Tuesday of each month from 12-1pm, and consultations from 1-2pm in the Moss Room, MU. These discussions are facilitated by Lonna Hampton, MA, Lactation Specialist. For more information, call (530) 752-5412.



Jan. 16 – The Myths and truths of breastfeeding

Feb. 20 – Baby arrives: an overview of breastfeeding basics in the early postpartum period.

Mar. 20 – The art of breastfeeding and overcoming difficulties: bring your questions, your stories, and your baby (if possible).

UC DAVIS BREASTFEEDING SUPPORT PROGRAM providing lactation sites, pumps, supplies, and education for its affiliates. Release time is appropriate in accordance with California law (Directive 02-060).

Registration and orientation sessions are held the second and fourth Thursday of each month, 12-12:30pm, Human Resources Admin Bldg., (Orchard Road, Parking Lot #35). Following the orientation, there will be a Breastfeeding Q&A from 12:30-1:15pm. Lonna Hampton, MA is the campus Lactation Specialist and she can be reached at LonnaHampton@sbcglobal.net or (530) 752-5412.

Medical Center sessions are held the 2nd Thursday of each month from, 11-12pm, Glassrock Bldg., 7th Floor Conference Room. Cheryl Burstiner, RN, CLE, is the UCDMC Lactation Specialist and she can be reached at (916) 703-3360 or by e-mail at cheryl.burstiner@ucdmc.ucdavis.edu.

For more information, contact Child Care & Family Services, (530) 752-5415 or amsandoval@ucdavis.edu.

UC DAVIS BREASTFEEDING SUPPORT GROUP meets in the Health Sciences Complex, MS1-C, Room 130 on the first Wednesday of every month, 12-1:30pm. These discussions are facilitated by Lonna Hampton, MA, Lactation Specialist. For more information, call (530) 752-5412.

UCD CHILD CARE SERVICES & BREASTFEEDING SUPPORT PROGRAM BULLETIN

In February, 2001, the Child Care & Family Services began its first issue of the “UCD Child Care Services and Breastfeeding Support Program Bulletin.” Our goal was to inform students, staff and faculty of events occurring on the campus as well as the community. Our mailing distribution began with a population of under 50 and now it is well over 300.

Child Care & Family Services also has another newsletter entitled, “The Bear Facts,” which began in September, 1999. This particular newsletter pertains to a particular topic ranging from child rearing, health and safety issues, and so on.

Past and current editions are available on our website at www.hr.ucdavis.edu/childcare and if you are interested in receiving an e-mail copy of these publications, you may contact us at childcare@ucdavis.edu.

ENJOY THE MONDAVI CENTER FOR THE PERFORMING ARTS!

If you are interested in the performing arts you don't have to travel far. Please visit their website for a variety of upcoming performances at: <http://mondavi.ucdavis.edu/>.

2007 Yolo County Child Development Conference

Saturday, April 21, 2007

8:30 AM to 4:30 PM

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

Keynote Presentation by:

Bev Bos

Workshop Topics Include:

Infant/Toddler, Preschool, Special Needs,
Child Development, Science, Multiculturalism and more!

(Some workshops available in Russian & Spanish)

6 Hours of Professional Growth

(For more information call 530-757-5695 or (800) 723-3001 and ask for Tamiko or
check out the website at www.cityofdavis.org/pcs/childcare)

2007 Yolo County Child Development Conference Registration Form

EARLY BIRD REGISTRATION DUE: April 1, 2007*

Please print clearly. One form per person. Copy if extra forms are needed.

You will pick up your name badge and packet on the day of the conference.

Name: _____

Address: _____

Phone Number: (____) _____

Type of Participant (check one):

- Center Staff
 Family Child Care Provider
 Parent
 Other: _____

Mail your registration form with your payment to:

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

2007 Child Development Conference Registration

**REGISTRATION FEES
ARE NOT REFUNDABLE**

____ Early Bird Registration with LUNCH \$32.00
(Lunch Included from Dos Coyotes)

____ Early Bird Registration without lunch \$25.00

TOTAL:

Make check payable to:

CITY OF DAVIS

PLEASE NOTE: Early Bird Registration
is due before April 1st, 2007. A limited number of Onsite
Registrations will be available. The cost to register after
April 1 and on the day of the conference is \$30.

Smalltalk

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City of Davis
Child Care Services
23 Russell Blvd.
Davis, CA 95616

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

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Ing Lindsey & Robert Wallis

Small Talk is published quarterly and serves 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*
- ◇ *Parenting Classes*
- ◇ *Free publications: Small Talk & 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*
- ◇ *Quality Enhancement Project*
- ◇ *PLAY vans*
- ◇ *Trustline, a registry for legally license exempt child care providers*
- ◇ *Free publications: Small Talk & On the Go*
- ◇ *CARES*
- ◇ *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) 757-5695 or (800) 723-3001. You may also sign-up to receive *On the Go*. All publications are free.