

# Smalltalk

Serving Providers & Families in Yolo County

Volume XXXIV, Number 4

Dear Friends,

Autumn is upon us as the weather finally begins to cool down. We have had a long, hot summer here. Now is the perfect time to spend more time outside with little ones. Try adding in fun fall activities such as gathering leaves for wax pressings or pinecones for comparison in size and type. Check our newest issue of On The Go for some fun fall activities for children. This issue of On The Go will cover events and activities from October through January.

We have important news to announce at Child Care Services. Dues to budget cuts during the last year, we have streamlined some of our services and operating hours. As always, we will work to provide the highest level of service possible. Beginning December 1, 2008, we will be modifying our office hours. We will be changing **from** 8:00am to 5:00pm **to** 9:00am to 5:00pm, Monday through Friday. As always, parents and providers can leave attendance sheets or other important forms in our drop box that is located in the parking lot on the south side of our building. The drop box is available 24 hours a day, 7 days a week. If you need to make an appointment with a case manager before 9:00am, that may be arranged on an individual basis with your case manager. The resource and toy lending library will have shorter hours as well. The hours for the lending library will now be 9:00am to 3:30pm. Child Care referrals will be available from 9:00am to 3:30pm, Monday through Friday.

Last but not least, we want to remind people that our annual conference will be coming early this year. Come and join the "Ooey Goey Lady" Lisa Murphy on Saturday, March 14. Lisa is a nationally known speaker who offers presentations and classes all across the country. For more information on the conference, including deadlines for turning in proposals for presentations, visit:

<http://cityofdavis.org/pcs/childcare/conference.cfm>

As always, if you have questions, suggestions or concerns, please call our office and ask for me.

Regards,

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

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### New Office Hours for Child Care Services Office in Davis

On **December 1, 2008**, the Child Care Services office in Davis will have new office hours. The new office hours will be **9:00 a.m. to 5:00 p.m.** Phones will be answered during this period of time as well.

### New Toy & Resource Library Hours

Beginning December 1, the Toy & Resource Library hours will change. The new hours are Monday to Friday from 9:00 a.m. to 3:30 p.m.

### Referral Hours:

Child care referral hours will be from 9:00 a.m. to 3:30 p.m. Monday to Friday.

# Meetings/Support Groups

## **FAMILY CHILD CARE LICENSING ORIENTATIONS**

Tuesday, November 18, 9:30 a.m. to 12:30 p.m. at Child Care Services, Conference Room, 600 A Street, 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 <http://cclcd.ca.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. at Child Care Services, Conference Room, 600 A Street, Davis. For information call Child Care Services at (530) 757-5695 or (800) 723-3001.

## **FIRST 5 YOLO**

Commission meetings, 2<sup>nd</sup> Wednesday of the month, 2:00p.m.-4:00 p.m. 403 Court Street, Woodland. For more information call (530) 669-2475. [www.yolochildren.org](http://www.yolochildren.org)

## **YOLO COUNTY CHILDREN'S ALLIANCE**

**If you need low-cost health insurance for your children please call 1-866-607-4030.** The Children's Alliance Policy Council meets quarterly. Also coordinates Child Abuse Prevention for Yolo County 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. For information call (530) 668-3773.

## **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 (530) 753-6934 or [frwany@sbcglobal.net](mailto:frwany@sbcglobal.net).

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

4<sup>th</sup> Monday of each month, 7:00 p.m. at the Senior Center in, Woodland. Public welcome. Youth and children's issues are discussed. (530) 661-5880.

## **YOLO COUNTY GRANDPARENTS RAISING GRAND-CHILDREN ASSOCIATION**

Meets 1<sup>st</sup> Friday. We plan monthly events for grandparent families and evening events. Special activities: annual camping trip, holiday celebrations. Contact Sandy Weiss at (530) 756-0183 for more information or [weissbk@cs.com](mailto:weissbk@cs.com).

## **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.

*\* 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.*

## **Women's Support Group in Spanish\***

Parent led support group in Spanish for 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.

## **NAMI Support Group**

Meets Monthly on the last Friday of each month from 6:30 p.m. to 8:30 p.m. The group helps families and people with mental health 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.

## **ASPERGER'S SYNDROME PARENT SUPPORT**

Support for parents, caregivers, and professionals working with individuals diagnosed with Asperger's Syndrome. The group meets 4<sup>th</sup> Wednesday (January to November) 7-9 p.m. at the Davis Senior Center, 646 A Street, Davis. For information contact Dede Douglass (530) 759-8817 or [dededouglass@yahoo.com](mailto:dededouglass@yahoo.com).

## **PARENTS AND CAREGIVERS OF TRANSITION-AGE YOUTH (16-25) WITH PSYCHIATRIC DISABILITIES**

Group meetings held 1st Friday of every month 6:30-8:00 p.m at various restaurants. For more information call (530) 668-6767.

**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.

## **Woodland Moms Group**

The MOMS Club (Moms Offering Moms Support) is an International nonprofit support group for stay-at-home moms. Local MOMS club chapters have park days, playgroups, MOMS night out as well as perform service projects to help needy children in our community. If you are interested in joining the Woodland chapter please email [woodlandmomsclub@yahoo.com](mailto:woodlandmomsclub@yahoo.com) or check out [www.momsclub.org](http://www.momsclub.org)

# Community News & Events

## Calendar

### October

10 PLAY Day

### November

*National Adoption Month*

5 Davis Family Child Care Association Mtg.

7 PLAY Day

11 Veteran's Day (City Offices Closed)

18 Family Child Care Licensing Orientation

21 PLAY DAY

27-28 Thanksgiving (City Offices Closed)

### December

5 PLAY DAY

19 PLAY DAY

24-31 Winter Holidays (City Offices closed)

### January

1-2 New Year's Day (City Offices Closed)

16 CARES Applications Due

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

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

Parents, teachers, child care professionals and others who are interested in child development are invited to attend a day long child development conference on **Saturday, March 14, 2009**. This year's Keynote for the conference will be **Lisa Murphey, also known as OOEY GOOY LADY®**



The conference will be held at the Veterans Memorial Center, 203 E. 14<sup>th</sup> Street in Davis. The conference will offer many exciting and fun workshops as well as exhibitors.

The cost for attending the conference is \$35.00 for pre-registration **on or before April 1st (with lunch)**. A limited number of spaces will be available at the door, pre-registration is strongly recommended. Registration forms are available in this issue of Small Talk. 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).

## Calling for Presenters for the Yolo County Child Development Conference

Would you like to be a presenter at the 2008 Yolo County Child Development Conference? Please save the date, **March 14, 2009!** We are currently accepting conference workshop proposals. Proposal for workshops in Spanish and Russian are also welcome. 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 Kwak at (530) 757-5695 or (800) 723-3001.

## 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: californi-azippy@yahoo.com.



## Free Parenting the Toddler Series

"No!" Why is this my toddler's favorite word? Learn more about communication and verbal/non verbal language, toddler development, nutrition, positive discipline, toilet learning, friendships, fun ways to use all of that great toddler energy and much more!



**Tuesdays, 7:00-9:00 PM**

**October 21 & 28, November 4 & 18**

*The class is open to all residents of Yolo County. To register, please contact Rossana Vigil at Child Care Services at (530) 757-5695 or (800) 723-3001.*

# City of Davis Parks & Community Services Programs

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

## Movies in the Park: Shrek 2

The Recreation Division will be showing Shrek 2, a family friendly movie on a giant blimp screen in Central Park. The movie begins at 7:15 p.m., Saturday October 11th, but come early to enjoy entertainment, food vendors, contests, games and more! Bring your blanket, your friends and family and enjoy movies in the park!

## Harvest Festival



We have just the event to bring the entire family together for some fun. Join the Recreation Staff for the 11th Annual Harvest Festival on Sunday, October 19th from 4:00-6:30 p.m. at the Veterans' Memorial Center. Tickets include a delicious spaghetti dinner and a passport for children to participate in carnival games, pumpkin decorating, costume parade and contest, hands-on craft activities,

and much more! Tickets are \$9.00 per person, and children must be accompanied by a paid adult. Purchase tickets in advance at the Community Services office. A special thanks to Ikeda's Market for their generous contribution of pumpkins for the event.

## Kindergarten Craft Time

Would you like your child to wind down after a day at kindergarten with some relaxing, creative activities? Kindergarten Craft Time is an enjoyable way for your child to shrug off the tension of a structured day at school. In this class we will have a chance to explore clay, paints, collage and other creative art media. We will also read stories, sing songs and play outdoors. All siblings must be registered to attend this class.

## Primary Play

Children will learn through creative play in our popular Primary Play-school. The teacher, Melody Matthews, plans activities that stimulate individual and group play, including arts and crafts, music, outdoor play, development play and dramatics. Parents are required to participate 3-4 times per session. All children must be potty trained prior to enrollment. All siblings must be registered for the class.

## Dance Classes

We offer tap, ballet, and jazz/hip hop dance classes, as well as combination classes where children learn dance and basic gymnastic skills on the floor. This fall we are also offering intermediate classes for participants who have completed the beginning classes and are ready to improve their skills in a more challenging class. For more information about dance classes and special events, please call 757-5627.



## Gymnastics Classes

Gymnastics classes are offered for children ages 1 to 18 starting with our Diaper Daredevils class where parents and children can explore movement together. Children continue with our preschool level and skill level classes where they participate in interactive games and improve their gymnastics skills using the floor, bars, beams, trampoline, and vault. Our classes are taught by friendly, trained coaches who love gymnastics. Come learn all about the sport of gymnastics while having fun and meeting new friends! For more information about gymnastics classes, special events and birthday parties please call 757-5627.

## Musical Munchkins

This class is a fun musical playtime for children, ages 20 months – 3 years, and their parents. Children will be exposed to a variety of music and musical instruments while enjoying a relaxing open playtime. Other fun activities, such as playing with sound, musical crafts and circle time with singing and movement will be included. Jeanne Lupien is the instructor for this class. Parent participation is required. All siblings must be registered to participate in this class.

## Class Registration

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

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

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

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# From the Desk of First 5 Yolo

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## Help Babies Sleep Safely in Yolo

**County - First 5 Yolo Encourages Safe Sleep Practices for Parents and Caregivers**

*By Julie Gallelo, Executive Director First 5 Yolo County*

**Woodland, CA** — Creating a safe sleep environment for babies can help save lives and reduce the number of infant deaths especially from Sudden Infant Death Syndrome (SIDS), the sudden, unexplained death of an otherwise healthy baby less than 1 year of age. Nationwide, SIDS is the major cause of death in infants from 1 month to 1 year of age with most deaths occurring between 2 and 4 months, according to the National Sudden Infant Death Resource Center.

According to the Yolo County Health Department, from 1998 to 2006, sleep position appeared to be a contributing factor in 31.6 percent of deaths of infants 1 month to 12 months of age in Yolo County. First 5 Yolo encourages parents and caregivers to follow these safety tips to reduce the risk of death due to entrapment, suffocation or SIDS:

### SAFE SLEEPING TIPS

- Always place your baby on his or her back to sleep. This is considered the best and safest sleeping position.
- Where your baby sleeps should be as safe as possible. Babies placed on adult beds risk suffocation from several hidden hazards, such as:
  - Entrapment between the bed and wall.
  - Entrapment involving the bed frame, headboard or footboard.
  - Suffocation in soft bedding such as pillows, thick quilts and comforters.
- Infants should sleep on a firm, flat surface covered by a tight-fitting sheet.
- Remove all stuffed toys, pillows, sheepskins, beanbags and plastic material from the sleep area.
- Avoid overheating your baby. Keep the room temperature comfortable for a lightly clothed adult.
- Make sure your baby's head and face are uncovered during sleep.

### CRIB SAFETY TIPS

- To reduce the risk of suffocation, remove all pillows, thick quilts, comforters and other soft products before placing a baby to sleep.
- Never use a pillow as a soft mattress for a baby to sleep on or to prop his or her head.
- Make sure the crib meets current safety standards and has a firm, tight-fitting mattress and tight-fitting bottom sheet.
- If using a blanket, be sure to tuck it around the crib mattress allowing it to reach only as far as the baby's chest.
- The use of bumper pads is not encouraged; however, if they are used in a crib, they should be thin, firm, well-secured and not "pillow-like."
- When using a portable crib or playpen, be sure to use only the mattress or pad provided by the manufacturer. Do not add extra mattresses, pillows or cushions.
- Always place cribs away from heaters, windows and dangling cords.

***First 5 Yolo encourages all parents and caregivers to read with their children. All of our County libraries have designated story time just for young ones. For more information on local story times, early literacy classes or other First 5 Yolo programs, please call (530) 669-2475 or visit [www.first5yolo.org](http://www.first5yolo.org).***



Children and Families Commission

# Health & Safety News

## CommuniCare Health Center: Keeping your Family Healthy!

### Perinatal Program

CommuniCare Health Center's Perinatal Program offers complete pregnancy, delivery and postpartum care for low-income and under-insured women & families throughout Yolo County. The program prides itself in having a full staff of bilingual midwives, health educators, social workers and nutritionists. All appointments are offered in **English and Spanish throughout Yolo County.**

### The program offers a variety of assistance:

- Regular examinations & appointments
- Birthing center tours of Sutter Davis Hospital
- Ultra sound services during pregnancy
- Free maternity and infant clothes
- Breast feeding consultations
- Help with Medi-Cal and WIC

### No insurance is required for pregnant women to make their first appointment.

We encourage any pregnant women, no matter how far along in the pregnancy to make an appointment today.

**It's important that all pregnant women throughout Yolo County receive the same quality of care as the insured.** CommuniCare Health Center's Perinatal Program encompass the ideology that health care is a right, not a privilege. **We will turn no one away based on inability to pay.** We deliver health care in a supportive, safe, non-judgmental manner, stressing patient involvement and responsibility, health education, counseling and preventive health in all of our programs.

### Clinic Locations

Davis Community Clinic:	530-758-2060
Salud Clinic in West Sacramento:	916-403-2900
Peterson Clinic in Woodland:	530-666-8960
Winters Clinic:	530-795-3658
Dixon Clinic:	707-678-1628



### Smile Saver Program

To make an appointment for a Saturday Clinic please (530) 757-4667 or (530) 666-8964. Mention "Saturday Clinic" to make an appointment for your children (ages 0-5). For more information about the Smile Savers Program, please contact Song Xiong, at (530) 758-1510, extension 1301.

### Upcoming Free Saturday Clinics

#### October 11th

Peterson Clinic in Woodland

#### November 8th

Salud Clinic in West Sacramento

#### December 13th

Davis Community Clinic

#### January 10th

Peterson Clinic in Woodland

### The Pediatric Immunization Program

The Pediatric Immunization Program at Communicare Health Centers offers a variety of immunization services to families throughout the year. Services range from walk-in pediatric immunization (IZ) clinics to education and outreach activities in our communities.

Currently the State of California requires the following immunizations for children who are entering school:

Vaccine	Required Doses
Polio	4 Doses
DTaP / Tdap	5 Doses / at booster age
MMR	2 Doses
VZV	1 Dose
Hepatitis B	3 Doses

### Immunizations Walk In Hours

#### Every Wednesday

Peterson Clinic in Woodland  
1pm-4pm

#### Every Thursday

Salud Clinic in West Sacramento  
1pm-4pm

#### Every Friday

Davis Community Clinic  
1pm-4pm

**If you would like more information about pediatric immunizations please contact A.J. Ramsey at (530) 758-1510, extension 1031.**

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# Health & Safety News

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**Children's Health Initiative: Free or Low Cost Health Care for Children!!!**



**Does your child need health insurance? Are you aware that there are free or low-cost health insurance programs for children in Yolo County?**

The Children's Health Initiative is an opportunity for all children in Yolo County to access free or low-cost health care! The joint program between First 5 Yolo and the Yolo Children's Alliance aims to reach every child in need of insurance coverage.

**How does a child get enrolled in the program?**

Enrolling is a simple process. You can call the Yolo County Children's Alliance office toll free at (866) 607-4030 and ask to speak to a Health Access Specialist. The Health Access Specialist will guide and assist you through the steps necessary to enroll in the program.

**For more information on these programs, please call the Yolo County Children's Alliance at (866) 607-4030 or (530) 757-5558.**



## Yolo Family Service Agency Programs

### **Affordable Counseling Services**

Professional psychotherapy for individuals, couples, and families available in English and Spanish. Services are available in Woodland, Davis, West Sacramento, Esparto, and Knights Landing. Cost based on a sliding scale depending 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

Please call for an appointment.

### **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 range in age groups 4-14 yrs. old. Parents are in separate groups. Fee based on income. **The next session will begin in October.**

### **Parent-Child Interaction Therapy (PCIT)**

A behavior management program for children ages 2-7. Years of research have shown the effectiveness of PCIT on helping parents learn new ways to eliminate destructive behaviors in young children such as physical aggression, swearing defiance, and respect to adults.

### **Allied Services for Kids (ASK)**

ASK is a school-based program for teens that provides crisis intervention, prevention, and psycho-educational services throughout Yolo County.

ASK services will resume at the beginning of the next school year.

**For more information on any of these services, please call Yolo Family Service Agency at (530) 662-2211.**

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# November: National Adoption Month

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## Advocating for Our Most Vulnerable Population of Children FKCE Stands for Care

Google “foster care” on the Internet and more than 26 million links on the topic pop up.

In just seconds, you can learn that more than 500,000 children are in foster care in the United States – more than 40,000 of which are infants; that there are more than one-quarter of a million American children waiting to be adopted; and that nearly 2 million children nationwide live with relative caregivers, referred to as “kinship” care.

The statistics are staggering. However, as shocking as they are, they still don’t tell the whole story of what these children have survived – how vital it is for those caring for our most vulnerable population to have easily accessible resources.

Yolo County recognizes how crucial education and emotional support is for both county licensed foster parents and the abused and neglected youngsters they’ve welcomed into their homes. Woodland Community College’s Foster and Kinship Care Education Program (FKCE) not only provides the necessary training for adults to become licensed, but also offers a myriad of classes to assist them in caring for youngsters who may have been beaten, abandoned, exposed to drugs, sexually abused or otherwise abused and neglected.

“My husband and I realized how fortunate we are – as county-licensed foster parents – at a recent adoptions training in Sacramento,” said Hiedi Andersen, a Yolo County licensed foster parent. “We were surprised at how many of the parents in that class had not previously been provided basic information related to foster care, such as the dependency court process, behaviors children may exhibit related to attachment difficulties, and how to honor children’s birth families during both reunification and adoption situations.”

The knowledge garnered at Yolo FKCE classes is empowering, Andersen said. When foster parents understand court processes, how to deal with challenging behaviors and where to seek help, they not only become stronger parents, but model for the kids that it’s OK to accept help.

Advocacy is a large part of being a parent – whether you are a child’s parent by birth, fostering or adoption,” Andersen said. “If my child needs something – medical, emotional, school-related, whatever – it’s my responsibility to find ways to make it happen. The FKCE classes we’ve attended have given us a ‘toolbox’ of sorts that we can access any time to find what we need for our kids.”

The support the Andersens receive from the FKCE program has allowed them to successfully care for Yolo County children for more than eight years. Their first two children, girls then aged 2 1/2 and 10, came to them after a relative was

## Yolo County Licensed Foster Families ~ People Like You!



*Mike and Christy Unnerstall*

unable to adequately care for them. The education provided by the FKCE program gave them the information they needed to help the girls survive the effects of physical abuse, severe neglect, sexual abuse and abandonment.

“When reunification with their birth parents failed, we decided to adopt them,” Andersen said. “I had been in foster care, and I knew how important permanency is for kids. Then, slightly more than a year ago, we decided that we wanted to also become licensed foster parents. We attended the FKCE pre-service classes last summer, were licensed in October, and have since welcomed four additional children into our home.”

One special child, a girl born last fall, will soon be a forever member of the Andersen family as they near completion of her adoption.

Pre-Service Education Specialist Cherie Schroeder always shares the Starfish Story with prospective foster and adoptive parents, about a boy tossing starfish that washed onto the beach back into the water, an adult walks by and asked the boy why he’s doing it – that he can’t make a difference to all of them. The boy replies that he’s made a difference to that one, as he hurls one into the safety of the water. Yolo County caregivers will tell you over and over, that is how they feel. For the Andersen family and others, they know they have made a difference; one day, one week, one month... forever. It doesn’t matter how long we’ve welcomed these children into our home. What’s important is that they mattered.”

Meeting the needs of licensed foster parents in Yolo County is a commitment made in partnership by the YCDESS Administration and Woodland Community College. Regular meetings convene to discuss challenges and methods to improve the lives of children brought into protective custody and for caregivers who open their hearts and homes to them. To find out more about foster care, or adoption from foster care, take a few minutes to learn about the fostering journey of several Yolo County caregivers, at [www.yolofostercare.com](http://www.yolofostercare.com). **Phone calls requesting information are always welcomed by Cherie Schroeder, the Woodland Community College FKCE Director at(530) 661-5772.**

# More Alike Than Different

## Children with Emotional Issues in the ECE Setting

One out of five American children and adolescents may have a behavioral, emotional or mental health problem. Emotional Disturbance is one of the disabilities defined in the Individuals with Disabilities Education Act. (IDEA) Every child's mental and emotional health is important. These disorders may be painful and severe. However, they can be recognized and treated. Early intervention is important to maximize the child's potential.

### Causes of Emotional Disturbance in children:

The causes of emotional disturbance in children, like many other mental health disorders, are often unknown. However, various factors such as genetics, brain disorders, diet, stress, and family functioning have been suggested as possible causes. It is important to know that research has not shown any of these factors individually to be the direct cause of behavior or emotional problems.

### The Sign and symptoms of Emotional Disturbance, as defined by IDEA are as follows:

- (A) An inability to learn that cannot be explained by intellectual, sensory, or health factors.
- (B) An inability to build or maintain relationships with peers and teachers.
- (C) Inappropriate types of behavior or feelings under normal circumstances.
- (D) A general pervasive mood of unhappiness or depression.
- (E) A tendency to develop physical symptoms or fears associated with personal or school problems. [Code of Federal Regulations, Title 34, Section 300.7(c)(4)(i)] (NICHCY)

### Who can help with identification?

Parents, family members, child care providers, and pediatricians all have opportunities to observe and identify infants and toddlers and begin referral process to the necessary intervention to reduce the effects of unusual psychosocial development in these children. This can only be done with careful observation of young children in a variety of settings while they interact with the children and adults around them. Mental health and behavior interventions focus on helping children change unhealthy patterns of behavior and learn new coping skills. This is possible by organizing ECE curriculum or programs to decrease the likelihood of challenging behavior and helping children to develop self-regulatory skills.

## Tips for child care providers

- Stay calm
- Learn advocacy skills to help the family
- Work collaboratively with the family and other service providers and work effectively as a team member
- Utilize the child's Individual Educational Plan (IEP) if the child is receiving mental health services
- Maintain confidentiality and appropriate professional boundaries
- Understand young children's different abilities and disabilities
- Monitor safety at all times, avoid chaotic or unpredictable situations.

## Meeting the needs of children with Emotional Disturbance:

Under the Individuals with Disabilities Education Act (IDEA), children with emotional disturbance behaviors are eligible for special education and related services. If you have a child with signs and symptoms of Emotional Disturbance, please contact CCHP at (800) 333-3212 or one of the following resources.

### Resource and References:

National Mental Health Information Center  
<http://mentalhealth.samhsa.gov/publications>

Sevier County Special Education, [www.slc.sevier.org/edandbd.htm](http://www.slc.sevier.org/edandbd.htm) National Dissemination Center for Children with Disabilities, Emotional Disturbance Fact Sheet [www.nichcy.org/pubs/factshe/fs5txt.htm](http://www.nichcy.org/pubs/factshe/fs5txt.htm)

By Tahereh Garakani, MA Ed

***The Yolo Integrated Family Support Initiative (YIFSI) is made possible through funding from First 5 Yolo***

### Yolo County Resources

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

### Other Resources

Alta California Regional Center  
(530) 666-3391

Yolo County Office of Education  
(530) 668-3885

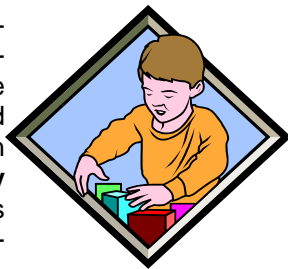
First Steps Infant-Preschool Program  
(530) 668-3860

WarmLine Family Resource Center  
(800) 660-7995

# Especially for Providers

## Come to PLAY Day in Davis!

PLAY Day is a program for licensed-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 playgroup session where informal child care providers and family child care providers bring the children in their care to a early preschool experience to participate in games & activities with other children. Activities are geared towards children ages 0 to 5. PLAY Days are held in Davis and they are **FREE** for all Yolo County child care providers. If you are baby-sitting for your family, friends or neighbors you are invited to participate in PLAY Day! For more information call (530) 757-5695 and ask for the Family Child Care Specialist.

October	November	December
10	7	5
N/A	21	19

## Have You Turned In Your CARES Application??

CARES applications are due on **January 16, 2009**. If you have not submitted your application do so as soon as possible. Stipends are available on a first come first served basis. If you need an application, you can download one from our website at: <http://www.cityofdavis.org/cs/childcare/pdfs/cares0708-application-packet.pdf> You may also call our office at (530) 757-5695 to request an application.

### Key Dates for CARES Participants

**CARES Application - Due January 16, 2009**

### **CARES Supporting Documentation**

Supporting documentation are items such as transcripts, permits, Environmental Rating Scales etc. Supporting documentation is due by **April 10, 2009**.

## Upcoming Family Child Care At Its Best Training

### In Spanish

#### **Guiding Young Children**

Saturday, November 1 & 15  
8:30 a.m. to 2:00 p.m.

#### **Setting the Stage for Social Competence**

Saturday, February 28  
8:30 a.m. to 2:00 p.m.

### In Russian

#### **Loss, trauma and Young Children**

Saturday, December 6  
8:30 a.m. to 2:00 p.m.

#### **Socio Emotional Development & Classroom Management**

Saturday, December 13  
8:30 a.m. to 2:00 p.m.

*You must register to attend. Please call Child Care Services at (530) 757-5695 for more information or to reserve your space.*

## Davis Licensed Family Child Care Association Meeting

The Davis Licensed Family Child Care Association would like to invite all providers to a tentative meeting on November 5th at 6:30p.m. We will discuss any problems or concerns of the group and future direction of the association. Please contact President Dave Bakay at (530) 758-3097 for more information on location and how you can become part of the association.

## When are Child Care Subsidy Attendance Sheets Due?

**All Child Care Subsidy Attendance Sheets are due by 9 a.m. on the following dates:**

October sheets are due **November 3**  
November sheets are due **December 1**  
December sheets are due **January 5**

### **Providers:**

You are independent contractors with the City of Davis, not employees. Therefore, you will receive a 1099 form for your 2007 earnings. This 1099 form will be mailed to you by the City of Davis no later than January 31, 2009.

# Campus Talk: Events & Information from UCD

The following information is about the services available to UCD students, faculty and staff through the UC Davis Work Life, Child Care & Family Services. For more detailed information, please visit their website at: [http://www.hr.ucdavis.edu/Work\\_Life](http://www.hr.ucdavis.edu/Work_Life) or call them at (530) 752-5415.

**Expecting a baby? On maternity leave? Returning to work or school? Join the UC Davis Campus Breastfeeding Support Program!**

## ***“Breastfeeding Moms on Campus” Support Group***

*2nd Wednesday each month*

*Memorial Union, Moss Room*

*12:00 pm – 1:00 pm*

All are welcome at our Breastfeeding Support Group. Following a presentation on the month's topic, there will be time for discussion and questions. All moms are encouraged to come share their stories and concerns. Babies and partners are welcome too!



### **October 8th**

Putting it all together: work, school, family & breastfeeding

### **November 12th**

Nutrition and weaning: what to expect

### **December 10th**

Keeping milk supply up and holiday stress down

### **January 14th**

Breastfeeding tips: share what works & learn from others

## **Lactation Consultation Office Hours**

*Every Wednesday*

*Human Resources Administration Building, Orchard Road*

*10:00 am – noon*

Individual and small group consultations are available with campus Lactation Specialist Lonna Hampton. E-mail [lmhampton@ucdavis.edu](mailto:lmhampton@ucdavis.edu) or call 530-752-5412 to make an appointment. Babies and partners are welcome.

The Breastfeeding Support Program provides mothers with lactation consultation, support group meetings, and the use of hospital-grade breast pumps located in 26 designated sites across the UC Davis campus. To register for the program and to learn more about community resources, state law, and the campus directive, please visit our website at [http://www.hr.ucdavis.edu/Work\\_Life](http://www.hr.ucdavis.edu/Work_Life)

**Notice: Please call 530-752-5415 to verify dates and times for the above programs.**

## **Financial Assistance for Child Care**

### **UC Davis Child Care Subsidy**

*c/o PCS Child Care Services*

*600 A Street, Davis, CA 95616*

*530-757-5695*

This program provides partial subsidies to full-time students to defray expenses at licensed child care programs in Davis and neighboring communities. Student's spouses must either be attending school or employed full-time. Students enrolled part time, and those with spouses who are either in school or employed part time, are encouraged to apply and may be served if funding allows. Eligibility is based on income and student status. Disbursements are decided by a lottery held every fall. Those who submit applications late or do not receive a subsidy through the lottery are put on a waiting list for funds that may become available during the academic year. Eligibility is verified each quarter.

### **Child Care Subsidy**

*600 A Street, Davis, CA 95616*

*530-757-5695*

This income-based program administers several different child care subsidies for parents who are working, seeking employment, in training, or attending school in Yolo County. Child care must be provided within Yolo County by a licensed or legally exempt child care service. Additional funding may be available for families with children in need of protection from abuse, neglect, or exploitation, or children whose parents are incapacitated and cannot provide adequate care.

Applications are accepted throughout the year, and place your name on a waiting list for all grants administered through this program. Placement on the waiting list is based upon eligibility and priorities mandated by each program. You will be notified by mail if funds become available for you. It is important to notify the Child Care Grant Program of any changes in family status to reassess your position on waiting lists.

The Child Care Subsidy Program is funded through the Child Development Division of the California Department of Education with state and federal funds.

# Legislative Update



*This legislative summary was prepared by Donita Stromgren, Public Policy Manager, California Child Care Resource & Referral Network.*

October 01, 2008

## New Laws:

### AB131 (Beall)- State Preschool: Exceptional Needs- Urgency Bill

Allows an LEA or school to employ a teacher to provide instruction to 3 and 4-year old children with autism if the teacher holds a level 1 or clear education specialist credential and has relevant experience or education to work with preschoolers with autism. Notes that unless new legislation is enacted the provisions of this bill will become inoperative on August 31, 2011 and repealed January 1, 2012. **Sponsor: Santa Clara County Office of Education. Status: Chapter 487**

### AB978 (Benoit) – Community Care Facilities-Urgency clause

Provides for civil penalties for child care programs when specific serious violations are identified including; fire clearance violations; absence of supervision; accessible bodies of water; accessible firearms; refused entry to facility; presence of an excluded individual. Collected civil penalties will be placed in a Technical Assistance Fund to be expended for T.A, training and education of licensees. **Status: Chapter 291**

### AB2759 (Jones) – Preschool consolidation

Reforms the state preschool programs by consolidating and streamlining child development programs that serve children 3 – 5 years of age. **Amended to allow 10% of children in part-day preschool programs to have family income up to 15% above the eligibility threshold. Status: Chapter 308-Network Position: Support.**

### SB 1304 (Simitian) - County of San Mateo child care subsidy plan.

Extends the provisions of the San Mateo County child care subsidy pilot for 5 years and would extend phase-out to January 1, 2016. **Status: Chapter 61 - Network Position: Support.**

### SB1629 (Steinberg)- Early Learning Quality Improvement

Establishes an Advisory Committee of 13 appointed members to review the potential for an early learning quality improvement system. Requires that the committee apply to the California Children and Families Commission to cover costs. Addresses programs that serve children 0 –5. **Status: Chapter 307. Network Position: Support**

## Vetoed Bills:

### AB659 (Ma) – Continuing Child Development Services

Allows a family enrolled in a federally, state or locally funded child care program to transfer to another program if they would otherwise be terminated. The administrative agency may also exchange the existing family's enrollment with the enrollment of a family in another program, provided that both families satisfy the eligibility requirements for the program in which they are being enrolled. The transfer of enrollment may be to another program within the same administrative agency or to another agency that administers state, federally, or locally funded child care and development programs. **Sponsor: City and County of San Francisco. Network Position: Support**

#### Veto message:

*The continuity of services in child care settings is a laudable goal. However, this bill would create a negative incentive for the county to rely on the availability of state and federally funded programs to alleviate their local program needs, rather than maximizing their local funds to create a comprehensive child care delivery system. The bill would also create significant Proposition 98 General Fund cost pressure to expand state child care programs at a time of fiscal challenge.*

### AB1028 (Caballero)- Auditing of Child Development Contracts

Relates to the reimbursement and auditing of child care and development providers specifically contracted center-based programs. Prohibits the Department of Education from applying charitable donations in calculations of the state funding available to child care contractors. Addresses issues of required annual single independent financial and compliance audits for child development programs. **Sponsored by CCDAA- Network Position: Support.**

#### Veto message:

*The historic delay in passing the 2008-2009 State Budget has forced me to prioritize the bills sent to my desk at the end of the year's legislative session. Given the delay, I am only signing bills that are the highest priority for California. This bill does not meet that standard and I cannot sign it at this time.*

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# Legislative Update

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## **AB 2346 (Swanson) - Child care: state employees**

Allows the Director of General Services to offer a full rent subsidy at the Elihu M. Harris State Office Building. Requires a review by the Child Development Programs Advisory Committee (CDPAC) and Department of General Services to demonstrate need. **Network Position: Support**

### **Veto message:**

*Current law allows a child care facility in a State building to receive a rent discount if the facility shows a specific need for the discount. The Department of General Services (DGS) already has substantially discounted the rent for each child care facility located in State buildings to help ensure the viability of each facility. Requiring the State to provide free rent to only specific child care facilities, as this bill proposes, sets an inappropriate precedent to provide a permanent rent exemption, without the discretion of DGS.*

## **AB 2467 (Brownley) - State preschool: information transfer**

Requires the Superintendent to create and fund 6 pilot programs for preschool information transfer to public schools. Requires the Superintendent to create a process for pupil information transfer for children who have participated in state preschool, and explore the extent to which preschool summary information can be integrated into the California Longitudinal Pupil Achievement Data System. Requires the Superintendent to report to the Legislature by March 1, 2011, on the results of the pilot program and the implementation of the statewide preschool information transfer program.

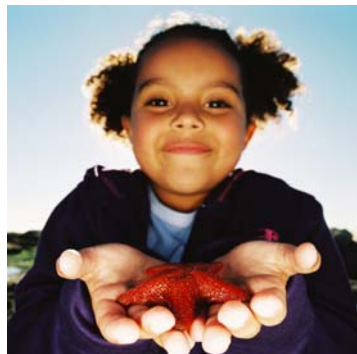
In addition, this bill would delete the requirement that the Superintendent advise local educational agencies regarding related federal Head Start requirements and would authorize the Superintendent to include information from children in Head Start programs in the information transfer, subject to the consent of the child's parent or guardian. Deleted stakeholder group. **Sponsored by CDPI.**

### **Veto message:**

*While I believe that it is beneficial to transfer information from preschool and infant and toddler programs to elementary schools, this bill is unnecessary. Nothing under current law prohibits the transfer of specified information that is deemed beneficial to the pupil and the public school teacher. Furthermore, nothing in current law prohibits a parent or guardian from providing information that would support their child's learning environment or abilities.*

# 2009 Yolo County Child Development Conference

## March 14, 2009



**8:30 AM to 4:30 PM**  
 Veterans Memorial Center  
 203 E. 14th Street (14th & B Street)  
 Davis, CA 95616

Keynote Presentation by:  
**Lisa Murphy**  
**The Ooey Goey Lady®**

**Workshop Topics Include:**  
 Infant/Toddler, Preschool, Special Needs,  
 Child Development, Parenting and more!  
 (Some workshops available in Spanish and Russian)

**6 Hours of Professional Growth**

For more information call (530) 757-5695 and ask for  
 Tamiko or online at  
[www.cityofdavis.org/cs/childcare](http://www.cityofdavis.org/cs/childcare)



### Child Care Services · Resource & Referral

### 2009 Yolo County Child Development Conference Registration Form

**EARLY BIRD REGISTRATION IS ACCEPTED ON OR BEFORE FEBRUARY 23, 2009**

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

Please Print Clearly: (One form per person)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip code \_\_\_\_\_

(       )  
 Phone Number \_\_\_\_\_

Email \_\_\_\_\_

I am a UC Davis student or employee

2009 Yolo County Child Development Conference Registration  
**REGISTRATION FEES ARE NOT REFUNDABLE**

**Registration:**  
 Conference Registration \$35.00  
*(Lunch Included from Dos Coyotes)*

**OR**

Conference Registration without lunch \$30.00

**TOTAL:**

**Method of Payment:**  
 Make check or money order payable to: **City of Davis**

Presorted Standard  
U.S. Postage  
PAID  
Permit No. 1  
Davis, CA

# *Smalltalk*

City of Davis  
Child Care Services  
600 A Street, Suite C  
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 Kwak, Ing Lindsey

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*Small Talk* is funded in part by the California Department of Education, First 5 Yolo and UC Davis.

## **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
- ◇ Yolo CARES
- ◇ Child Development Conference

## **Subscribe to Receive SmallTalk for Free!**

**SmallTalk** is a free publication for Yolo County residents. **SmallTalk** can be accessed online at: [www.cityofdavis.org/cs/childcare](http://www.cityofdavis.org/cs/childcare). To receive **SmallTalk** by mail or e-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 to Yolo County Residents.

