

# BANANAS

newsletter

APRIL-MAY, 2002, VOL. XXVII, #4



## MEETINGS –

Begone April showers – we’ve had enough. Bring on the flowers ....

It’s been a bustling beginning to the year. We’ve had to say good-bye to **Belinda Rubalcava**, who started her work at BANANAS as an AmeriCorps participant right out of college. She had many roles here, most recently in the subsidized programs. She’s moved to Long Beach and Social Work graduate school. That’s the third social worker we’ve inspired! They certainly gain their “in the trenches” experience at BANANAS.

We welcome a whole new bunch of “bananas:” **Eva Chou**, mother of a 4½ year old, speaks Mandarin and Cantonese and comes to us from teaching in an afterschool program and working on her B.A. – obviously very energetic. She’ll be working in the Stage 3 subsidized program as well as helping parents on the referral phones. Another go-getter, **Pacha Eisenstein**, joins us from our sister agency, the Children’s Council of San Francisco, to continue her work in parent education and social change. She recently spent a year in Zimbabwe working as a liaison in a study abroad program. **Julie Ann Lim** is fluent in two Chinese dialects and has had experience working with children during her years at UC Davis. She will be working in Stage 2. **Jovana Medina** has taught as a substitute teacher for several years while working on her BA from Hayward State. She’s had lots of experience as an interpreter-translator in English and her

first language, Spanish, and has a passion for advocacy which will serve her well in her Resource & Referral position. And, **Patricia Rivas**, also bilingual in Spanish and English, has three daughters and a great deal of administrative experience (especially working at the March of Dimes) which she will use in her new job in Stage 3 and helping families with referrals.

Help us raise funds by giving us your **Tiny Tickets** – those annoying BART tickets which still have a little money left but not enough to bother redeeming them. We are collecting them in our lobby through the **East Bay Community Foundation’s Tiny Tickets Program**. Put your name and phone number on the backs of the tickets to also be entered in a prize drawing.

Tell everyone you know who works with babies (our most precious resource) about the **Infant/Toddler Conference on June 21 and 22** at the Oakland Marriott. Sponsored by the **Infant/Toddler Consortium**, this multilingual conference gets to the basics of caregiving, which makes a tremendous difference in the quality of care provided to our youngest children. Call 658-9189 for information or to receive a conference brochure.

A big thank you to the **East Bay Heritage Quilters** for their generous donation of beautiful quilts for needy families.

Watch for our Bunch Fund annual drive coming in June. Happy Mother’s Day, moms – relax and have a good ol’ time!

## STAND FOR CHILDREN IN SACRAMENTO!

Join us on **Wednesday, May 29**, for the annual **Stand For Children Day** at the State Capitol. This advocacy event, organized by Parent Voices, is an opportunity for parents to meet with elected officials to convey their views about important child care issues such as quality, availability and affordability. We will be coordinating transportation and providing lunch. The agenda includes a rally, press conference, and meetings with our state representatives; call 658-7353.



## GREAT MONDAY NIGHT ACTIVITIES

Come to BANANAS every **Monday night, 7-8:30 pm** in **April and May** for learning and fun activities:

**April 8th** is *Family Togetherness Night: Storytelling*. Join professional storyteller and preschool teacher **Muriel Johnson** for an evening of stories, African folktales, music, songs and fun for the entire family! Bring your preschoolers with you.

**4/15: Muriel Johnson** returns with *Capturing Stories*, a workshop for parents using pictures, toys, journals, role playing, etc. to capture your child's stories.

**4/22 & 4/29: Gail Steinberg**, co-director of Pact and an adoptive parent, presents *Mirrors & Windows: How to Choose Books for Children* which focuses on the importance of reading and on using books with children of color and children in diverse family situations. Books will be available for sale at the workshop.

**5/6: Beth Hall**, co-director of Pact and an adoptive parent herself addresses the impact of adoption on the behavior of children in *Adoption Issues*.

**5/13:** Join **Alisa Robinson** of BANANAS for a night of *Doll Making with Alisa*. Bring pantyhose or tights to use in making your own doll.

On **5/20:** strategies to support multicultural values will be discussed when **Beth Hall** returns with *It's Okay to be Different*. Two exciting months! See box below.



## TALKING ABOUT TEMPERAMENT

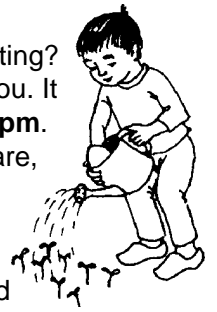
Learn how temperament affects children's behavior and how to best live and work with inborn traits, focusing on children ages 1-5 years, with **Helen Neville**, BS, RNP, and **Sue Jensen**, RNP, on six **Thurs., April 25-May 30, 7-9 pm**, cosponsored by Kaiser Hospital; members \$20; nonmembers \$40. Call 752-1456.

## BOOTIES CAMP IS BACK

Are you a new parent or are you expecting? Then, this series of workshops is for you. It meets on **Fridays, April 5 – May 3, 6-8 pm**.

Come and learn about basic baby care, baby massage, reading to your baby, sleep issues and choosing infant care.

You can register for one or several topics. Refreshments will be provided and bring baby, of course. See registration info. below.



## CHILD CARE FOR GAY AND LESBIAN PARENTS

Gay and lesbian parents often find themselves parenting without enough resources to turn to when faced with issues like choosing child care. Come attend this workshop led by our own BANANAS staff member, **Judy Kriege**, mother of two, on **Wednesday, May 22, 7-8:30 pm**. Judy will address what "quality" care consists of, how to find a good "match" for you and your child(ren) and how to develop a lasting relationship with your caregiver. She'll also discuss transition and separation issues.

## REFERRALS TO TRANSPORTATION SERVICES

Transportation services are subject to certain requirements regulated by the DMV and the CHP. In order to determine whether the agency is operating within these regulations, parents should verify any fingerprinting and certificate requirements with the California Highway Patrol or the Department of Motor Vehicles before choosing a transportation agency. After verifying, ask the service to show documentation. BANANAS does not verify information before listing transportation services.

**WORKSHOP REGISTRATION INFORMATION:** Preregistration is required for these workshops, 658-7353. Limited child care is available as a service to families with no other alternatives. The fee for child care is \$5 per child and **you must register and pay one week in advance** to secure a child care reservation; scholarships are available. Please be on time to the workshops. **Note:** If you need any special accommodations in order to attend any of these workshops, please let us know at least two weeks before the event by calling Vicki, 658-7353.

## FIRST AID AND CPR FOR TEENS

BANANAS is offering a first aid and CPR class designed especially for teen caregivers ages 13 to 17 on **Tues. and Wed., June 18 and 19 from 1-5 pm**. Teens can learn safety skills from a certified instructor and increase their chances of getting a babysitting job. The fee of \$25 covers a manual and certificate for successful completion of both sessions. Be on time and wear comfortable clothing. Call us at 658-7353.

## DOES YOUR CHILD NEED HEALTH INSURANCE?

Children from low-income families can receive very low cost health insurance through California's Healthy Families or no-cost Medi-Cal programs. BANANAS staff members have received training to assist parents in completing applications. To find out if you are eligible or to make an appointment to fill out an application, call us at 658-7353. Our bilingual staff can help in many different languages, so spread the word.

## LEGISLATIVE SNIPS



There is a quagmire brewing in the State due to a lawsuit filed by CBS-TV Broadcasting. CBS successfully sought the names of all people who had any criminal convictions who had been given exemptions in order to work in child care facilities. There is a list of 51 serious crimes for which *no one can ever get an exemption*. But CBS apparently thought there was a story in who might be caring for children who had committed other crimes. The situation heated up when the governor issued a directive to suspend processing of any new exemptions for the next six months, in order to review the child care background check process, and “adopt emergency regulations to require child care providers to inform parents if their facility employs workers with criminal exemptions.” Providers would also be required to inform parents of the nature of the exempt employee’s job responsibilities, and allow them to review the most recently completed licensing report for the facility. In the search for the delicate balance between public disclosure and a person’s right to privacy, the next few months will give people the opportunity to debate the issue.

Also being debated is the governor’s proposed child care plan for the coming year’s budget. Legislative hearings will occur throughout April and the beginning of May. Parents are concerned about the plan’s effect on their use of child care (possible elimination of Stage 3, substantially higher parent fees, lower eligibility). Providers are primarily concerned about the proposed lowering of reimbursement rates. Call BANANAS for dates, times and places for the hearings.

There has been an abundance of reports published in the last few months. The **California Child Care Re-**

**source & Referral Network** released its biannual **Child Care Portfolio**, based on information and statistics from local R&R’s like BANANAS. The Portfolio is jam-packed with figures regarding the supply and need for child care in California and for each county. Policymakers and the media use this document frequently. For a copy of the Alameda County information, please send us a SASE.

**Alameda County Child Care Planning Council** published three substantial reports in March (to which we contributed information) –“A Profile of the Alameda County Child Care Center Workforce” (otherwise known as the Wage & Benefit Study), “Meeting the Child Care Needs of Alameda County’s Children: A Comprehensive Assessment of Licensed Child Care Supply and Demand,” and “Preventative Mental Health Services for Young Children in Alameda County.” For more information, call 208-9675 or go to their web site at [www.co.alameda.ca.us/childcare/index.html](http://www.co.alameda.ca.us/childcare/index.html).

The next two months bring us an opportunity to show those in the child care field how we value their work. The **Week of the Young Child** begins **April 7**. Thanks to the various cities in our service area who have passed resolutions to honor child care providers that week. Do your part and do something swell for the child care teachers and providers you know. If you miss the week in April, you get a second chance on **May 1** which is **Worthy Wage Day**.

Congratulations to **Woodstock Child Development Center** for once again turning back the attempt to close them down after 50 plus years of child care service in the community.



Many legislators and child care policy decision makers have noted that Parent Voices has had a profound impact on recent child care funding decisions. There is nothing like the power of parents working together to win changes in our child care system! We are collecting photos of children who could be affected by cutbacks in the state’s child care budget, and taking them to the Capitol for a Legislative Hearing on **April 24**. We also are organizing a day of parent advocacy in the Capitol, **Wednesday, May 29**.

### PARENT VOICES

Proposed increases in family child care fees and severe cutbacks in child care funding for parents who are low-income workers, has mobilized hundreds of new families into action. For those of you looking for notice of our annual yard sale – we decided to try a different fundraiser this year, an **Asian Cooking Class** (where you get to eat, of course!) in the fall. Let us know if you’d like to help with this new effort! For more information about Parent Voices, email [parentvoices@bananasinc.org](mailto:parentvoices@bananasinc.org) or call 658-7353.



## GETTING IN THE READING HABIT

A child care provider sits down to read with a baby and about a million good connections instantly occur. Inside that baby's brain, neurons excite, helping to form critical synapses that will serve the baby throughout life. The provider, in turn, learns about the baby's temperament and is forming an essential bond with the child in her care.

Reading with babies and small children is not always as easy a task as it might be with an older child. But, with the newest research proving the huge importance of reading with children from day one, it is definitely something parents and providers should try and to do every day. You will soon find that the ritual becomes as enjoyable for you as it is for the baby or child.

Not that long ago, people believed that babies didn't really think or need conversation until they learned to speak. Now we know that babies prefer the voices of their parents and caregivers over any sound in the world. Though babies cannot understand the words, the things that you say are fascinating and the sound of your voice is soothing. Research shows that a language-rich environment stimulates babies' brains and makes them receptive to language and relationships and able to enjoy them both earlier. Parents and caregivers can read or talk to babies in different languages with no ill effects – in fact, studies show that dual language stimulates little brains even more.

You can sit an infant in front of a television for an entire year and she will not learn language. Direct *engagement* with the baby is what makes all the difference, whether it's talking, singing or reading. There is no reason for an infant to ever watch television shows or videos, even those that are supposedly designed specifically for babies. They can get all the language stimulation they need from the world around them. Look at a baby and narrate what's going on: *"We are going outside now to see what the weather is like."* *"I'm getting hungry, let's have lunch."* *"Do you see Alex playing ball in the yard?"*

Let babies touch, watch, chew on, and turn pages of a sturdy book. Tiny babies need only to hear one or two pages of a baby book at a time. When a baby turns his head away from the book, he is telling you he has had enough. Never force a fussy baby to listen to an entire story. Focus on the warm, nurturing bond and the enjoyment of language, not the completion of a tale. Use books with bold, clear illustrations and few words. Wordless books are great for making up your own stories, and you can change the story each time. Board books work well even when babies chew on the

pages – it's part of how they learn about them. But remember, *what* you read is not as important as the time spent reading and cuddling together.

**Toddlers and preschoolers** can usually sit through a book, so establish a daily routine. Keep the event special – a favorite chair, a song to introduce reading time, a favorite book read at every storytime. Sometimes, easily-distracted toddlers can benefit from storytime while in the bathtub, where they're less likely to wander! Don't expect every 2-4 year old to be riveted to a book you have chosen, but there are some especially fascinating books for this age. You'll need to be prepared to read books again and again without complaint.

For toddlers and preschoolers, find short, simple books that accurately reflect their world. Toddlers like books with a repeating refrain or rhyming sounds. Preschoolers enjoy books that address themes like other children's adventures, animals, vehicles, magic and family. Some preschoolers will get hooked on a topic and want to read every book about that one thing. That's okay! Find every book about dinosaurs at the library and read them all.

Children have fantastic stories of their own. Older preschoolers can weave magnificent tales. Write them down and make little books of their stories, using their own illustrations. You can include their books in your story times along with library books and your own collection.

The local library is one of the most valuable community resources for reading and language development, with an almost never-ending supply of books that will extend far beyond your personal library. Many libraries offer storytimes for different ages, a great supplement to your own reading, complete with fingerplays and props. Child care providers can take field trips to the branch library with toddlers and preschoolers.

The brain connections made in children's early years are reinforced by repeated use and continue if we keep reading and encourage children who want to read. Reading brings the world closer to every child. According to the American Academy of Pediatrics, reading is the single most important intervention for developing a child's literacy skills. Your job as a parent or caregiver is to provide variety, diversity and quality, and the place and time to enjoy books together.

For an expanded discussion of this topic including a book list and some additional ideas for making books, send a self-addressed stamped envelope for our new handout on reading with young children available in June.



**ONGOING BANANAS' EVENTS:** For more information or to register, please call 658-7353. All of these events are held at BANANAS, 5232 Claremont Avenue, Oakland.

**Choosing Infant Care Workshop:** Choosing child care for a baby can seem a difficult and scary responsibility. This workshop will help parents understand the options and give support in selecting appropriate care. The next workshops are **Thursdays, April 11, and May 9 at 10 am.** A nighttime workshop will be held **Friday, April 12, 7 pm.** Feel free to bring baby.

**How Does Your Baby Grow – Sleep Patterns:** **Betty Cohen, MSW,** will discuss sleep & sleep problems with new parents of children under 18 months of age **Tuesday, May 21.** This group begins at **10 am;** please call 658-7353 to sign up. Babies are welcome.

**Family Child Care Provider Orientation:** Anyone who wants to obtain a family child care license must attend a Dept. of Social Services meeting on the 2nd or 3rd Thurs. of each month, at 1 pm. Information on BANANAS' services is also given. Participation is limited to the **first 30 people who make a reservation,** 658-7353. We begin taking reservations for the following month on the 1st working day of the month. DSS allows no children. No drop-ins are admitted.

**Babysitter/In-Home Caregiver Orientation in Spanish:** BANANAS ofrece juntas de orientación en español para niñeras. Para más información llámenos al teléfono 658-7353. Las fechas son **martes, 23 y 30 de abril y 21 y 28 de mayo a las 2 pm.**

**Babysitter/In-Home Caregiver Orientation in Vietnamese:** BANANAS sẽ giới thiệu và tư vấn về việc trông nom trẻ em hàng tuần cho các bà mẹ mới sinh, các trẻ em nhũ nhi của phụ huynh vào ngày **Thứ 7, 17 Tháng 4, lúc 2 giờ trưa.**

• **15 Hour Health/Safety Course - Lớp Chăm sóc Sức khỏe và an toàn cho trẻ em;** 15 giờ, gồm 2 lớp học dành cho các bà mẹ mới sinh và trẻ em nhũ nhi hàng tuần tại Gia Đình hay Lùm Giỏi vào những ngày **Thứ 7, 27 Tháng 4, từ 9 giờ sáng đến 4:30 giờ trưa.**

**到家保姆登記日 Babysitter/In-Home Caregiver Orientation in Chinese:** 華語星期二, 四, 英語星期五早上十時正 (約一小時) 請預備兩位居美僱主或朋友的姓名, 地址及電話作保薦。

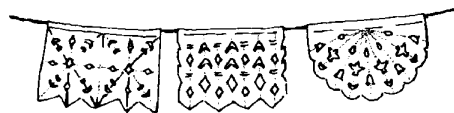
**Teenage Babysitting Class:** Gives an introduction to child development and practical babysitting hints on **Tuesday, May 14, 4-5:30 pm.** Pre-teens are welcome but you must be 13 to be in our teen babysitting file.

**Parent First Aid and Emergency Care For Babies and Small Children:** Learn lifesaving techniques from a first aid specialist. Each class is offered in two sessions. The first session addresses safety and first aid. The second session is on Infant-Child CPR. Both sessions are on **Sundays, 4-7 pm.** A class will be held on **May 5** and another class on **May 19.** You must send a *reg. form* & a *check* payable to BANANAS to reserve a space. Fee: \$30; \$50 for parent-couples.

**Provider Child Care Health & Safety Courses:**  
**•15 Hour Course Which Is A Licensing Requirement:** offered on **Sundays** in 3 modules:  
 1) **CPR (May 5 & 26, June 2, 10-3:30 pm; \$50),**  
 2) **First Aid (May 12, June 9 & 16, 10-3 pm; \$35)**  
 3) **Preventive Health (April 28, May 19, June 23, 10-3 pm.)**

In order to register and get credit for the BANANAS' preventive health module, providers must also take CPR and first aid from BANANAS. All 3 modules: \$100. Call for registration form.

**CPR Classes in Spanish & Chinese – see page 9**  
**CPR Classes in Vietnamese – see left column**



**FAMILY CHILD CARE BUSINESS TAX**

All Oakland family child care providers are exempt from the City's business tax but they must file an annual business tax declaration and mail the declaration along with a copy of their child care license to the address on the form. Even though they don't pay a tax, providers must complete line 17 on the declaration



form which asks for a program's gross receipts for the year. Call the Oakland Business Tax Office at 238-3704 for info. or visit them at 250 Frank Ogawa Plaza, Ste. 1320, Oakland, CA 94612.

**HEALTH BENEFITS FOR PROVIDERS**

Teachers and providers have been advancing their pursuit of health benefits. Currently, every Alameda County supervisor is being lobbied for support. If you have questions or want to join the grassroots Campaign for Health Benefits, call 642-5498.

**Take Our Daughters to Work Day,** sponsored by the Ms. Foundation for Women, is **April 25** and was begun in order to give girls a broader sense of opportunity. Visit [www.takeourdaughterstowork.org](http://www.takeourdaughterstowork.org).

**APRIL** – *April is Child Abuse Prevention, Earthquake Preparedness Month and the Month of the Young Child* For more information on Child Abuse, call the Child Abuse Prevention Council, 780-8989; for more information on Earthquake Preparedness, call the Office of Emergency Services, 286-0895, [www.oes.ca.gov](http://www.oes.ca.gov)

- 1 BANANAS closed to honor Cesar Chavez
- 5, 12, 19, 26 & 5/3 **Booties Camp**, see page 2
- 6 Grand Re-Opening of the Central Library, 1-5 pm, Berkeley Central Library, 649-3943
- 7-13 **Week of the Young Child**, [www.naeyc.org](http://www.naeyc.org)
- 8 **Storytelling with Muriel Johnson**, see pages 2 & 9
- 9, 23 **Family Law Clinic**, again 5/14 & 28, back page
- 9 & 10 Professor Smart's Fun with Physics, Oakland libraries, Main Library for schedule: 238-3615, [www.oaklandlibrary.org](http://www.oaklandlibrary.org).
- 10 Earth Day Awareness, 5:30-7 pm, Melrose Branch Library, 535-5623
- 13 Magic School Bus Video Festival, 10:30 am-1:30 pm, Lawrence Hall of Science, 642-5132
- 13 Party For Your Health, 10 am-3 pm, Civic Center Park, Berkeley Farmers' Market/Ecology Center, 548-3333, [www.ecologycenter.org](http://www.ecologycenter.org)
- 13 Linda Zittel & the Magic Window Puppets, 10:30 am, La Peña, 849-2568, [www.lapena.org](http://www.lapena.org)
- 13 Spring Ponds, 2-3:30 pm, Tilden Nature Area, 525-2233
- 13-14 Monkey Business, 10 am-5 pm, Lindsay Wildlife Museum, (925) 935-1978
- 13-14, 20-21 Cherry Blossom Festival, Parade: 4/21, SF, (415) 563-2313
- 14-20 **National Library Week** – Visit the library for children's events and activities: Albany, 526-3720; Alameda, 748-4662; Berkeley, 649-3943; Oakland, 238-3615, [www.oaklandlibrary.org](http://www.oaklandlibrary.org); or contact your local branch library
- 14-20 **National Infant Immunization Week** – health questions: CA Child Care healthline, (800) 333-3212; immunizations Tuesday & Thursday, 1-4 pm, Berkeley Health Dept. Clinic, 665-7300, for other Alameda County immunization locations call 267-3230; for blue immunization cards, call BANANAS
- 15 **Capturing Children's Stories**, see pages 2 & 9
- 19 **Merritt Class en español** begins, see page 9
- 20 **Conmemorando el Día del Niño** see page 9
- 20 Berkeley Earth Day, Eco-Motion Parade at 11 am, Fair noon-5pm, Civic Center Park, 654-6346, [www.BayAreaEarthDay.net](http://www.BayAreaEarthDay.net)
- 20 CAL Day, 9 am-4 pm, UC Berkeley, 642-2294, [www.berkeley.edu/calday](http://www.berkeley.edu/calday)



- 20 Family Day: Art and Elephants, 11 am-5 pm, Berkeley Art Museum and Pacific Film Archive, free admission all day, 642-0808
- 20 "Recyclers," 2-3 pm, Tilden Nature Area, 4+ years, reg. required, 525-2233

- 20 Family Farm Day/Earth Day, 10 am-3 pm, Civic Center Park, Berkeley Farmers' Market/Ecology Center, 548-3333, [www.ecologycenter.org](http://www.ecologycenter.org)
- 20 Astronomy Day, 10 am-5 pm, Chabot Space & Science Center, 336-7300, [www.chabotspace.org](http://www.chabotspace.org)
- 20 Earth Day at the Refuge, 8:30 am-noon, SF Bay National Wildlife Refuge, Fremont, Earth Day clean-up, 792-0222
- 20 & 5/18 Kids on the Block Puppet Shows, 1:30 pm & 2:30pm, Hall of Health, 549-1564,
- 21 Special Season Finale! Magician Dick Queirolo, 1-2pm, Berkeley Richmond JCC, The Buddy Club, 236-SHOW, [www.TheBuddyClub.com](http://www.TheBuddyClub.com)
- 21 Earth Day Activities, 10 am-5 pm, Chabot Space & Science Center, 336-7300, [www.chabotspace.org](http://www.chabotspace.org)
- 21 Bat Day, noon-4 pm, Oakland Museum, ages 5-12, 238-2200, [www.museumca.org](http://www.museumca.org)
- 21 Minus Tide Extravaganza, 1-3 pm, Crab Cove, 3+ years, reg. required, 521-6887
- 22 & 29 **Choosing Books for Children**, see page 2
- 23 Sea Squirts, 10-11:30 am, Roberts Regional Park, reg. required, 521-6887
- 24-5/24 Youth Arts Festival 2002, Berkeley Art Center, 644-6893
- 25 **Spirited Child Class** begins, see page 2
- 25 **Take Our Daughters To Work Day**, see page 5
- 25 & 26 Bookmaking Workshop, 3-5 pm, Thursday @ Golden Gate Branch, 597-5023, Friday @ Lakeview Branch, 238-7344, adults & children ages 7 and up
- 27 Berkeley Bay Festival, new morning activities: 10 am-noon, main festival: noon-5 pm, Berkeley Marina, 644-8623, TDD: 981-6103, [www.ci.berkeley.ca.us/marina/marinaexp/bayfest.html](http://www.ci.berkeley.ca.us/marina/marinaexp/bayfest.html)
- 27 Colibrí, 10:30 am, La Peña, bilingual program of Latin American music, 849-2568, [www.lapena.org](http://www.lapena.org)
- 27 How to Make Perfume, noon-2 pm, Lawrence Hall of Science, National Sense of Smell Day: hands-on activities exploring the sense of smell prior to demonstration, 642-5132, [www.lawrencehallofscience.org](http://www.lawrencehallofscience.org)
- 29 **Child Dev. Permit Application Night**, page 9
- 29-5/17 Trash To Treasures Annual Junk Art Exhibition, Monday-Friday, 10 am-5 pm, Saturday-Sunday, 1 pm-4 pm, The Outback Store, Artists' Reception Saturday, 5/4, 2-5 pm, East Bay Depot For Creative Reuse, 547-4285
- 30 **In-Home Caregivers Support Group**, see page 7
- 30 Sea Siblings: Livin' Wet, 9:30-10:30 am & 11 am-noon, Crab Cove, 3-5 yr. olds with 1-5 yr. old sibling or friend, reg. required, 521-6887

**MAY** – *May is Asian Pacific Heritage Month*

- 1 **Worthy Wage Day**
- 2 Space Day "Adventure to Mars," 10 am-8 pm, Chabot Space & Science Center, 336-7300
- 4 Chilean Singer & composer Osvaldo Torres, 10:30am, La Peña, hands-on concert of Andean music for the whole family, 849-2568, [www.lapena.org](http://www.lapena.org)

- 4 Free Admission to Oakland's 150th Birthday Party, 10 am-5 pm, Oakland Museum, 238-2200, [www.museumca.org](http://www.museumca.org)
- 4 Celebrate the 50th Anniversary of the United Cerebral Palsy Chapter in the Bay Area, 10 am-2 pm, Jack London Square, family fun fair with games, food & fun, 814-6000, [www.jacklondonsquare.com](http://www.jacklondonsquare.com)
- 5 **CINCO DE MAYO** – celebrations: Oakland, Fruitvale District, Parade 10 am, Festival noon-6 pm, 869-3933, [www.cincomayo.net](http://www.cincomayo.net); Berkeley, James Kenney Park, noon-5 pm, other events throughout Berkeley 4/29-5/5, Carlos Rios, 644-6128 ext.121
- 6 **Adoption Issues with Pact**, see page 2
- 10 Provider Appreciation Day, (888) 334-7781, [www.ProviderAppreciation.org](http://www.ProviderAppreciation.org)
- 11 Family Farm Day: Mother's Day Celebration, 10 am-2 pm, Slide Ranch, reg. required, (415) 381-6155
- 11 BANDTEC Diversity Forum, see page 9
- 11-19 Youth Arts Festival, Zeum Galleries and Gardens, SF, (415) 759-2916, [www.youtharts.org](http://www.youtharts.org)
- 12 **HAPPY MOTHER'S DAY**
- 13 **Doll Making Workshop**, see pages 2 & 9
- 13-7/13 **Child Dev. Corps Applications**, see below
- 14 **Teen Babysitting Class**, see page 5
- 15 **Childhood Obesity Workshop**, see below
- 15 **FCC Orientation en español**, see page 9
- 17-18 Attic Children's Theatre Performances, Friday 7pm, Saturday 11 am, Studio One, performances by children ages 5-12, 597-5027

- 18 BANDTEC Diversity Forums, see page 9
- 18 PortFest 2002, 11 am- 5 pm, Jack London Square, for event calendar: 814-6000, [www.jacklondonsquare.com](http://www.jacklondonsquare.com)
- 18 Physics of Toys, noon-4 pm, Exploratorium, (415) 563-7337, [www.exploratorium.edu](http://www.exploratorium.edu)
- 18-19 2002 Satsuki Arts Festival & Bazaar, noon-6 pm, Berkeley Buddhist Temple, performing arts including Taiko drumming, 841-1356
- 18 & 21 Strawberry Tastings, Saturday 10 am-3 pm, Tuesday 2-7 pm, Berkeley Farmers' Markets, Saturday: Center St. @ ML King Jr. Way, Tuesday: Derby St. @ ML King Jr. Way, Ecology Center, 548-3333, [www.ecologycenter.org](http://www.ecologycenter.org)
- 19 Gold Rush Family Day, noon-4 pm, Oakland Museum, ages 5-12, 238-2200, [www.museumca.org](http://www.museumca.org)
- 20 **Okay To Be Different Pact Workshop**, page 2
- 22 **Choosing CC Issues for LGBT Parents**, page 2
- 25-26 Himalayan Fair, Live Oak Park, 869-3995
- 27 **MEMORIAL DAY** observed – BANANAS closed
- 27 Carijamia Festival, 10 am-7 pm, Mosswood Park, Oakland Parks and Recreation, 238-PARK, [www.oaklandnet.com/parks](http://www.oaklandnet.com/parks)
- 29 **Stand For Children**, see pages 1 & 3



#### JUNE and beyond

- 1 & 8 **FCC Workshops en español**, see page 9
- 18 & 19 **Teen FA/CPR**, see page 2
- 21 & 22 **Infant/Toddler Conference**, page 1

➔ Please see page 5 for Ongoing BANANAS' Workshops

#### CHILD DEVELOPMENT CORPS QUESTIONS

Do you work at a center or in a family child care home in Alameda County, work at least 20 hours a week with children since 10/1 and have at least 6 early childhood units? You can apply for a monetary stipend from \$500 to \$5100 and become a member of the Child Development Corps.

**How do I get an application?** Applications will be mailed out on **May 13** to all licensed centers and family child care homes. Ask your director/supervisor for an application. If you received a stipend last year, an application will be mailed to your home address.

**When can I apply? May 13 to July 13.**

**Where can I apply?** When your application is complete, make an appointment with a Corps Application specialist (their numbers are listed on the application.)

Check out the website at: [www.ackids.org](http://www.ackids.org); then click on Early Care and Education. Call the Corps office at 667-7451 or Marion Cowee, 658-7353.

#### CHILD CARE AND CHILDHOOD OBESITY

Childhood obesity has serious consequences during childhood and beyond. **Joanne Ikeda** from the UC Berkeley, Co-op Extension, Center for Weight and Health will describe the incidence and consequences of childhood obesity, and approaches caregivers can use in working with young children and their families to prevent overweight and obesity. Curriculum for physical activities and nutrition promotion will be provided. Professional growth certificates provided. **Wed., May 15 from 7:30-9 pm.** Please call 658-7353 to register.

#### SUPPORT GROUP FOR IN-HOME CAREGIVERS

This new group offers support and guidance to caregivers who often feel isolated caring for one or two children in their employer's homes. Topics include personal and employment issues, infant/toddler caregiving and other issues. The group will meet every three months on a Tuesday at BANANAS. Come on **Tuesday, April 30, 7-8:30 pm.** Call Aregash, Blanca or Carmen at 658-7353 to register or if you have questions. Parents, please tell your caregivers about this opportunity.

# BANANA Splints

## Judy Calder R.N.



Dear Judy,

*As a child care provider I know it's important to start getting kids ready for kindergarten now. Can you tell me where to refer parents for school physicals for their children who are entering kindergarten? I know some parents don't have health insurance . What else can I do to help get kids ready?*

Pat

Dear Pat,

This is the time for child care programs to help parents get their children ready for kindergarten. Child care programs also have a part to play in preparing children for this big transition.

A good first move is just what you're doing –getting parents motivated to start the process. Children should have a physical exam around the time of their 5th birthday or before they enter kindergarten at 4-6 years of age. (Parents should receive the results and exam in writing.) The American Academy of Pediatrics and the Child Health and Disability Program recommend:

- Immunization update (bring the immunization card)
- Nutritional assessment
- Developmental and behavioral assessment
- Height, weight, and blood pressure measurements
- Vision test (using an eye chart or other objective measures)
- Hearing test (using an audiometer machine)
- Tuberculosis risk assessment and test if indicated
- Hematocrit or hemoglobin (blood test for anemia)
- Urine test
- Blood lead risk assessment
- Dental assessment –(every child should have a visit to a dentist and have any dental disease treated before entering kindergarten)
- Chronic disease management plan if needed

The Alameda County Public Health Clearinghouse, 1-888-604-INFO or 444-BABY can provide information on finding doctors, dentists, and health insurance. They also have information on services for children with special needs and resources for behavioral health. Give parents the phone numbers to start the process. In addition to proof of immunization and physical exam, parents also need to gather other documents:

- Child's birth certificate
- 3 pieces of identification verifying parent's address.

To locate a child's school, call:

Alameda Unified School District: 337-7000  
Albany Unified School District: 558-3750  
Berkeley Unified School District: 644-6504  
Emeryville Unified School District: 652-7137  
Oakland Public Schools: 879-8111  
Piedmont Unified School District: 594-2600

For a pre-school child who may have special needs, ask for the phone number for the district's Special Education Department and start discussing plans for services.

You can prepare children to cooperate more fully with their dental and physical exams by bringing out the dental and doctor kits for the dramatic play areas and by reading books about health visits. You can hang a pretend vision chart in the "doctor play area" and familiarize them with the symbols. Prepare them for their hearing test by using a headphone to a cassette player and having them pop a toy into a container when they hear the noise as the volume is slowly turned up. Ask them to look in the mirror and count their upper and lower teeth. I can send parents and providers a sample tooth chart where they can write their findings, a sample pretend eye chart and some suggestions to do a safety walk to school to teach good pedestrian safety – call 208-5963 and leave your address including zip code.

Child care providers can further prepare children for school by helping them learn to get along together, take turns, communicate needs and thoughts, be away from parents without being upset, be curious and be able to answer simple questions, look at picture books, sit still for a short time to listen to a short story or do a simple task, write part or all of her name, identify some letters, colors, shapes, and numbers, and know some rhyming words.

It's important that we prepare parents for kindergarten by helping ensure their children can see and hear well, are well nourished, can function well in a group, and can express themselves. Thanks for your concern.

Yours in Sickness and Health, Judy



## STORYTELLING NIGHT

Come and join professional storyteller and preschool teacher **Muriel Johnson** for our Family Togetherness night on **Monday, April 8** from **7 to 8:30 pm**.

This will be an evening of stories, African folktales, music and songs geared to families and caregivers with preschool children. (*Check with your professional growth advisor about credit for our workshops.*)

## CAPTURING STORIES

On **Monday, April 15**, **Muriel Johnson** returns to do a workshop just for adults from **7-8:30 pm**. Learn techniques on how to capture your child's stories using pictures, toys, journals, role playing and more!

## DOLL MAKING WORKSHOP

Come to BANANAS for a creative workshop with BANANAS staff **Alisa Robinson** on **Monday, May 13** from **7 to 8:30 pm**. Learn simple ideas on how to make multicultural dolls. Bring pantyhose or tights to make your own doll. Please preregister for any of these workshops by calling 658-7353.

## CPR REIMBURSEMENT

BANANAS has money available to reimburse providers for CPR and first aid classes. If you or someone you know took a class anywhere but live or work in Northern Alameda County, call Maria for an application at 658-7353. Funds are limited.

## PERMIT APPLICATION NIGHT – JUST DO IT!

Last chance to take advantage of filling out your Child Development Permit application in a supportive group at BANANAS on **Monday, April 29, 6:30-8:30 pm**. Registration required: call Marion, 658-7353.

## UC DAVIS CLASSES FOR PROVIDERS

Family child care providers can call us for information about summer UC Davis classes. Topics to be covered include: Setting Limits with Love, Partnering with Parents, and Tools & Tips to Improve Business.

## FORUMS ON DIVERSITY IN EARLY CHILDHOOD

The **Bay Area Network of Diversity Teaching in Early Childhood** is sponsoring two upcoming diversity public forums. On **Sat., May 11, 8 am to 5 pm**, "Creating Classroom Environments to Promote Principles of Diversity," features **Jean Monroe** at Ohlone College in Fremont. On **Sat., May 18, Janet Gonzales Mena** and **Dr. Intisar Shareef** will lead the forum at the College of Marin in Kentfield. For information, call Equoya Thomas, 658-9197. College credit available.



**¿HABLA ESPAÑOL? – BANANAS' Services to Spanish Speaking Caregivers and Parents** Para más información o inscripción para cualquiera de las clases siguientes, llame al 658-7353.

**Conmemorando el Día del Niño** – Atención padres de familia, abuelos y tíos: le ayudaremos a escribir y mandar por correo una carta y su fotografía a sus hijos, nietos, sobrinos y hermanitos que se quedaron en su país natal. **Sábado, 20 de abril, 3:30-5:30 pm.**

**Orientación del estado para obtener su licencia de cuidado infantil hogareño** – El Depto. de Licencias ofrecerá una orientación en español en la oficina de BANANAS el **miércoles, 15 de mayo, 1:30-5 pm**. No se permite traer niños a la orientación.

**Talleres para proveedoras** que están iniciando su negocio de cuidado infantil hogareño. Visitaremos a dos proveedoras con experiencia que comparten sus casas y sus ideas **los sábados, 1 y 8 de junio, 9:30 - 11:30 am.**

**Clases de salud y seguridad** – BANANAS ofrece clases en español. La próxima serie de clases será **3 sábados el 1, 8 y 15 de junio del 2002.**

**Currículo para niños de edad escolar**, un curso de 1 unidad, ofrecido en español empezará el **viernes, 19 de abril.**

**¡Atención maestras de cuidado infantil!** Si Ud. tiene diploma de su país, podría recibir créditos del estado de California para trabajar en centros infantiles. BANANAS le ayuda con el proceso.

**¡Marque su calendario!** La conferencia patrocinada por el Consorcio de Bebés y Niños Pequeños será en Oakland el **viernes y el sábado, 21 y 22 de junio.**

## 香蕉中心華語服務 BANANAS' Services to Chinese-Speaking Caregivers and Parents

1. 春季學分班主題 “學齡兒童的課程設計入門” 已完成、下期將在秋季學期，重點在嬰幼兒。
2. 兩年一度的加州嬰幼教育聯會研討大會、將於六月廿一、廿二日在屋崙的美麗大酒店舉行，短期內將發出登記資料，請留意。
3. 中文家長教育班，將在五、六月舉行，請電658-7353查詢。
4. 最新中文單張: [家庭托兒所得稅之賬目記錄] [暖氣安全網架]、[地震的安全措施]、[如何申請托兒津貼]、[有效的溝通]、[如何讓孩子知道你的界限]、[孩子去托兒、再見!]

## BANANAS' NEWSLETTER ANNOUNCEMENTS

**BANANAS' ANNOUNCEMENTS** are a service to the public. We do not endorse or guarantee any services offered. Space is limited and all announcements are subject to editing. First priority goes to free services and/or to services for parents. Our deadlines: August 10, October 10, January 10, March 10 and May 10.

### BANANAS' ANNOUNCEMENTS

- BANANAS' referral policy is available to any provider or parent upon request. It addresses our referral philosophy & how programs are included or removed from our files. Parents have the right to get file information on two providers by calling Licensing at 622-2614.
- OFFICE VOLUNTEERS NEEDED, call Tasha at 658-7353.
- IF YOU ARE RECEIVING MORE THAN ONE NEWSLETTER, call us at 658-7353 to remove the duplicate listing.

### PROVIDER ANNOUNCEMENTS

Center Directors' Roundtable meets the third Thursday of the month, September through May. The next meeting will be on **April 18, 9:30-11:30 am. Arlyce Currie**, program director, will discuss the history and services of BANANAS and R&R's. On **May 16, Angie Garling**, Alameda County Child Care Coordinator, will talk about the results of recent child care surveys. Call Judy, 658-7353, for more information.

**Family Day Care Associations:** — call for meeting times, locations and services:

- Alameda Family Day Care Association, 521-3997
- Berkeley/Albany Licensed Day Care Operators Association (BALDCO), 549-1223
- Oakland Licensed Day Care Operators Assn., 658-2449
- CHILD CARE CENTER ORIENTATIONS are held in the DSS office in downtown Oakland; call 622-2617 for a schedule. Call BANANAS for assistance after you attend the orientation.
- CHILD DEVELOPMENT TRAINING CONSORTIUM Administrator Institutes, 2-day programs for program directors and site supervisors, April 17-18 in Santa Rosa, April 24-25 in Downey (L.A.) and May 1-2 in Redding, \$55, call (209) 572-6086 or e-mail brovontg@yosemite.cc.ca.us.
- PEACHES MATH AND SCIENCE SUMMER LEADERS Workshop, July 10-12, 8:30 am to 3:30 pm, Lawrence Hall of Science, Berkeley, 642-8963 or [www.lawrencehalloffscience.org/peaches](http://www.lawrencehalloffscience.org/peaches), \$375.
- LINK TO CHILDREN TRAINING on "Maintaining Positive Professional Relationships in Early Childhood Environments," for early childhood administrators, directors and teachers working with children ages 3-6, Sat., April 20, 9 am to 4 pm with follow-up on Sat., May 18, 9 am to 12 noon at Emeryville Child Development Center, \$25, 1 CEU unit avail. through CSUH, 261-9586.
- TV AND ELECTRONIC MEDIA AND YOUNG CHILDREN, Conference at SF City College, Sat., April 27, 8:30 am - 4:30 pm, learn about the impact of screen time on young children and alternative activities, speaker Dr. Jane Healy, \$35 to Children's Council, 445 Church St., San Francisco 94114 Attn: Rosario by 4/12.
- ALL OF ME, ALL OF US, Enabling Girls to Honor Their Cultural Values While Accessing Opportunities, Wed., May 8, 9 am to 4:30 pm, Preservation Park, Oakland, \$75 by 4/15 to Girl Scouts of SF Bay Area, P.O. Box 2249, Oakland 94621-0149.
- KEEPING KIDS SAFE – CHILD SEXUAL ABUSE PREVENTION Training Workshop with author Pnina Tobin, MPA, Fri., April 26, 9 am to 12 pm, Parental Stress Service, 1727 MLK Jr. Way, Oakland, \$45 if received by 4/12, \$55 after 4/12 or at the door.
- PACE ADMINISTRATOR'S CONFERENCE, April 19 & 20, Doubletree Club Hotel, San Diego, \$179-209 on site registration, (800) 924-2460.
- FREE TODDLER-SIZE TRICYCLE HELMETS for programs serving low-income children, call Rosie Hernandez at Habitot for program requirements, 647-1111, X15.
- FIRST FRIDAY TEACHER FEATURES AT OAKLAND MUSEUM, Friday, May 3, get creative in our new art studio space for school groups and family programs, 4-6 pm, free for teachers, 238-3818 to register.

**(HELP!! – PARENTS WHO ARE LISTED IN OUR OFFICE** looking for Shares, Playgroups, Exchanges, or offering babysitting or live-in jobs can help us by calling when you no longer need to be listed, 658-7353. These are very popular files & they need to be updated. If we don't hear from you, we will discard your card after 6 months.)

**PLAYGROUPS WANTED** (*Date = child's birthdate*)  
Alameda, 10/98, AMs preferred, Tami, 748-9757

**EXISTING PLAYGROUPS** (*Date = child's birthdate*)  
Oak/Children's Hospital, 0-3 yrs, W 9:30-11:30, Martina, 655-9521

**EXCHANGES WANTED** (*Date = child's birthdate*)  
Alameda, 7/01, M-F 8-1:30, Julie, 522-0220  
Ala, 1/96, need M-F 12-3:30, avail AMs or eves, Michell, 814-1047  
Albany, 12/96, occas. eves. & wkends, Beth, 524-5206  
Berkeley, 11/99, days & eves flex, Lisa, 848-7497  
Berk/N Oak/Emery, 8/97, eves & wkends, flex, Linda, 654-2255  
Berk/N Oak, 1/98, eves & wkends flex, Bill, 845-6985  
Oakland, 6/96 & 7/98, M & Tues, Cristina, 261-8335  
Oakland/Ala/Emery/Berk, 10/97, need eves or wkends, avail eves or wkends, Kerstin, 639-0433

**LOOKING FOR SHARED SITUATIONS (No sitter hired)**  
(*Date = child's birthdate, f-t= full-time; p-t = part-time*)  
Alameda/Lakeshore, 7/99, 1-3 days flex, avail f-t, Kate, 814-8201  
N Berk/Albany, 7/00, MWF flex 20 hrs, also avail TTh, Jude, 849-3822  
Elm/Rock, 3/01, flex 2-4 days p-t, Hava, 841-9323  
Rock/Elm/S Berk, 10/01, T-F full days, Lara, (650) 349-2247  
Rock/Temescal, 1/02 less than 2 yrs, M-F f-t, Lisa or Chris, 595-7674  
Oak/Berk/Pied/Rock, 2/02, M-F f-t, John or Patricia, 428-0560  
Montclair, 7/01 open, 3 days flex, prefer MTTTh, Jackie, (925) 279-3261  
Montclair/Pied/Glen/Hwy 13, 4/01, 3 days, 30 hrs, Melissa, 336-2562  
Pied/Mont, 12/00 open, 2-3 full days, Kenneth or Alissa, 655-5346  
Pied/Mont/Rock, 10/01, M-F f-t or p-t, Franziska, 655-2789

**SHARED ARRANGEMENTS OFFERED (Sitter hired)**  
Alameda, 3/01, M-F f-t or p-t, Marie, 864-7858  
Alameda, 1/02, M-F f-t or p-t, Kelley, 769-9603 or (415) 398-1600 work  
Albany/N Berk/EC, 7/01, M-Th f-t, Jen, 526-6366  
N Berk, 8/99, M-F 8-4 flex, Elyse, 527-3616  
S Berk, 10/00, M-Th f-t flex, Charlotte, 848-5511  
S Berk/Rock/Claremont, 2/00, M-F f-t, Trey & Dara, 204-9282 or 9182  
Berk/N Oak, 6/01, TWTh, 4 days/wk or less, Nina, 486-2809  
Oak/Berk flex, 9/02, M-F f-t, Ingrid, 534-5472  
N Oak/Rock/Elm, 4/01, M AMs, T&W all day, Stephanie, 655-2757  
N Oak/Rockridge//Pied/Mont, 3/01, MWF flex 25 hrs, Susan, 451-1812  
Rockridge, 1/01, M-F f-t or p-t, Beth, 595-6966  
Rockridge, 8/01, M-F f-t 4-5 full days or p-t 2-3 days, Noreen, 654-9436  
Oakland, 2/02, M-F f-t or p-t, Ann, 208-3790  
Pied/Rock/Mont/Rose, 7/98, M-F 12:30-8:30, Diana, 251-9129  
Mont/Oak, 8/00, M-F f-t, Susan, 338-3864  
Mont/Pied/Rock/Tem/Red, 2/00, M-F flex f-t, Rich or Mindy, 482-3709  
Redwood Heights (our home only), 10/00, 3-5 AMs, Allison, 482-9554  
Redwood Hts/Mont/Oakmore, 1/01 open, MWF, Elizabeth, 482-2590

**SHARED ARRANGEMENTS – PARENTS SPLIT TIME**  
Oakland, Th-F flex, Catherine, 531-8156

**PARENT SUPPORT** (*Groups, classes, services, announcements, \$\$ means fee is charged.*)  
• FATHERS OF CHILDREN WITH SPECIAL NEEDS Support Group, ongoing, call Family Resource Network, 547-7322 for info.

- **MAKE TRUSTLINE** part of your in-home caregiver screening process; continually updated by the CA Dept. of Social Services. For Trustline info, call BANANAS or (800) 822-8490.
- **IF YOU HAVE A SPANISH-SPEAKING IN-HOME CAREGIVER**, please refer her/him to announcements on page 9.
- **PROVIDER APPRECIATION DAY**, May 10, to find out what you can do to honor your provider, write 568 Parkview Ave., North Plainfield, NJ 07063, (908) 668-4993 or e-mail info@ProviderAppreciation.org.
- **STEP FAMILY ASSN:** support for stepparents, 1st Thurs. monthly, 7:30-9 pm at BANANAS. Anthony Carpentieri, 849-1626.
- **KIDS' TURN EARLY YEARS PROGRAM** for separated or divorced parents of children 0-3 years, call (415) 437-0700 or 835-8445 or email kidsturn@earthlink.net.
- **SUPPORT GROUPS FOR MOTHERS**, Sherry Reinhardt, RN, MPH, Mom, visit [www.supportgroupformothers.com](http://www.supportgroupformothers.com), 524-0821.
- **CONFERENCE ON PARENTS WITH DISABILITIES & their families**, May 2-4, Oakland Marriott City Center, [www.lookingglass.org](http://www.lookingglass.org) or (800) 644-2666 X110, \$395 after 4/8.
- **OAKLAND READY TO LEARN**, a local nonprofit working with parents, needs a PC savvy parent who can help them with networking issues and Filemaker Pro, 444-8652.
- **HOW TO TALK SO KIDS WILL LISTEN**, Tuesdays, April 23 to May 28, in Alameda, based on the book by Adele Faber and Elaine Mazlish, gives parents the know-how they need to be more effective with their children and more helpful to themselves, with Beth Hoch, LCSW and Robyn Engel, LCSW from Head Start, sponsored by Smart Healthy Babies Home Visit Program, 864-1077.
- **DADS' SECOND SATURDAY WALK**, meets each month outside South Shore Starbucks, Alameda at 9:30 am for a morning walk with babies, let mom sleep in and get some exercise, just show up, for info call Smart Healthy Babies, 864-1077.
- **BABY CARE FOR ADOPTED NEWBORNS**, Saturday, May 11, 9 am to 12:30 pm, presented by Pact at Children's Hospital, 747 52nd St., Oakland, featuring Lisa Ponce, physician and adoptive mother, \$20-25, 243-9460.
- **DONATE** your old parenting books to BANANAS Lending Library.
- **NEW DADS' ORIENTATION 1ST TUESDAY OF THE MONTH** for dads and babies, learn how to make the transition to fatherhood smoother, share ideas, Smart Healthy Babies, 550 Park St., Suite 108, Alameda, 864-1077.
- **ALAMEDA COMMUNITY SING ALONG** for babies, toddlers, preschoolers & parents or caregivers, drop-in 10:30-11:30 Tuesdays starting June 5th and 2nd Sunday of month, Alameda Multicultural Center, 842 Central Ave, Alameda, 521-4533.
- **REAL BOYS: RESCUING OUR SONS** from the Myths of Boyhood with William S. Pollack, Ph.D., Sat., April 20, 8:30 am to 12:30 pm, Jackson Theater at Sonoma Country Day School, 4400 Day School Place, Santa Rosa, call CA Parenting Institute, 585-6108, \$15 for lecture, \$20 for lecture and workshop.
- **BANANAS** welcomes donations of disposable diapers, kids' equipment, clothes, children's books and toys in good condition. Tax receipt available.
- **PRESCOTT RESOURCE CENTER ACCEPTS DONATIONS** of adult and children's clothing, business attire appreciated, 9am-5pm, 800 Pine St., Oakland, 628-9152.
- **POSTPARTUM DEPRESSION SUPPORT GROUP** with Dr. Elizabeth Gayner, 390-3060. \$\$
- **SIGN UP FOR LOW-COST HEALTH INSURANCE**, bring birth cert., proof of immigration status (confidential), valid DMV I.D., proof of income, utility bill showing your address, child care receipts, social security card to Sat., April 20, Woodstock School, 1900 3rd St., Alameda or Sat., April 27, 1st Presbyterian Church, 2020 5th St., Livermore, info, 1-800-422-9495.
- **BABY/TODDLER/PRESCHOOLER & ME**, informal playgroup for primary caregivers and children with special needs, aged 12 months to 5 years, support info and old-fashioned play, 10-11:30 am, Burke Development Center, 612 West A St., Hayward, call 547-7322 .

#### **CLASSES & ACTIVITIES FOR KIDS & TEENS**

- **FAMILY RESOURCE NETWORK** has a list of summer camps and activities for children and teens with special needs, 547-7322.

- **FAMILY THEATRE INITIATIVE AT AURORA THEATRE** in Berkeley, encourages families with children under 18 to see plays and ask questions after the performances, \$10 young companion tickets, 843-4822 box office.
- **KIDS ON THE BLOCK PUPPET SHOWS**, learn about physical, mental, medical and cultural differences, 3rd Saturday of each month at 1:30 and 2:30 pm, Hall of Health, 2230 Shattuck Ave. (lower), Berkeley, 549-1564, free.
- **YOUTH GROUP ACTIVITIES FOR youth 12-21** with special needs, call Family Resource Network at 547-7322 to register or for more info.
- **STANDING TOGETHER, STANDING STRONG:** CA Coalition for Youth, April 20-23, Old Sacramento Holiday Inn, (916) 763-2213 or askus@ccyfc.org.
- **DISCOVERY CLUB AT CHABOT SPACE & SCIENCE CENTER**, scientific processes for 5-7 year olds, every other Wed., May 1 and 15, 3:30-4:45 pm, free, pre-registration required, 336-7362.
- **DIGGING UP AN ICE AGE ELEPHANT Exhibit and Sign Play** for families with deaf children and/or adults, April 28, 2-4 at Oak. Museum, drsr@deafmedia.org or 841-0165 TTY, 841-0163 voice, \$5-10
- **LITTLE FEET CREATIVE DANCE AND MOVEMENT** with Kathleen Hogan, Advanced, 5-7 year olds, Beginning 3-4 years old, Saturdays at Aquatic Park Preschool, 830 Heinz St., Berkeley, pre-registration required, 526-2349.
- **LEARN TO KNIT FOR KIDS** from age 8, \$20 + material per session, children under 12 may be half price if accompanied by full paying attendant, Stina Lie Charles-Harris, 843-1670, alistrax@hotmail.com.
- **PHYSICS OF TOYS AT EXPLORATORIUM**, Sat., May 18, noon to 4 pm, 3601 Lyon St., San Francisco, (415) 563-7337, Youth 5-17 \$6, children under 4 free.

#### **GENERAL ANNOUNCEMENTS**

- **NEW SCHOOL INTERNATIONAL FAMILY FAIR**, Sat., April 27, 11 am to 5 pm, live entertainment, great food, crafts, 1606 Bonita, Berkeley, 548-9165.
- **SWINGSHIFT SINGERS WOMEN'S DAYTIME CHORUS**, directed by Ellen Robinson, jazz vocalist, Thursdays 10 to 11:30 am, Glenview Performing Arts Center, 482-9520 or ellen@ellenrobinson.com.
- **INFANT MASSAGE & COMMUNICATION INSTRUCTOR** Certification Training, P.O. Box 1665, Sonoma, (707) 996-3545. \$\$
- **TRASH TO TREASURES JUNK ART COMPETITION**, Exhibits and Activities, May 1-17, The Outback Store, 2517 Sacramento Street, Berkeley, reservations, 547-4733 by 4/30.
- **CA VOICES 4 CHILDREN**, on-line community to connect and inform people committed to the wellbeing of children and families, at [www.4children.org](http://www.4children.org).
- **PETER PAN CO-OP NURSERY SCHOOL FUNDRAISER** with Dr. Louise Hart, author of *The Winning Family: Increasing Self-Esteem in Your Children and Yourself*, an engaging discussion packed with strategies and effective, practical tools to strengthen love and belonging, May 8, 7-9 pm, Redwood Heights Elementary School, 4401 39th Ave., Oakland, \$10 advance/\$12 at door, mail checks to Peter Pan Co-op, 4618 Allendale Ave., Oakland, CA 94619 or on-line at [www.cppns.org/peterpan](http://www.cppns.org/peterpan), or Rosanne at 261-5210.
- **HELP REPAIR THE HOMES** of our elderly and disabled neighbors, National Rebuilding Day, Sat., April 27, volunteers must register, 644-8979 or [www.rebuildingtogetherabe.com](http://www.rebuildingtogetherabe.com).
- **LEAVE A LEGACY FOUNDATION** is an organization which provides individuals with assistance in planned giving, individuals can name BANANAS and other non-profit organizations to receive a bequest through their estate, 419-0454 or on-line at [www.leavealegacy.org](http://www.leavealegacy.org).
- **BAY AREA STORYTELLING FESTIVAL**, May 18 & 19, Kennedy Grove Regional Recreation Area in El Sobrante, (650) 952-3397 or (510) 869-4946.
- **EARTH DAY AT CHABOT SPACE & SCIENCE CENTER**, Sun., April 21, free with admission, [www.chabotspace.org](http://www.chabotspace.org).
- **WILDFLOWER WALK AT TILDEN**, Sat., April 27, 2-3:30 pm, meet at Big Springs Canyon to enjoy and identify many different CA wildflowers, 9+ years, info 525-2233.
- **EARTH DAY BEACH CLEANUP 4/20**, Albany Beach and Brickyard Beach behind Sea Breeze Deli, Berkeley, bags and gloves provided, no dogs please, adults should accompany children, 544-2515.

**POSTCARD UPDATE OF PROVIDERS**

Licensed providers will receive a postcard from BANANAS requesting information about openings and any changes in your program. You can also include your e-mail address if you want it listed. Please return it to us right away so we can keep our information accurate. Providers who return the card by **April 19** will be entered in a drawing for a \$100 Lakeshore gift certificate.



**FREE FAMILY LAW CLINIC**

The next Family Law Clinics sponsored by BANANAS and offered by the Volunteer Legal Services of the Alameda County Bar Association will be held **Tuesdays, April 9 & 23, May 14 & 28 and June 11, noon – 2 pm** at our office. These clinics help low-income families with domestic matters. Reservations are required; call Volunteer Legal Services, 893-1031, for appointment.

**BANANAS THANK YOU'S — SPECIAL THANKS TO THESE CONTRIBUTORS (IN TIME AND/OR MONEY)**

- |               |                  |                   |                  |                  |                   |                           |
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**RETURN SERVICE REQUESTED**

Pre-crisis Warm Line: 658-6046

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BANANAS is a nonprofit organization (donations accepted and tax deductible) providing child care information and support to parents and child care programs in Alameda, Albany, Berkeley, Emeryville, Oakland and Piedmont. We try to answer any questions regarding child care and children or at least direct you to someone who can. Hours: Monday-Thursdays: 10-4 pm, Friday: 10-1 pm and Tuesday evening 7-9 pm.

BANANAS believes that parents are best able to choose and evaluate child care for their children because they know their children's needs best. BANANAS' goal is to assist parents in finding the widest range of available child care situations and to encourage parents to act on their own knowledge and feelings as they select among these possibilities. Responsibility for selecting and employing a child care provider rests with each parent. We cannot guarantee the quality of the providers in our files and urge parents to carefully interview and to check references before leaving a child in care. "BANANAS Newsletter" copyright © 2002 by BANANAS, Inc. Please do not reproduce any portion without prior permission.

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