

BANANAS

newsletter

FEBRUARY-MARCH, 2002, VOL. XXVII, #3



REETINGS –

We are a thankful “bunch” of BANANAS. Even though we only do one solicitation a year – the BANANAS’ Bunch Fund mailing between Mother’s Day and Father’s Day to commemorate both – many of the parents and providers who have used our services give us generous donations at year’s end. We are impressed that we’re remembered. Thank you all. From the very beginning twenty-nine years ago, the support of families has made the difference to our existence.

Also, thanks to one of our grown up BANANAS “kids,” **Arvin Chan**, who is now an important computer whiz in the world. He’s helped us greatly with our service tracking system in the past few months. And to his mother for providing the lure of a home-cooked meal! Thanks also to the **Lake School** preschoolers and staff who dropped by just before Christmas bringing lots of toys and goodies for children in our community who might have gone without, the **Berkeley Holiday Fund** which has been quietly collecting funds for many years to delight many families with a bonus of cash during the holidays (to donate to the fund, write P.O. Box 9779, Berkeley, CA 94709), the **Oakland Rotary** which gave us more funds to pay for child care when an accident has occurred to a family member, and the **Danem Foundation** which has given us continued funds to provide important things like diapers and formula to families who have none.

Welcome to the world to **Jose Adolpho** whose mother Irene Arroyo is on parental leave from her work here at BANANAS. He was happily received by his parents and big sister Adrianna.

Several of our staff have moved on in their lives. **Ginger Barnhart** has helped countless families who have children with disabilities find child care as well as given sensible advice to many first-time parents during the *Choosing Infant Care* workshops, among many other good works. She has pulled up stakes to move to Arizona, close to her parents. **Rene Macias**, who became a father shortly before his stint at BANANAS, has returned to his first love – helping troubled teens. And **Rhoda Slinger**, who has done myriad jobs for us since we began, no longer has time for a part-time commitment due to other employment. We will miss them all and wish them all the best.

The **Summer Programs Fair** is coming up soon. The AAUW sponsors this important event and this year it will be on **March 17** at Scottish Rite Center in Oakland. Although summer seems months away (and it is!), summer programs fill up quickly. If you’ll be needing summer care, this event will give you a jump start.

Pact, an Adoption Alliance, is hosting a conference called **Dreams vs. Reality in Adoption** which we are co-sponsoring on **March 9** in Oakland. Call 243-9460 for information.

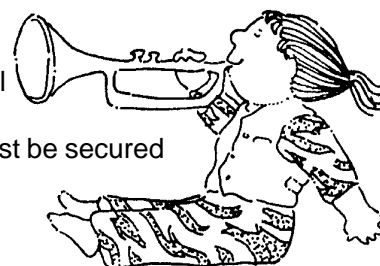
Our best wishes on this New Year – may you spring into Spring!

ANNOUNCING THE NEW BOOSTER SEAT LAW

The key points of the new booster seat law effective 1/2/02 are:

- Children must be secured in an appropriate safety seat or booster seat until they are at least 6 years old OR at least 60 pounds.
- Children who weigh at least 60 pounds OR who are at least 6 years old must be secured in an appropriate passenger restraint or safety belt.

For more information about child safety seats and booster seats, call Barbara Cheatem at the Alameda County Health Department, 618-2048.



NEW MUSIC TRADITIONS

To all parents, kids and their providers, come join **Amber Hines** on **Monday, Feb. 25, 7-8:30 pm** for music and fun. Amber, the pied piper of children's music, is a popular preschool music teacher and has a style that is sure to appeal to all ages. This is not your standard nursery-rhyme music. Amber emphasizes creativity and self-expression. Please call to preregister; see box below.

BOOTIES CAMP IS BACK

Just had a new baby or expecting one? Then this series of workshops is for you. Baby specialists will teach parents about Choosing Infant Care (**Feb. 7**), Sleep Issues (**Feb. 14**), Reading to Baby (**Feb. 21**) and Baby Massage and Relaxation (**Feb. 28**). All these workshops are held on **Thursdays, 10 am - 12 noon**. Call 658-7353 to preregister.

LIVING WITH ONES & TWOS

Nothing is more adorable than infants and toddlers. Come join **Meg Zweiback's** popular workshop on **Tues., March 5, 7-8:30 pm**, for an overview of this age range and some humorous suggestions on how to cope. Meg is a pediatric nurse practitioner, mother of two, author and a *Parent's Press* columnist. See box below for preregistration information.

WHO GROW UP TO BE THREES & FOURS

Meg Zweiback returns on **Tues., March 12, 7-8:30pm** to address the questions and concerns of parents of this age group. No longer babies but not really big kids, this stage can be a whirlwind of growth and development. Meg always leaves room for questions and provides practical advice.

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.

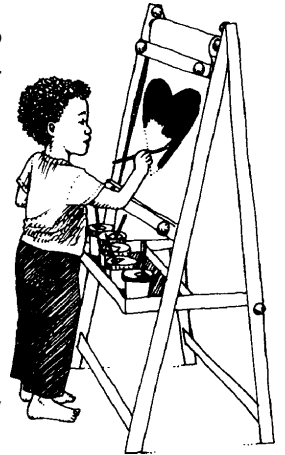
OAKLAND PARENTING UNIVERSITY

A great source for parents to get support about child rearing for all ages, the Oakland Parenting University is offering a series of *free Saturday* workshops in **February**. Topics include Parent/Child Communications (**Feb. 2**), Supporting Your Child's Learning (**Feb. 9**), and Managing Challenging Behavior (**Feb. 16**). Call 444-8652 or 879-8382 for further details.



WILLS WORKSHOP FOR PARENTS

Attorneys and Certified Tax and Estate Planning Specialists, **Paula Liebowitz** and **Rebecca DeKalb**, will present this annual workshop on how to develop wills from a parent's point of view. They will also discuss some important things to consider when selecting a guardian for your child/ren. This workshop will be held on **Thurs., March 21, 7-8:30 pm**. Since this is a very popular workshop, early preregistration is a must. See information in the box below.



POSITIVE PARENTING TECHNIQUES

Being a parent can be a serious challenge. We can help. Come to our eight-week long parenting class and learn simple and practical approaches to raising healthy, competent children. This class will meet on **Wednesdays, March 6-April 24, 7-8:30 pm** and will be facilitated by **Madeline Meyer Riley**, experienced LMFT and former child care provider. Call 658-7353 to preregister.

SUPPORT FOR PARENTS ON MONDAY NIGHTS

BANANAS Parenting Support Series will meet on **Feb. 4 & Feb. 11, 7-8:30 pm** to discuss issues of greatest concern to parents – setting limits, juggling work and family, understanding child development, learning how to take care of yourself, etc. Don't miss this valuable opportunity to meet other parents and share your experiences and concerns with them. Please note that the **March** series will be held in Spanish only (see pg. 9). See registration info below.

FREE PARENTING GIFTS!

Oakland parents can receive books, videos, project cards and other nifty items which assist them in preparing children for success in school. Oakland Ready to Learn (ORTL) enrolls parents and mails out information packets when children are 6 months old and then annually through age 5. Oakland parents can enroll their 0-5 year old child/ren at any time by calling the ORTL office, 444-8653.

LEGISLATIVE SNIPS



Doubtless you have heard or will hear a lot about TANF reauthorization in the media in the coming months. TANF, the welfare reform program, is particularly significant to most of us since many families are coming to the five year lifetime limit which Congress imposed on families on welfare. In this economic downturn, imagine what would happen if a significant number of people with children lose their jobs and have no access to public support...

Thanks to parents in **Parent Voices** and a lot of supportive others, like labor folks, child care providers, advocates, the media among others. Due to their hard work and persistence, the Governor backed down on his plan to end Stage 3 child care for families transitioning off of welfare... at least for now.

But, there's always something on the horizon: The Governor just released his budget plans in January. Now it's up to the Legislature to decide if they agree or how they would change the proposals.

With regard to child care, the Governor has proposed reforms to equalize funds available for welfare and low-income working families. Specifically, he proposes:

- reducing the number of families who would be eligible for state subsidized child care. Currently, families are eligible until their income reaches 75% of the State Median Income (SMI). This translates to \$2730/month for a family of two. The proposals would only allow families to be eligible for assistance if their income is under 63% SMI in Alameda County.
- requiring all families, regardless of income level to pay fees. The fees would be charged per child (up to three children). Currently, parents who pay fees

make more than 50% SMI and pay a family fee as opposed to a per child fee. The child care providers, rather than the payment agency, would be required to collect the fees. And there is a very complicated three-step graduated process for establishing the fees.

- reducing rates paid to providers to the 75th % of the going rate. Parents wanting to use child care providers who charge more than this would not be able to use them unless they paid the difference out of their own pockets (as well as the parent fees mentioned above).
- eliminating subsidies for 13 year old children.
- phasing out Stage 3 by July 1, 2003.
- changing the eligibility list (sometimes called a waiting list) to give full-time working parents with children under five years of age priority by lowest income first. (Child Protective Service referred families would still have highest priority.)
- eliminating the Latchkey Child Care program (by June 30, 2005) which is a year-round schoolage child care program for low-income children. The money saved would be redirected to the Before & After School Learning and Safe Neighborhoods Program which serves children during the school year and there is no income eligibility.
- increasing the Before & After School Program by \$75 million.
- spending \$9.8 million to train exempt providers.
- eliminating the Child Development Advisory Committee which helps plan and reviews the effectiveness of child development programs.

And, so the legislative season begins...

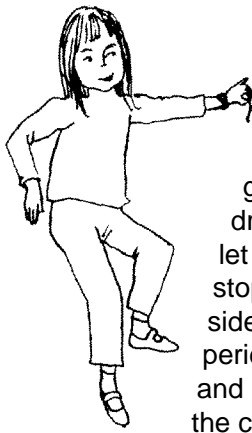


PARENT VOICES

Parent Voices ended 2001 with a bang after a meeting with Governor Davis' representatives resulted in a restoration of child care subsidies for families who had been cut off. Many thanks to all the parents who put their personal situations and finances out in the public eye to draw attention to the cutbacks! Dozens of community members attended a candlelight vigil in Oakland, contacted the media, and took the day off work to attend

the meeting in Sacramento.

The victory is temporary, though, since the funding is only guaranteed through June 2002. Mark your calendar for our annual **Stand For Children Day** on **Wednesday, May 29**. All parents are invited to join Parent Voices at the State Capitol that day. A planning meeting for Stand For Children will be held at BANANAS on **Saturday, April 6, 2002**, at **10:00 am**. Call Kim at 658-7353 for info.



WEATHER...OR NOT?

It's time to go outside! Winter brought us rain. And more rain. And cold. You've stayed indoors most of the winter. You've played games, sung songs, and stayed dry and protected for months. Don't let early spring's uncertain weather stop you from bringing children outside for exploration and sensory experiences. The benefit of outdoor play and stimulation whatever the age of the child and whatever the weather is well-known. There are also huge psy-

chological, physical, and emotional health benefits to getting fresh air and being out-of-doors ... ever heard of cabin fever? Here are some great outdoor activities adaptable for infants through schoolagers, but you don't have to plan an activity to enjoy the outdoors – simply walk and look, listen and touch. Stomp in puddles and get muddy. Dig and sift, smell and listen. Kids are washable and babies *need* these experiences to develop their senses. If you can't go far, examine a patch of yard or park over several seasons and see how it changes. Thoreau said: *"In wildness is the preservation of the world."* The important thing is being out at all.

Outdoor anytime activities:

What's under that rock? Take a walk, turn over large rocks and discover the life beneath them. Some questions to ask: *Can plants grow under rocks? What happens if you dig down a little bit beneath the surface dirt? Who moves out of the light?* Make sure to gently replace the rock (it's a home!) and don't touch any spiders you find there.

Helping the birds: Find a mesh bag and fill it with dryer lint, two-inch pieces of yarn, cotton filling, pine needles or moss, and small chunks of soft foam or cloth. Nail it to a wooden fence or tree and watch the bird parents come to collect the treasures for nests!

Geometry walk: Look for shapes as you walk. Consider tree leaves, shrubs, signs, car parts, hub cap designs, sidewalk shapes, and those found on climbing structures. Do you see many squares? Triangles? Rectangles? Circles? The outside world has many shapes.

Water experiments: Collect different objects from around the house, like tissue, beans, sugar, oil, salt, flour, cloth, and an assortment of tubes and jars. Allow children to put objects in jars and add water outside, (or wait for rain to fill them) and observe what happens to the items inside. What dissolves or disappears?

Which absorb? Which things change shape?

Feed the critters: Make treats for springtime animals using grains, cereals, seeds, cracker crumbs and veggies. One idea: find a pinecone and roll it in peanut butter, shortening, cornmeal, and then seeds. Attach it to a tree branch and watch the critters celebrate. Note the kinds of animals that come to your feeders; insects, birds, small mammals, reptiles, etc.. Take birdseed on your walks and sprinkle around as you go.

Dandelion growth chart: Insert a stick into the ground near a dandelion plant. Every two days, mark the stick to see how much your dandelion has grown. When does it stop growing?

Measuring shadows: Take a tape measure along on a walk. Measure shadows found along the way. Is your own shadow larger or smaller than you are?

Rain activities:

Make a rain gauge: Cut off the top third of a clear two-liter bottle. Attach a plastic ruler to the outside vertically with tape. Place the container slightly buried in the ground in an open space, not under a tree or overhang. Measure rainfall amounts and let older kids keep a log. Little ones can watch a chart you have made as it goes up all season, then down in summer.

Mud: After a rain, search muddy places near water holes for animal tracks. See how many types of tracks you find near ponds, creeks, even large puddles. Then make some tracks of your own!

Clouds: Observe cloud shapes on an overcast day. Sit or lie down and talk about the shapes you see in the sky. Older kids can draw the shapes they see, all kids can create a story using the creatures or objects they have seen in the clouds.

Rain painting: Streak or drip colors of paint in any pattern on a sturdy piece of paper. Then place the paper outside on a rainy day. Watch how the raindrops change the painting and change the colors. Dry the paintings indoors.

Some parents and providers worry about children being outside in inclement weather or colder temperatures. Your own feelings will affect how your baby or child experiences weather. Try to have an open mind and let exploration be more important than absolute comfort. When your child says *"I'm not cold!"*, she may not be. Children's metabolisms are different from adults. Bring layers and umbrellas and have a warm snack when you return, remembering that germs, not weather, are what make you sick.

Okay, enough reading, now go outside!



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, Feb. 7 and March 14 at 10 am**. A nighttime workshop will be held **Wed., Feb. 27, 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, March 19**. 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.

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, 19 y 26 de febrero, 19 y 26 de marzo del 2002 a las 2 pm**.

Babysitter/In-Home Caregiver Orientation in Vietnamese: BANANAS sẽ giới thiệu và tư vấn về việc chọn trường mầm non và dạy dỗ trẻ em dưới 18 tháng tuổi cho các bà mẹ. Mời các mẹ tham gia buổi họp vào ngày **Thứ 7, 13 Tháng 2, lúc 2 giờ chiều**.

• **Lớp Chăm sóc trẻ em 1-2 tuổi & Nhập môn - Introduction to School Age Curriculum**, lớp học dạy dỗ trẻ em từ 1-2 tuổi. Mời các mẹ tham gia buổi họp vào ngày **Thứ 2, 23 Tháng 2, 9, 23 Tháng 3, và 6 Tháng 4** lúc 9 giờ sáng.

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 **Tues., March 12, 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 **March 10** and another class on **March 17**. 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 (Feb. 3, March 3, April 7), 10-3:30 pm**; \$50), 2) **First Aid & Injury Prevention (Feb. 10, March 10, April 14), 10-3 pm**; \$35) and 3) **Preventive Health (Feb. 24, March 24, April 28) 10-3 pm**. Providers need to complete CPR and First Aid classes at BANANAS to be able to register for the Preventive Health Class to get 7 hours requirement for the Preventive Health Class. All 3 modules: \$100; CPR & First Aid together: \$80. Call for registration form.

CPR Classes in Spanish & Chinese – see page 9



MACS FOR KIDS PROGRAM

A new project called Macs for Kids provides low-cost, educational computers for non-profits, child care centers, parents, after-school programs, and for early childhood education. The least expensive Macs start at \$99. All of their systems come ready-to-use and pre-loaded with a minimum of 15 software titles. These computers are available to parents, too, and centers that refer 10 parents who buy a system will receive a free computer for their center. Call (800) 846-3225 or visit www.macsforkids.com.

FREE MENTAL HEALTH CONSULTATIONS

If you are concerned about the development and/or behavior of a child in your care (or your own child), call BANANAS at 658-7353 to get a free consultation by Madeline Meyer Riley, LMFT or Helen Neville, RNP. Thanks to the Alameda County Health Department.

SPRUCE UP FOR KIDS DAY

Non-profit child care centers can apply for grants up to \$3000 to improve their centers. Call 667-3960 before Feb. 15 at 5 pm.

FEBRUARY – Black History Month

- Sundays through 2/24, Children's Internat'l. Film Festival, Pacific Film Archive, 642-1412, tickets: 642-5249
- 2/1-2/28 "Follow the Drinking Gourd" Planetarium Show in honor of Black History Month, Tuesday-Friday 1pm, Chabot Space & Science Center, 336-7300, www.chabot.space.org
- 2, 9, 16 Oak. Parenting University workshops, page 2
- 4 & 11 **Parenting Support at BANANAS**, see page 2
- 6 & 20, 3/6 & 20 Discovery Club, 3:30-4:45, Chabot Space & Science Center, ages 5-7, free, registration required, 336-7362, www.chabot.space.org
- 7, 14, 21, 28 **Booties Camp**, again in April, page 2
- 7 & 14 "Quoting Black Voices," 10:30 am, Dimond Branch Library, 482-7844, www.oaklandlibrary.org
- 9 Frogz, 2 pm, Zellerbach Hall UC Berkeley, Family Fare: children 16 and under half price, 642-9988, www.calperfs.berkeley.edu
- 9 Chinese New Year Activities, 10 am-5 pm, Habitot, 647-1111, www.habitot.org
- 9 Jugglers Anonymous, 10:30 am, La Peña, 849-2568
- 9-10 Chinese New Year Bazaar, 10 am-5 pm, Oakland Chinatown, for information about bazaar and other Oakland New Year's events call Oakland Chinatown Chamber of Commerce, 893-8979
- 9-10 Storyteller David Ponkey Shares Chinese Folktales, 1 pm & 2:30 pm, Fairyland, 452-2259
- 10-14 Week of Valentine Making, Habitot, bring supplies to use and share, 647-1111, www.habitot.org
- 12 **LINCOLN'S BIRTHDAY** – BANANAS closed
- 12 **HAPPY CHINESE NEW YEAR** (Year of the Horse) 2/23 SF Parade, 5:30-8 pm, (415) 982-3071, www.chineseparade.com
- 12 **HAPPY TET** – American Viet League: 834-7971, Huong Viet: 528-1265
- 12 Stepping!, 11:15 am, Lawrence Hall of Science, 642-5132, www.lawrencehallofscience.org
- 12 & 13 Koto Tales with Elizabeth Falconer, 7 pm Tuesday at Berkeley North Branch library, 981-6250; 3:30 pm Wednesday at Claremont Branch, 981-6280; or Main Library Children's Room: 649-3943
- 12 Fat Tuesday/Mardi Gras Celebration, 2-7 pm, Berkeley Farmers' Market Derby St. @MLKing Jr. Way, Ecology Center: 548-3333, www.ecologycenter.org
- 12 2002 Hiroshima Flame Walk – A Walk for Peace, 8:30am walk starts at Ashby BART, 6 pm gathering at Japan Pacific Resource Center in Oakland, Arnold Erickson: (415) 457-1573, www.dharmawalk.org
- 13, 19, 20 Storyteller Peter Barrett, Oakland libraries, Main Library: 238-3615, www.oaklandlibrary.org
- 15 Exhibit Opening: MOCHA Artist Showcase, 6-9 pm, MOCHA, meet the artists, 465-8770, www.mocha.org
- 16 Traditional Folk and Multicultural Songs with Kim Milai, 10:30 am, La Peña, 849-2568, www.lapena.org
- 16 Cajun Carnival, 10 am-5 pm, Habitot, 647-1111
- 16 Magic School Bus Video Festival, 10:30am-1:30 pm, Lawrence Hall of Science, 642-5132

- 17 Making Art, Making Music, Making History: Keeping Black Heritage Alive!, noon-4 pm, Oakland Museum, ages 5-12 with adult, 238-3818, www.museumca.org
- 17 & 3/24 Family Art Days, 11 am-5 pm, Habitot, 647-1111, www.habitot.org
- 18 **PRESIDENTS DAY** – BANANAS closed
- 18 Free Open Studios, noon-5 pm, MOCHA, all ages, 465-8770, www.mocha.org
- 22 Berkeley Repertory Theater presents "Persimmony Jones", a play for families, 7:30 pm, Downtown Berkeley YMCA, free, RSVP: 665-3238
- 23 Women of Color in Medicine, 1-3 pm, Lawrence Hall of Science, 642-5132
- 23 Dino Dig, 1 pm, Lawrence Hall of Science, ages 5 & up, 642-5132, www.lawrencehallofscience.org
- 23 Uncle Eye performs mad-cap songs, 10:30 am, La Peña, 849-2568
- 23 Birds, Bagels and Binoculars, 8 am, Oakland Zoo, fee, 632-9525 ext. 142
- 23-24 Purim Stories with The Jester of Queen Esther, 1pm & 2:30 pm, Fairyland, 452-2259
- 23 & 3/9 Arts & Crafts Days, 10 am-2 pm, Habitot, 647-1111, www.habitot.org
- 24 Zappo the Magician, 1-2 pm, Berkeley-Richmond JCC, The Buddy Club: 236-SHOW
- 25 **Music Workshop** at BANANAS, see page 2
- 25 & 3/27 **Child Dev. Permit Application Nights**, p. 9
- 26 **Family Law Clinic**, again 3/12 & 26, see back page
- 26 Vukani Mawethu Choir Concert, 7 pm, Golden Gate Branch library, 597-5023, www.oaklandlibrary.org
- 26 Yolanda Rhodes – singer, storyteller, dancer, 10:30am, Oakland Main Library, 238-3615
- 26 Beyond the Dust Tracks – story and folktale program, 3:30 pm, Berkeley South Branch library, 981-6260
- 27 A Meeting with Harriet Tubman, 4 pm, Berkeley West Branch library, 981-6270
- 28 **CC Career Info. Nite en español**, see page 9



MARCH – Women in History Month

- 2 Family Fun!, 8:30 am-4 pm, Crab Cove, re-opening day celebration, call after 2/15, 521-6887
- 2 New Theatre Galore!, 2-3 pm, Tilden Nature Area, 525-2233
- 2 Old Time Banjo and Guitar with Ingrid Noyes and Michael Harmon, 10:30 am, La Peña, 849-2568
- 2-3 Owen's Act in a Box, 1 pm & 2:30 pm, Fairyland, 452-2259, www.fairyland.org
- 4, 11, 18, 25 **Parenting Classes en español**, page 9
- 5 **Ones and Twos with Meg Zweiback**, see page 2
- 6 **Positive Parenting Class** begins, see page 2
- 9 Whale-Tale Candlemaking, 2-3:30 pm, Crab Cove, 6+ years, registration required, 521-6887
- 9 Pact Adoption Conference, see Greeting
- 9 Derique the Clown, 10:30 am, La Peña, 849-2568
- 10 Watershed Scavenger Hunt, 2:30-3:30 pm, Tilden Nature Area, 525-2233

- 10 Derique "The Classy Clown", 1-2pm, Berkeley Richmond JCC, The Buddy Club: 236-SHOW
- 10-30 LGBT Family Awareness Month, contact Our Family Coalition for Bay Area events, (415) 681-1960 or www.ourfamily.org
- 12 **Threes and Fours with Meg Zweiback**, page 2
- 12 **Class for Teen Babysitters**, see page 5
- 15-30 "Narnia," performances Fri.-Sun., reservations after 3/1, student matinees 3/19-27 9:30-11:30am, Alameda Children's Musical Theatre, 521-6965
- 16 Annual LGBT Family Night, 6-9 pm, Downtown Berkeley YMCA, RSVP: 665-3238
- 16 Shamrock Day, 10 am-5 pm, Habitot, 647-1111
- 16 Eggster Hunt Learning Festival, UC Berk. 643-2033
- 16-17 St. Patrick's Day Celebration, 1 pm & 2:30 pm, Fairyland, 452-2259, www.fairyland.org
- 16 & 23 East Bay Children's Theatre presents "Let Down Your Hair Rapunzel", 10:30am & 1 pm, Oakland Museum, tickets: 655-7285
- 17 Summer Programs Information Fair, see Greeting
- 17 Sense of Place: A Multisensory Experience, noon-4pm, Oakland Museum, ages 5-12 with adult, 238-3818, www.museumca.org
- 17 St. Patrick's Day at the Zoo, 11 am-4 pm, Oakland Zoo, free train ride for kids in green, 632-9525
- 17 & 24 Chicken Sunday and Other Grandparents Tales, 3 pm, 1st Congregational Church, Family Matinee and Ice Cream Social, Stagebridge: 444-4755
- 21 **Wills Workshop**, see page 2

- 21-31 Tall Ships, Jack London Square, 814-6000
- 23 Celebrate Spring with singer Betsy Rose, 10:30am, La Peña, 849-2568, www.lapena.org
- 23-24 Family Sundown Safari, 6 pm-10 am, Oakland Zoo, fee, 632-9525 ext. 131
- 23-24 Juggler Jean-Paul Valjean & The Short Attention Span Circus, 1 pm & 2:30 pm, Fairyland, 452-2259
- 27 **PASSOVER** begins at sundown
- 30 Bonnie Lockhart: Sing-a-longs to promote peace, 10:30 am, La Peña, 849-2568, www.lapena.org
- 30 Easter Extravaganza, 10 am-2 pm, Jack London Square, 814-6000, www.jacklondonsquare.com
- 30-31 Peter Rabbit Weekend, 1 pm & 2:30 pm, Fairyland, 452-2259, www.fairyland.org
- 31 **HAPPY EASTER**
- 31 Old-Fashioned Easter Celebration, 11 am-4 pm, Dunsmuir Historic Estate, 615-5555

APRIL

To plan Spring Break activities for your child, contact your local recreation department or recreation center, the nearest library, YMCA, Tilden Park, Crab Cove, Fairyland, MOCHA, Lawrence Hall of Science, Shorebird Nature Center/Adventure Playground or call BANANAS at 658-0381

- 1 **BANANAS closed to honor Cesar Chavez**
- 6 **Parent Voices Meeting**, see page 3
- 9 Oakland recognizes cc providers, see below
- 19 **Merritt SA Class en español** begins, see page 9

➔ Please see page 5 for Ongoing BANANAS' Workshops

CHILD CARE RECOGNITION EVENT

The Oakland City Council will pass a resolution honoring Oakland child care providers at the Council meeting on **Tuesday, April 9 at 7 pm** during the NAEYC Week of the Young Child. Oakland providers are urged to attend this event to highlight the importance of child care to the well being of families and children. Call Jo-Ellen at 658-7353 for more information.

EARLY WARNING SIGNS FOR PROVIDERS

Is there a child in your care that you're concerned about? The Family Resource Network is mailing out "Early Warning Signs" in English and Spanish. Call 547-7322 if you didn't receive one. FRN also has a new Resource Directory of services for children with special needs that can be ordered.

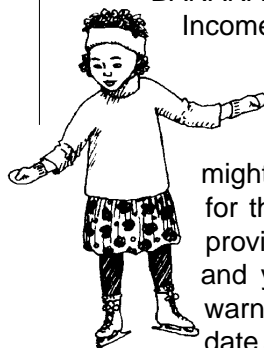
NO SMOKING POSTER

Call the Alameda County Health Department at 208-5963 to get a free "no smoking in child care" poster to display in your facility.



BOOST YOUR PAYCHECK!

This year, the Earned Income Credit can boost workers' paychecks higher than ever – it's worth \$4,008 for some families. With the new tax legislation, families that owe no income tax can also get the Child Tax Credit as a refund from the IRS. Many working families now qualify for both the EIC and the new CTC refund. These credits can help low-wage workers pay monthly household expenses and cover transportation and child care costs, providing the support they need to maintain their jobs. Contact the Center on Budget and Policy Priorities, (202) 408-1080 or at eickit@cbpp.org. BANANAS also has flyers about the Earned Income Credit.



HEARING LOSS SCREENING

If you suspect that a child in your care might have a hearing problem, the Center for the Education of the Infant Deaf can provide free training or consultation to you and your staff on how to recognize the warning signs and what to do to accommodate a child. Call 527-7452 for information.

BANANA Splints

Judy Calder R.N.



Dear Judy,

I heard of a Berkeley child care center that returned their newly installed play structure because they were concerned about the chemicals used to preserve the wood in the structure. We are considering replacing the wooden climbing structure at our center and would like some more information on what wood preservatives may be harmful to children.

Justine

Dear Justine,

A lot of child care programs are upgrading their playgrounds to make them safer. Since this is such a huge expense it's worthwhile to make sure they are truly safe. The chemicals of concern are: Chromated Copper Arsenate (CCA), Pentachlorophenol, and Creosote. These are primarily used to treat wood from dry rot, fungi molds, termites and other pests. There is limited risk from these chemicals in wood structures.

The Environmental Protection Agency (EPA) is currently studying the risk to children and their report is expected to come out in Spring of 2002. Watch for it on their web site <http://www.epa.gov/pesticides/citizens/file1.htm>. Meanwhile, it would be prudent to not use treated wood where children are playing. Be sure to ask your playground equipment manufacturer or sales representative to provide you with information on any chemicals that are used to treat the wood on your structure and ask them specifically about the chemicals mentioned above.

The common route of exposure in playgrounds is through ingestion, since children frequently put their hands in their mouths. Therefore it's recommended that children and adults wash their hands frequently after contact with treated wood.

The state requires that any treated wood structure available for public use be sealed with a non-toxic and non-slippery sealant. Alert your contractor to these requirements. The owner of the equipment should have it re-sealed every two years. Water-based wood sealant can be applied to Creosote treated woods.

The Toxic Management Division of the City of Berkeley has issued some recommendations to protect human health:

- If you have a deck, table, or other furniture that is treated with one of these preservatives, EPA recommends sealing the wood every two years to reduce contact with the preservations.
- Removing all of the treated wood structures is another option.
- Treated wood can be permanently covered to reduce exposure.
- Never burn treated wood in the fireplace or in open fires because the smoke is toxic.
- While storing treated wood, keep it out of the reach of children. Store in a well-ventilated area in a box lined with plastic and label the box with its contents.
- Use wood treated with less toxic preservatives, such as the newer copper based products.
- Using rot-resistant wood like recycled redwood, cedar and cypress is another option.
- For landscaping purposes, using concrete blocks, ceramic tiles, etc. instead of treated wood.
- Don't use treated wood for kitchen cutting boards or countertops, or any other surface that comes in contact with food or animal feed.

Not all treated wood has to be handled as advised – only those that contain the more toxic chemicals and those surfaces that are in contact with people, such as stairs, benches, tables, and play structures. While chemicals may pose minimal risk to adults, it is not known what effects most environmental toxics have on small children whose bodies are proportionately smaller to the dose and whose metabolism and growth are more rapid than those of adults. Meanwhile take the precautions listed above as we eagerly await the EPA investigation results.

Yours in Sickness and Health, Judy

EXCLUSION GUIDELINES AVAILABLE

Child care providers can request "Exclusion Guidelines" which describe medical conditions or illnesses which can exclude a child from care. They can post the guidelines and include them in the written policies which they provide to parents. Call Judy Calder, Alameda County Child Care Health Consultant, at 208-5963 for a copy.

MERRITT CLASS THIS SPRING

Introduction to School Age (SA) Curriculum is offered in Spanish beginning **Friday, April 19, 6:30-9:30 pm; Saturdays, 4/20, 5/4, 5/18, 10-3 pm**. To enroll for this one-unit class here at BANANAS, call Sylvia Espinosa, 536-1830. Course code is M1190, course number is CD230A.

CHILD DEVELOPMENT PERMIT APPLICATION

What?! You're a returning Child Development Corps member and you haven't applied for your Permit yet? Come fill it out in a supportive group at BANANAS on **Monday, February 25, 6:30-8:30 pm** or **Wednesday, March 27, 6:30-8:30 pm** in the Library (enter through side door). Pre-registration required: call **Marion** at 658-7353.

DO YOU NEED PROFESSIONAL GROWTH HOURS?

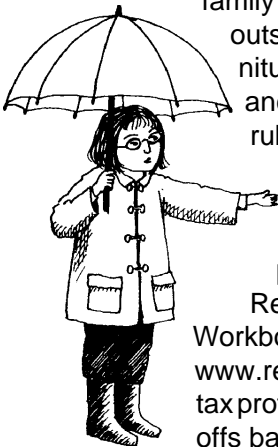
If you're a Corps member, check out the clipboard in our lobby, "*Information on Education and Training Opportunities*." Brochures, flyers, professional associations are at your fingertips so you can continue your professional development. See page 2 for workshops.

CHILD DEVELOPMENT CORPS APPLICATION TIME

If you have a minimum of 12 early childhood college units and have worked in a licensed family child care or center in Alameda County for at least 20 hours a week for the past year, you may qualify for a professional recognition stipend from the Child Dev. Corps. Applications will be available in May for the **May 13-July 13** application period. Call Every Child Counts (Alameda County's Children & Families Commission) at 667-3960 for more information.

WHAT IS THE SECTION 179 RULE?

Without it, you could owe hundreds of dollars in back taxes. The 179 rule allows family child care providers to write off up to \$24,000 in one year expenses for items that would otherwise have to be depreciated. In family child care, items like a computer, outside play equipment, children's furniture, and other furniture and appliances could be included. To use this rule on the 2001 return, a provider must have purchased the item (new or used) in 2001 and used it more than 50% of the time for business purposes. For details, see the Redleaf Press Family Child Care Tax Workbook and Organizer (800-423-8309; www.redleafpress.org). Please consult a tax professional before claiming any write-offs based on this information.



¿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.

Clases de salud y seguridad – BANANAS ofrece clases en español. La próxima serie de clases será **3 sábados el 16 de febrero y 2 y 16 de marzo**. Esta serie se repetirá el **1, 8 y 15 de junio**.

Proveedoras y personas que trabajan en centros infantiles ¿tiene preguntas sobre como avanzar su carrera? Venga a BANANAS **jueves, 28 de febrero entre 7 y 8:30 pm** para consultar con **Beatriz Leyva-Cutler** sobre los requisitos y los pasos que debe seguir.

¡Atención maestras de cuidado infantil! Si Ud. tiene diploma o certificado de su país, sus estudios podrían ser acreditados por el estado de California para trabajar en centros infantiles. BANANAS le ayuda con el proceso.

Clases para padres – BANANAS le invita a una serie en español. Trataremos temas importantes para padres latinos. Fechas: **lunes 4, 11, 18 y 25 de marzo**. Horario: **6:30-8:30 pm**.

'*Oakland Ready To Learn*' ofrece talleres para padres en Oakland sobre la comunicación entre padres e hijos, apoyando el aprendizaje y controlando la conducta difícil. Para información llame al 444-8652.

Curriculum para niños de edad escolar, un curso ofrecido por BANANAS en español empezará **viernes 19 de abril** y seguirá **3 sábados 20 de abril y 4 y 18 de mayo**. Los estudiantes que completan el curso recibirán una unidad de crédito del Colegio Merritt. Número del curso: ChDev 230A, código: 1190. Para registrarse, llame a Sylvia Espinosa, 536-1830

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”, 日期在 2/23, 3/9, 3/23. 名額有限及早報名.
2. ”新春茶會” 歡迎新舊托兒工作者攜眷參加共慶新禧. 2月29日下午三時半至五時半舉行.
3. 欲知香蕉中心詳細資料, 服務情況等, 請看香蕉網頁, www.bananasinc.org.
4. 致家長的信(Chinese Parent Bulletin) 中文專刊, 來信索取. 題目有: [孩子們爭吵], [嬰幼兒的語言遊戲], [咬人, 怎麼辦?], [如何申請托兒津貼], [電腦與孩子的成長] 等等.

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.
- OFFICE VOLUNTEERS NEEDED, call Tasha at 658-7353.

PROVIDER ANNOUNCEMENTS

Center Directors' Roundtable meets the third Thursday of the month, September through May. The next meeting will be on **February 21, 9:30-11:30 am**. We will be looking at the governor's proposed budget and discussing its ramifications for child care. On **March 21, Betsy Rutana**, child care advocate with Community Care Licensing, will come to talk about the latest changes in the department and her role in relation to centers. 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.
- INNOVATIVE TEACHER PROJECT AT MILLS has Saturday Roundtables, Feb. 23, "Image of the Child and the Role of the Teacher," Children's School at Sonoma Stae, contact Lia Thompson-Clark at (707) 664-2230; March 23, "Image of the Child and Parent Involvement," Kumara School, Mill Valley, contact Betty Rappaport, (415) 388-5437.
- THROUGH MUSIC WE COME TOGETHER early childhood music with Amber Hines. Available for schools, family child care, events. Creativity, joy and self-expression. (415) 289-6892
- USE "ARTHUR" PBS PROGRAM to learn more about children's social and emotional development, Sat. Feb. 23, 9 am to 1 pm, KQED, San Francisco, \$5, (800) 723-ELMO or visit Ready to Learn website at www.kqed.org/ednet.
- ATTENTION NANNIES AND AU-PAIRS – if you are new to the Bay Area and interested in meeting other nannies for walks with kids and/or socializing on the weekend, call Tammy Gibson (from England) who takes care of a 4 month old in Alameda, 522-5457.
- CA FAMILY LITERACY CONFERENCE, March 11-12, Santa Clara Marriott Hotel, sponsored by CA Dept. of Ed., (916) 323-8353 or visit www.cpoevents.com, \$175-235 registration.
- DIRECTOR MENTOR INSTITUTES by CA Early Childhood Mentor Program, March 8-9, Cupertino and March 15-16, Torrance, 8:30-4:30, further information, Linda Olivenbaum, (415) 452-5602.
- NATIONAL FAMILY CHILD CARE CONFERENCE, March 20-24, Hilton and Atlanta Towers, Atlanta, GA, (404) 479-4200 or www.qualitycareforchildren.org, \$80-\$200.
- LUNA KIDS DANCE SUMMER DANCE INSTITUTE for teachers, pre-K through elementary, July 22-27th, free, call 525-4339 or www.lunakidsdance.com.
- PACIFIC FILM ARCHIVE IN BERKELEY has programs on Fridays for preschool-grade 6, Feb. 22, "Water," and March 29 "The Red Balloon," call 642-5243 to reserve space for groups of 5 or more, \$1.50 per person.
- SAFELY ON THE MOVE IN CHILD CARE has information about the child safety seat and booster seat laws, (866) 700-7686 or <http://safelyonthemove.sdsu.edu>
- NATIONAL CHILD CARE ASSOCIATION Private Provider Annual Conference, March 7-10, San Antonio, TX, (800) 543-7161, \$79-239 by 2/27.

- COPY OF PAGEMAKER 5.0 FOR MAC FREE TO CHILD CARE PROGRAM, call Jo Ellen at 658-7353.
- FAMILY SUPPORT AMERICA CONFERENCE, April 22-25, Chicago, www.familysupportamerica.org, \$275-550.
- PILOTS TO POLICY 2002, a participatory conference by Foundation Consortium in Oakland, April 11-12, site visits April 10, www.foundationconsortium.org.
- CCDAA CONFERENCE 2002, March 13-15, Hollywood Roosevelt Hotel, contact Linda Schwartz at (323) 932-2630 or Joyce Palacio at (323) 221-2121, \$110-265.
- ASSOCIATION FOR CHILDHOOD EDUCATION INTERNATIONAL, Teaching and Learning Without Borders, April 3-6, San Diego, (800) 423-3563 or (301) 570-2111 or www.ACEI.org, \$44-239.

(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 up-to-date. If we don't hear from you, we will discard your card after 6 months.)

PLAYGROUPS WANTED (Date = child's birthdate)

Alameda/Berkeley, flex, Diana, 534-1150
N Berk, 1-5 yr olds, German language playgroup, Th 3-6, Antje Schubert, (408) 736-2438
Central/West Berk, 5/00-11/00, Tu or W AM, Margaret, 848-8338
Fruitvale or nearby, 6/96 & 7/98 flex, eves, wkends, Christina, 261-8335

EXCHANGES WANTED (Date = child's birthdate)

Oak/Berk/nearby, 3/94, needs occas. eves & wkends, available flexible, Teresa, 451-4680
Fruitvale or nearby/flex, 6/96 & 7/98 flex, needs M & T eves, avail. other eves or wkends, Christina, 261-8335

LOOKING FOR SHARED SITUATIONS (No sitter hired)

(Date = child's birthdate, f-t = full-time; p-t = part-time)
Alameda, 12/01, T W Th, Joan, 337-0825
Albany, 9/01, M-F f-t, Erin, 525-2286
N Berkeley, 7/01, M-F AMs till 1 pm, Sharon & Eitan, 525-4049
Berk/N Oak/Alb, 1/01, M-F AMs only, Katie, 428-2568
Berkeley, 2/99, M-F f-t or p-t, Anne, 526-2425
Elm/Rock/Clare, 10/01, M Th F f-t, Thomas, 486-2665
N Oak/Grandlake/Pied, 3/01, M-F flex p-t, Susan, 451-1812
Oak/Berk/Pied/Rock, 2/02, M-F f-t, John or Patricia, 428-0560 or (707) 562-3075
Rock/Pied, 3/01, M-F f-t or p-t, Jennifer, 654-9198
Pied/Rock/Mont, 10/01, T-F f-t or p-t, Franziska, 655-2789
Pied/Mont/Crocker/Glen, 12/00, M-F 8:30-2:30 flex, Janice, 251-8055
Glen/Mont, 2/01, M-F 25-40 hrs, Kate, 531-8858
Glen/Pied, 9/00, M-F every other week, Matthew, (415) 218-3642
Mont/Pied/S Berk, 12/00, T-Th p-t, Karen, 530-7996
Montclair, 5/00, M-F f-t, Kathleen, 339-6955 or 301-5273
Montclair or close, 2/01, M T W & Th or F f-t, Christine or Mike, 482-0816
Montclair, 9/01, M-F f-t, Eileen & Greg, 339-3855

SHARED ARRANGEMENTS OFFERED (Sitter hired)

Alameda, 9/01 & 3/98, 1-3 yrs, 4 days flex 10 hr days, Aysun, 864-4825
Alameda, 7/01, flex, Mary, 521-5864
Alameda, 1/00, M-F f-t, Paul & Deborah, 599-5727
Albany, 1/99, T Th 9-6, Talbot, 527-7475
Albany, 12/99, M-F p-t or f-t, Katie, 559-4643
N Berk/Albany, 6/01, M-Th f-t or p-t, Lea, 548-6500
Berk/Albany/Kens, 5/98, M-F f-t or p-t, Don, 527-6975

Berkeley, 6/95-3 yrs, p-t flex hours, Laura, 526-8263
 Berkeley, 5/00, M-F flex f-t or p-t, Darah, 649-7475
 Berkeley, 3/01, M-F flex f-t or p-t, Ritu, 843-1889
 S Berk, 7/98, M-F f-t or p-t, Susan, 704-9526
 Clare/Elm/Rock, 11/00, M-F f-t, Jeannie, 841-3503
 Berk/Rock/Claremont, 2/00, M-F f-t, Trey, 204-9282
 Berk/N Oak, 10/00, M-Th, Charlotte, 848-5511
 Berk/N Oak, 6/01, M-F 4 days or less flex, Nina, 486-2809
 Rock/Clare, 6/00 & 11/00, M-F f-t or p-t, Esther or Jeannie, 601-7060
 Oak/S Berk, 5/00, 11/99, M-F f-t or p-t, Margaret, 208-5567
 Oak/Rock/Mont/Pied, 7/00, M-F f-t or p-t, Paul, 531-7559
 Lake Merritt, 8/99, M-F f-t, Lisa, 886-8788
 Piedmont/Mont/Rock/Glen, 6/01, M-Th, possible F, Betsy, (415) 268-7495
 Montclair or close, 2/01, M-F, f-t or 2 p-t families, Christine & Mike, 482-0816
 Mont/Glen/Trestle/Pied, 9/01, M-F f-t, Anne & Ferdinand, 338-3849
 Oakmore/Glen/Trestle, 10/99, M T Th f-t or p-t, Sophia, 531-2813
 Oakland flex, 2/01, M-F flex, Ann & Charles, 251-8055
 Open area, 7/99, M-F f-t or p-t, Shen, 540-7923
 Open area, 6/96 & 10/93, M-F f-t or p-t, Barbara, 549-3372

SHARED ARRANGEMENTS – PARENTS SPLIT TIME

Piedmont/Grand/Glen, any age, MW AMs, F all day, Julie, 444-0075

PARENT SUPPORT (Groups, classes, services, announcements, \$\$ means fee is charged.)

- 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.
- STEP FAMILY ASSN: support for stepparents, 1st Thurs. monthly, 7:30-9 pm at BANANAS. Anthony Carpentieri, 849-1626.
- FAMILY SING ALONG, 2nd Sunday of each month, 10:30-11:30 at Alameda Community Multicultural Center, Alana, 521-4533 or e-mail alana.dill@attbi.com.
- PRESCOTT RESOURCE CENTER ACCEPTS DONATIONS of adult and children's clothing, business attire greatly appreciated, center hours are M-F 9 am to 5 pm, 800 Pine St., Oakland, 628-9152.
- LESBIAN GAY BISEXUAL TRANSGENDER FAMILY NIGHT at the YMCA in Berkeley, pizza dinner, swimming, kindergym, arts & crafts, entertainment, RSVP a must, 665-3238, volunteers needed at volunteers@ourfamily.org, 2001 Allston Way at Milvia.
- LGBT FAMILIES FARM DAY AT SLIDE RANCH, Saturday, March 30, Route 1, Marin; milk a goat, collect eggs from chickens, watch bee hive at work, call (415) 381-6155 to make a reservation.
- DONATE your old parenting books to BANANAS Lending Library.
- FAMILY EXPLORATIONS: SENSE OF PLACE Multisensory Experience at Oakland Museum, Sunday, March 17, 12-4 pm, families visit Native Grandeur Exhibit, then create their own landscape works.
- ARE YOU READY FOR THE TEENS? Support group for Moms with pre/early teens, 11-13 years, meets 2nd Tuesday of each month, 654-2018, Helen Neville, RN. \$\$
- SUPPORT GROUPS FOR MOTHERS, SHERRY REINHARDT, RN, MPH, MOM, www.supportgroupformothers.com., 524-0821. \$\$
- COUPLES' WEEKEND RETREAT, facilitated by Leah Fisher, Chris Essex and Helen Neville, April 19-21, Carmel Valley Lodge, \$795 per couple, most meals, register early for limited space, Helen, 655-2796.
- EAST BAY MOMS, activities for parents with their infants and toddlers, 653-7867, www.eastbaymoms.com.
- PLANS FOR NEW GERMAN SCHOOL IN EAST BAY, looking for parents to work on project, if you have school-age children and are interested contact 869-5459 or e-mail eastbay@ds-sv.org.
- KIDS' TURN EARLY YEARS PROGRAM for parents of 0-3 year olds who are undergoing separation or divorce, Oakland March 29-May 3, Lafayette March 31-May 12, 835-8445 or email kidsturn@earthlink.net.
- RAISING CAPABLE CHILDREN, "Winning Cooperation," in Berkeley, Mondays, March 4, 11, 18, 25 or Wednesdays, Feb. 27, March 6, 13, 20, 7-9 pm, \$180 includes a copy of *How To Talk So Kids Will Listen*, Barbara Hornsleth Croizat, MFT, 526-0068.

- POSTPARUM DEPRESSION SUPPORT GROUP FOR MOTHERS, Elizabeth Gayner, Psy.D, Individual and couples therapy, 390-3060.
- BANANAS welcomes donations of disposable diapers, kids' equipment, clothes, children's books and toys in good condition. Tax receipt available.
- Pact. AN ADOPTION ALLIANCE has workshops for adoptive and pre-adoptive parents, 3/19 "Nuts and Bolts," for pre-adoptive parents, 3220 Blume Drive, Ste. 289, Richmond, 6:30-8:30 pm, \$20-25; 3/23 "Stepping Stones," focuses on talking with children about adoption, 9-12:30, 1st Presbyterian Church, 2619 Broadway, Oakland, \$20-25, 243-9460.
- JOURNAL WRITING FOR EXPECTANT AND NEW MOTHERS, Mondays from 11:30 to 2:30, Feb. 25, March 4, 11, 18, 25 and April 8, \$75, Amy Hudock, 527-4778 or ahudock@earthlink.net.
- MAKING ART, MAKING MUSIC, MAKING HISTORY, Keeping Black Heritage Alive family program at the Oakland Museum, Sunday, Feb. 17, noon to 4, families participate in a treasure hunt and inspirational painting, 10th & Oak Streets, 238-2200.

CLASSES & ACTIVITIES FOR KIDS & TEENS

- LET YOUR HAIR DOWN, RAPUNZEL, East Bay Children's Theatre presents new look at children's favorite, Sat. Feb. 16, 10:30 am and 1 pm, Oakland Museum, 10th & Oak Streets, \$6, information, 537-9957.
- DISCOVERY CLUB AT CHABOT SPACE & SCIENCE CENTER, afterschool workshop for children age 5-7 to meet new friends, brainstorm, explore scientific processes, every other Wednesday, 3:30-4:45 pm, Feb. 6 & 20, March 6 & 20, April 3 & 17, pre-registration necessary, 336-7362.
- FOLLOW THE DRINKING GOURD, Black History Month at Chabot Space & Science Center, Feb. 1-28, Tuesday-Friday at 1 pm, 336-7300, 1000 Skyline Blvd., Oakland, \$8 adults, \$5 kids & seniors.
- ROBERT LOUIE FAMILY CANCER SUPPORT PROGRAM for children and teenagers with cancer and their parents and siblings, 2nd and 4th Wednesday, 6:30-8:30 pm except July and August, Temple Emanu-El, 2 Lake St. at Arguello, San Francisco, 444-5096.
- CHILDREN'S CLASSES AT HABITOT CHILDREN'S MUSEUM include Music, Ceramics and Clay, Carpentry, Movement, scholarships available, call 647-1111 X15 to request an application.
- BABY BOUNCE STORYTELLING at Berkeley Public Library, on Mondays at 10 am, children 6 months to 36 months, Temporary Central Library, 2121 Allston Way, 649-3943.
- SATURDAY NIGHT STARGAZING at Lawrence Hall of Science, first and third Saturdays of month, weather permitting, Centennial Drive, Berkeley, 642-5132.
- FREE OPEN STUDIOS at Museum of Children's Art, Feb. 18, noon-5, 538 Ninth St., Ste. 210, Oakland, 465-8770.
- ONLINE TEEN BOOK CLUB at Oakland Public Library features mysteries, comedies, true-life adventures, science fiction, other popular titles, new e-mail each week, <http://www.oaklandlibrary.org>.
- PHYSICS OF TOYS EXHIBIT AT EXPLORATORIUM, Sat., Feb. 16, noon-4 pm, 3601 Lyon St., San Francisco, (415) 563-7337.

GENERAL ANNOUNCEMENTS

- WHITE ELEPHANT SALE, Oakland Museum fundraiser, March 2nd and 3rd, Sat. 9-4 and Sun. 11-4, WES Warehouse, 333 Lancaster St., Oakland, 238-2200.
- RECYCLE OLD TVs AND COMPUTERS; bring TV or computer to Berkeley Transfer station, 1201 Second St. for recycling, 8am-4:30 pm M-Sat., \$15 charge per television or monitor; IBM and Hewlett Packard offer "take-back" recycling services, visit web sites at www.ibm.com/ibm/environment/products/index.phtml and <http://warp.external.hp.com/recycle/> for more information.
- FOSTER GRANDPARENT PROGRAM for Seniors age 60 and over with incomes less than \$11,000 annually, call 238-3080 to find out about funds you can receive for working with children.
- WORD FOR WORD THEATER COMPANY performance about Black railroad legend John Henry, Thurs., Feb. 7, 10:30 am at Golden Gate Branch library, 5606 San Pablo Avenue, Oakland, 597-5023.
- BEING THERE: 45 OAKLAND ARTISTS exhibition opens Sat., Feb. 23, at Oakland Museum, through 5/15, Oak & 10th Streets, 238-2200.

WHAT ARE YOUR FAVORITE KIDS' BOOKS?

BANANAS is conducting an informal survey of favorite books for kids. Please call us at 658-0151 and leave a message with your (and your child's) favorite books for children. If you'd like to send us a list, you can mail it to: 5232 Claremont Ave., Oakland, CA 94618, ATTN: Susannah. Thanks for your input!



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 on **Tuesdays, Feb. 26, March 12 & 26, April 9, 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 an appointment.

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

Janna Tom	Stephen Bloom	Renee Johnson	Katherine Gordon	Hadas Gonch	Connie Villanueva	Donna Hiraga-Stephens
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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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