

BANANAS

newsletter

SEPTEMBER-OCTOBER, 2002, VOL. XXVIII, #1



GREETINGS –

Here we are again – on the threshold of a new Newsletter year (hence the different color) and a new school year.

We are very pleased that we have been funded for two exciting projects. The first is the **Child Care Initiative Project (CCIP)** in which the **State Department of Education, Child Development Division**, has funded every Child Care Resource & Referral agency in California (like BANANAS) to recruit, train and support family child care providers. Our project will focus on improving the quality of care for infants and toddlers. We are especially looking to increase the supply of family child care where it is currently lacking: North Berkeley, Rockridge, Montclair, the Lake area of Oakland, the city of Alameda, etc.

The other new project is also funded through the Department of Education though it was stimulated by legislation (SB 1703) which passed a couple of years ago. Its intent is to broaden the capabilities of people working in child care to care for children with disabilities. BANANAS is hiring an **Inclusion Coordinator** to help families in their difficult search for child care and to help providers learn the skills they need to care for children with special needs. **Heather Lang** is the new Inclusion Coordinator; she has worked for 6 years at the California Child Care Resource & Referral Network and is a board member of the Infant Toddler Consortium. She comes to us fresh with ideas from

graduate school and is a skilled, conscientious, compassionate advocate for children. Another aspect of this project is that we will administer a Fund to provide adaptive equipment and educational supplies on loan to child care programs serving children with disabilities. If your child care program has a need for such equipment, please contact us for help.

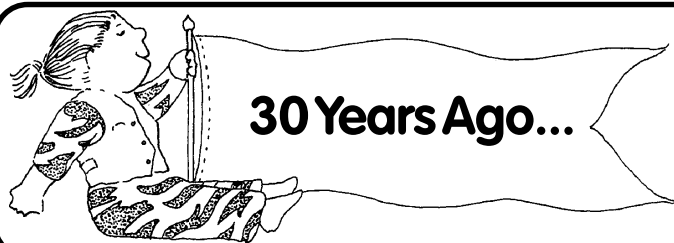
Our newest addition to the BANANAS' family is baby **Erik Peterson** who was born July 25 to our own **Eric Peterson** and his wife, **Tami Wasson**. Big Eric is the epitome of a proud, strutting, cooing new father. We are all so happy for them.

Thanks again to the **Rotary Club of Oakland** for continuing its funding for respite services for families experiencing emergencies.

We are sad to say good-bye to **Tien Lam** who has had an AmeriCorps placement with BANANAS for the past year. We will miss her unbelievable energy and wish her well in her child care career.

Goodbye and thank you also to **Erica Siskind** who has provided all our artwork for the past few years. We greet **Mittie Cuetara** whose talent is currently gracing the pages of this Newsletter.

Congratulations to the **1136 Breastfeeding Mothers** who broke the Guinness Book of World Records in Berkeley this summer. An impressive display! Happy Fall (and Halloween)!



Sheila Daar and **Mary Millman** (soon-to-be founders of BANANAS) wrote and illustrated a column for parents on free or inexpensive things to do with kids in the Berkeley-Oakland area in the community newspaper, *Grassroots*.

SHARING FEELINGS ABOUT THE WORLD

How do we keep our children safe when the news is full of kidnappings, terrorist attacks and natural disasters? How do we express our fears without frightening our children? Parents and providers should plan to come to BANANAS on **Tuesday, October 15, 7-8:30 pm**, for a dialogue on dealing with fears that are natural in our chaotic world. Early childhood education/child development specialist **Jean Monroe**, MA will facilitate the discussion. See box below to register.

LISTEN UP: NEW & EXPECTANT PARENTS

Designed for new parents and ones who are expecting, this series of workshops will meet on **Fridays, 6-8 pm**. Learn from baby specialists about *Baby Basics* (Oct. 4), *Choosing Infant Care* (Oct. 11), *Sleep* (Oct. 18), *Baby Language* (Oct. 25) and *Baby Massage* (Nov. 1). You can register for one or more topics by calling 658-7353. Refreshments provided and bring baby, of course. See preregistration info below.

SPIRITED CHILD SERIES IN THE FALL

Wondering why your child is so shy? Why your kindergarten hates to get up in the morning? Why your kid never seems to stop moving? **Helen Neville**, BS, RN, and **Sue Jensen**, RNP, will lead a class for parents and providers that addresses different types of temperament in 1-5 year olds and how best to live and work with them. The class will meet on **Thursdays, September 12 – October 24, 7-8:30 pm** and is a collaboration between BANANAS and Kaiser Hospital. Kaiser members pay \$20; non-members pay \$40. Call 752-1456 to preregister.

LEARN POSITIVE PARENTING TECHNIQUES

A great class for parents with young children. This series will meet on **Monday evenings, September 9 – October 28, 7-8:30 pm**, and is facilitated by **Madeline Meyer Riley**, experienced MFT and former child care provider. Parents will learn simple yet effective techniques for confident and caring parenting. Limited child care is available; please see box below for preregistration info.

CHILD SUPPORT WORKSHOP

This is a must for those who have questions regarding child support, opening a case for child support, or obtaining orders for medical support (health insurance). The workshop will be held on **Wednesday, October 16, 7-8:30pm** and will be facilitated by outreach staff members of the Alameda County Child Support Services. See box below to preregister.

MAKING BOOKS WITH KIDS

Learn how to teach simple bookmaking techniques that children (and you) will really enjoy on **Tuesday, October 22, 7-9 pm**. **Fé Ponce** of BANANAS staff will teach easy, eye-catching structures including origami books, accordion books, one-page books and more. Choose your favorite projects and make models to take home. This is a great workshop for parents, teachers and kids. Preschoolers and schoolagers welcome. Space is limited, so sign up early. See box below to preregister.



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.

DOES YOUR CHILD NEED HEALTH INSURANCE?

Children from low-income families can receive health insurance through California's No Cost Medi-Cal or Low-Cost Healthy Families Program. 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 BANANAS at 658-7353. Our bilingual staff can help in many different languages, so spread the word.

PARENTING SUPPORT SERIES RETURNS THIS FALL

Back by popular demand, BANANAS' Single Parenting Support Series will meet at the **end of September**. Setting limits, juggling work and family, understanding child development, and learning self-care are some of the issues we will discuss. Don't miss this valuable opportunity to meet other parents, ask questions and share your experiences and concerns with each other. Please call 658-7353 for exact dates of sessions.

LEGISLATIVE SNIPS



The State Department of Social Services has issued **Emergency Regulations** for providers to follow to notify parents about anyone in the child care program with a criminal record exemption. Everyone who works in a licensed child care center or works or lives in a licensed family child care home must submit fingerprints to DSS. These prints are reviewed through the Department of Justice for any criminal background activity. If the person has committed a crime such as murder, rape, torture, kidnapping, sexual violence or molestation against children (a list of 51 crimes), the person *cannot* by law own, live in or work in a licensed child care program. All other crimes are evaluated to see if the person can have an exemption to work in child care. They consider the type of crime, how many crimes were committed, how long ago it happened and whether the applicant has been honest in his/her application. After careful consideration, the Department either issues or denies an exemption.

Because of media outlets' (CBS, the Orange County Register, etc.) legal pressure to make public those people who have exemptions, the Governor ordered the Department to come up with regulations to do so. These new regulations have been in effect since August 8, 2002. Providers must:

- post a parents' rights poster,
- give all parents forms describing the process and their right to notification,
- inform parents, if asked, of the names of any adult living or working at the site who has been granted an exemption.

Hearings on the regulations happen at the State Building in Oakland at **10 am on Thurs., Oct. 17**. We urge parents and providers to attend and

tell of their own experiences.

The **Schwarzenegger Initiative** (Proposition 49) will be on the November ballot. It has created a lot of discussion in the child care field for parents and providers. It would maintain and expand the **Before & After School Learning and Safe Neighborhoods Partnership Program**, making state funding available to all public schools for these after school programs. Sounds like apple pie, no? We all know there is a need for more before and after school programs.

We urge all voters to read this proposition carefully and weigh all the considerations. A very good brief has been published by the California Budget Project which does not support nor oppose the proposition. However, it gives an in-depth view of how the proposition would work and what effect it would have on the budget. The brief, "**What Would Proposition 49, The After School Education and Safety Program Act, Mean for California,**" can be obtained at www.cbp.org or by writing the CA Budget Project, 921-11th St., Ste. 502, Sacramento, CA 95814-2820, (916) 444-0500.

The **League of Women Voters** and the **Child Care Law Center** oppose Proposition 49. The proposition does not add new funds to the budget but requires a certain amount of the budget to be used for these afterschool services, taking away from other currently funded programs. The proposition doesn't include funds for the needed facilities to house these programs. The type of program being expanded is not funded at a level which could provide a quality of service to children without finding other outside funds.

Remember to vote!



Would you like to see enough money in the state budget to help families pay for child care? Parent Voices will meet **Saturday, September 28, 2002**, from **10 to 12 noon** at BANANAS. We will strategize about how concerned parents can influence child care policy this year. Some advocacy can be done individually, and some is better with a group! If you are one of the many parents who thinks every child deserves the best quality care, join us, and contribute your ideas.

PARENT VOICES

Parent Voices is sponsoring a dinner, cooked by our own fantastic chefs. Give yourself a break from cooking, and stop by BANANAS on **Tuesday, October 8**, between **5 and 7 pm** to pick up your dinner to go. Call 658-0151 to hear the menu and place your order. You can choose 2 out of 5 entrees of delicious Asian Food. The price is \$7.00 per dinner. The food is great, and you'll be supporting Parent Voices' efforts to win affordable child care for families. Call 658-7353 to join Parent Voices!

THINGS THAT GO BUMP IN THE NEWS . . .

Helping children respond to what's going on in the world is one of the many challenging jobs for parents and caregivers. How can we provide comfort and stability to children when we ourselves may be feeling overwhelmed by resurfacing feelings and our own fears? With all that we are going to be exposed to in the next few months surrounding the September 11th anniversary and all that we have recently heard about kidnappings, migrating diseases, and unthinkable war events, we need to consider how these circumstances will be affecting our children and what we can do to reassure them in hard times.

Children are strong and resilient and can get through very tough times and respond to very scary ideas. Right now, many are going back to school, and this may be the only scary thing they are thinking about. Opening up opportunities for conversation will help you gauge where your children are in thinking about new or upsetting experiences.

When addressing fears, make sure to distinguish between what's real and imaginary. Fears of things imaginary are much easier to dispel. Monsters? Hang signs around the room saying "No monsters allowed!" Earthquakes? Explain how best to survive one. Use preparation and practice to instill confidence about things like strangers and fires – roleplays and drills will help kids feel like they have more control in scary situations.

What we can do for preschoolers

- Keep them on their normal routines.
- Give them opportunities to express themselves through play, even if what they play seems frightening to you.
- Read stories that address their fears to promote conversation.
- Turn off the news! And, save adult conversations about the news for times when children aren't around.
- Model problem-solving, conflict resolution and peaceful connections with others.

What we can do for school-agers

- Have honest conversations. Respect their intelligence and their concerns.
- Share information and acknowledge your own fears, but remind them that as a parent or caregiver, you are there to help keep them safe.
- Talk about what they may see on TV or hear from friends.
- Model behavior that emphasizes empathy, acceptance, and creative resolution of conflict.
- Let them be kids. Stick to normal routines and if

they don't bring it up, don't push them. Some kids come through relatively unscathed.

What we can do as parents and caregivers

- Get support from other adults by talking to each other or attending community meetings.
- Don't go deeper into issues than children need you to. Sometimes a short explanation is all they need to feel reassured.

Creating conversations through play

Since play can be such a powerful medium for releasing emotions, it is one of the best ways to help children address fears. Smaller children who don't have the words to tell us what they're feeling may speak volumes in play. To make the most of play therapy:

- use art materials of all kinds – paints, clay, etc.
- encourage dramatic play with dress-up, blocks, animals, dolls, action figures. Remember, scary play is okay! It's just another way of working through it all.
- Capture children's stories. This is so important and must be done right. With preschoolers it's often done best when a child draws a picture. All you need to ask then is, "How does this story begin?" While it's being told, write it down word for word, grammatical errors and syntax problems aside. Don't interpret, just write. The value is in the time you spend listening and the care you take in writing the story as it's told. Many fears are alleviated in fantasy and storytelling, and the simple fact that you are taking the time and energy to listen means the world to a child.
- Do not edit play experiences. What comes out of children's play is as organic and raw as it should be. So, unless they are hurting each other, back off and allow them this safe way to work through what's eating them.

When the day is over and you're talking with a child, remember to bring lots of positives into the conversation. Their lives don't revolve around tragedy and fear, so emphasize what's good. Hold and touch them, sing with them, tuck them into bed at night and assure them you are here, concerned and supportive.

For more talk and sharing of ideas on this topic, come to a supportive evening of discussion here with **Jean Monroe**, MA, who will lead parents and caregivers in conversation about adult feelings and fears, children's reactions and how we as a community can come together to address things that go bump in the news. (See page 2 for details.) You can also send a SASE for our handout, *Helping Children Respond to Disasters*.



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, September 12** and **October 10, 10 am**. A nighttime workshop will be held **Fri., Oct. 11, 6 pm**. Feel free to bring baby.

How Does Your Baby Grow – Sleep Patterns: **Betty Cohen**, MSW, will discuss sleep with new parents of children under 18 months of age **Friday, Oct. 18, 6 pm**. 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, 17 y 24 de septiembre y 22 de octubre del 2002 a las 2 pm**.

Babysitter/In-Home Caregiver Orientation in Vietnamese: BANANAS sẽ giới thiệu thi+u tụi li+u v" vi+c tr'ng nom tr'E vủ h'ing d..n thỏ tũc tỏm vi+c dũnh cho c'c b'nn mu'En ch'om s,,c tr'E t'ri nhũ c'ỏa phũ huynh v'ỏo nguy **Th' T', 16 Th'ing 10, 1ũc 2 gi' tr'a.**

• **15 Hour Health/Safety Course -L'ip Ch'om s,,c s'c kh'e vủ an to'ỏn cho tr'E em**, 15 gi'í, g'ỏm 2 l'ip h'ỏc dũnh cho c'c b'nn l'um vi+c t'ri Nhũ tr'E Gia 'ỏnh hay l'um Gi'ỏo vi'"n phũ t'ỏi 'ỏc t'ỏ ch'ỏ v'ỏo nguy **Th' B'ỏy**, 16 vủ 23 **Th'ing 11, t'ỏ 9 gi'í s'ing 'ỏn 4:30 gi'í tr'a.**

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, September 10, 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 **Sept. 15 & 22**, and another class on **Nov. 10 & 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 (Oct. 13 or Nov. 3), 10-3 pm**; \$50,
2) **First Aid & Injury Prevention (Oct. 20 or Nov. 10), 10-3 pm**; \$35,
3) **Preventive Health (Sept. 29, Oct. 27 or Nov. 17), 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. CPR and First Aid together \$80. All 3 modules: \$100. Call for registration form.

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

COOP NURSERY SCHOOLS – PAST AND FUTURE

In **October**, BANANAS is sponsoring a discussion on what has been a unique and wonderful type of child care for many years – cooperative nursery schools. With the help of **Bonnie Hester**, Director of Dandelion Preschool, we will look at the past and try to see the future of coops. Past and current coop teachers, directors and parents are invited to attend. Please call 658-7353 to find out the date and register for this important workshop.

BABYSITTING CO-OPS

Call us if you want to update your existing babysitting coop or to start a new coop in your neighborhood. You can also get our babysitting coop booklet by sending us a check for \$3.

HAVING AN EVENT THAT REQUIRES CHILD CARE?

Send \$6 for our event child care manual packed with tips on successful child care for meetings, conferences and conventions.

SEPTEMBER – *September is National Baby Safety Month; send SASE for BANANAS' safety handouts*

- 2 **LABOR DAY** – BANANAS closed
- 3 **Intermediate ESL for Providers** begins, call us for information about these exciting classes
- 8 Solano Stroll, 10 am-6 pm, Parade: 11 am, Solano Avenue, 527-5358
- 9 **Positive Parenting Classes** begin, see page 2
- 10 **Family Law Clinic**, see back page for dates & info.
- 10 **Teen Babysitting Class**, see page 5
- 12 **Spirited Child Series** begins, see page 2
- 13 **Spanish Merritt Class** begins, see page 9
- 14 Reading Rocks! International Literacy Day Celebration, noon-4 pm, San Leandro Public Library, Project Literacy, 577-3945
- 14 & 10/12 **FCC Support Group** at BANANAS, p. 9
- 14-10/20 Renaissance Pleasure Faire, Saturdays and Sundays, 10 am-6 pm, Santa Clara County, (800) 52-FAIRE
- 15 Family Explorations! AgriCultural Roots Fair, noon-4pm, Oakland Museum, ages 5-12, free with museum admission, 238-3818, www.museumca.org
- 21 **Chinese/Vietnamese Merritt Class** begins, p. 9
- 21 CA Coastal Cleanup, 8:30 am-noon, East Bay Coast Cleanup Hotline, 430-1783 or www.ebparks.org; Oakland/Alameda Estuary, Colleen Liang, 627-1198; Creek to Bay Day, OaklandCoastal Cleanup, 238-7611; Shorebird Nature Center, 644-8623; Slide Ranch, (415) 381-6155
- 21 Autumn Equinox Sunset & Full Moon Bay Cruise, 5:30-7:30 pm, from Pier 43, adults \$25 ages 6-15 \$20, under 5 free, Save The Bay, 452-9261
- 21 Mawi Asgedom tells Of Beetles & Angels, 7:30 pm, Cody's Books on Telegraph Ave., kids & teens welcome, 845-7852, www.codysbooks.com
- 21 Magic School Bus Video Festival, 10:30 am-1:30 pm, Lawrence Hall of Science, 642-5132
- 21, 10/19 Kids on the Block Puppet Shows, 1:30 & 2:30pm, Hall of Health, Berkeley, free, 549-1564, www.hallofhealth.org
- 21 & 22 Italian Festa, Saturday 10 am-10 pm, Sunday 10am-4 pm, Jack London Square, 814-6000
- 22 Celebrate Mexico's Independence Week with Juanita Ulloa and the Picante Ensemble, 8 pm, La Peña, \$15, 849-2568, www.lapena.org

- 22 Robot Races, warm-ups: noon, races begin at 1pm, Exploratorium, adults \$10, ages 5-17 \$6, under 4 free, (415) 563-7337

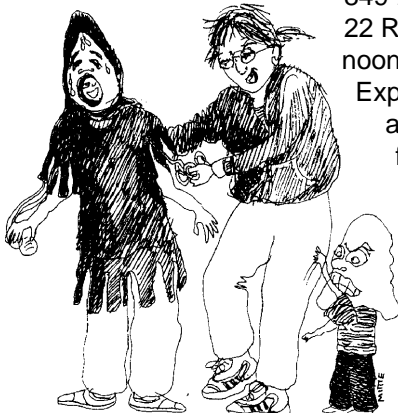
24 **Exemption Forum**, see page 7

- 28 **Parent Voices** at BANANAS, page 3
- 28 Jane Goodall Day, 11 am-3pm, Oakland Zoo, 632-9525

- 28 Coastweeks Celebration, 11 am-3 pm, Crab Cove, 521-6887
- 28 Accessible Wonders: Brent Gifford, Magician, 2-4pm, Oakland Main Library, for all ages and perceptions including the low-vision and blind, 238-3134
- 28-29 Family Campout, 10 am Saturday- 1 pm Sunday, Slide Ranch, \$40 per person (no one turned away for lack of funds), pre-registration required, (415) 381-6155, www.slideranch.org
- 29 "How Berkeley Can You Be?," Parade 11 am, California St. & Univ. Ave., Festival 1-5 pm, Civic Center Park, 849-4688, www.howberkeleycanyoube.com

OCTOBER

- Call BANANAS for **Coop Workshop** info., see page 5
- 2 International Walk A Child To School Day, Oakland Pedestrian Safety Project, 637-0191
- 4 **Booties Camp** begins, see page 2
- 4 Rosemary Wells describes Getting To Know You: Rodgers and Hammerstein Favorites, 6:30-7:30 pm, Cody's on Fourth St., 559-9500
- 4, 10-12 Black Filmworks, a Festival of Film & Video, screenings at Grand Lake Theater & Oakland Museum, 465-0804, www.blackfilmmakershall.org
- 5 Black Cowboy Parade, 11 am, Defremery Park, 531-7583
- 5 First Annual Birthday Party for Alameda's Smart Healthy Babies, 11 am-2 pm, Lincoln Park picnic Area & Harrison Center, 864-1077
- 5 Latin American Music with Colibri, 10:30 am, La Peña, 849-2568, www.lapena.org
- 5 Jane Dyer: Little Brown Bear Won't Take a Nap!, 2:30-5:30 pm, Cody's on Fourth St., 559-9500
- 6 Mother Earth's Melodies, 2-3:30 pm, Crab Cove, registration required, 521-6887
- 7-11 Fire Prevention Week – Send SASE for BANANAS' Fire Safety Handout
- 8 **Parent Voices Asian Dinner**, see page 3
- 11 Michael Chabon: Summerland, 7 pm, Cody's Fourth St., ages 8 & up, 559-9500, www.codysbooks.com
- 11-13 "Uniting Together As One Voice," California FCC Assn. Conference, Sacramento, (925) 828-2100, www.cafcc.org
- 12 Indigenous People's Day PowWow and Indian Market, 10 am-6 pm, Civic Center Park, Ecology Center, 548-3333, www.ecologycenter.org
- 12 Latin American Songs with Juanita Ulloa & the Picante Duo, 10:30 am, La Peña, 849-2568, www.lapena.org
- 12 Bark in the Park Adoptathon, 10 am-4 pm, Oakland Zoo, 632-9525
- 12-12/1 Espiritu Sin Fronteras: Ofrendas for the Days of the Dead Exhibit, Oakland Museum, 2nd Sundays free, 238-2200, www.museumca.org
- 12 Harvest Day Celebration, 10 am-4 pm, Slide Ranch, (415) 381-6155
- 13 How to Celebrate the Days of the Dead, 2 pm, Oakland Museum, 238-3818, www.museumca.org



- 13 Family Classics Film Festival: Chitty Chitty Bang Bang, 2 pm, Pacific Film Archive, ages 7 & up, \$4 per person, 642-1412, recording/showtimes: 642-1124, www.bampfa.berkeley.edu
- 14 **COLUMBUS DAY** observed – Indians discover Columbus
- 14 Pro Arts PowWow, noon-7 pm, Clinton Square, 6th Ave. & International Blvd, 763-9425
- 14 Day of Solidarity with Indigenous Peoples of the Americas: Sunrise Gathering at Alcatraz, International Treaty Council, (415) 641-4482
- 15 **Sharing Feelings About The World**, see page 2
- 16 **Child Support Workshop**, see page 2
- 18-19 Haunted House, 7-9:30 pm, Lindsay Wildlife Museum, ages 10 & up, \$2 per person, (925) 935-1978
- 19 Singer Gary Lapow, 10:30 am, La Peña, 849-2568, www.lapena.org
- 19 Golden State Warriors Fanfest, 11 am-4 pm, Jack London Sq., 814-6000, www.jacklondonsquare.com
- 22 **Making Books with Kids**, see page 2
- 20 Family Series: Improvisation and Physical Characterization, 1-3 pm, free theatre activities for the whole family led by Berkeley Rep teaching artists, 647-2972, www.berkeleyrep.org
- 20 Family Day, SFMOMA, activities for ages 10 & under, older siblings welcome, children free/\$2 for adult with child, (415) 357-4000, www.sfmoma.org
- 24 **Child Dev. Permit Application Night**, page 9
- 26 Halloween at the Square, 10 am-3 pm, Jack London Square, 814-6000, www.jacklondonsquare.com
- 26 Pumpkin Carving & Costume Making, 10 am-3 pm, Berkeley Farmers Market, Civic Center Park, Ecology Center, 548-3333, www.ecologycenter.org

- 26 Songs with Betsy Rose, 10:30 am, La Peña, 849-2568, www.lapena.org
- 26 Halloween Campfire Program, 7-8:30 pm, Redwood Regional Park, \$6 (non-res. \$8), reg. required, 3 weeks advance notice, 636-1684
- 27 Dia de los Muertos Fruitvale Festival, 10 am-5 pm, International Blvd, Unity Council, 535-6904, www.unitycouncil.org
- 27 Night Vision, 2-3:30 pm, Crab Cove, registration required, 521-6887
- 27 Boo at the Zoo!, 10 am-2pm, Oak. Zoo, 632-9525
- 27 Haunted Cave & Crafts, 1-4 pm, Tilden Nature Area, 525-2233
- 27-29 Annual Resource & Referral Conference – BANANAS closed
- 30 Carving By The Hearth (Bring Your Own Pumpkin), 5:30-8:30 pm, Tilden Nature Area, \$5per family, 525-2233
- 31 "Once in a Boo Moon" Halloween, 6-9 pm, Chabot Space & Science Center, tickets \$10/\$8 for Chabot members, ticketweb.com or Chabot Box Office, 336-7373, info.: 336-7300 or www.chabotspace.org
- 31 HAPPY HALLOWEEN! – for more Halloween activities check your local library or call city recreation departments: Alameda, 748-4565; Piedmont, 420-3072, and local rec centers in Oakland and Berkeley



NOVEMBER

- 6 **Merritt FCC Class** begins, see page 9
- 8 **Merritt Infant/Toddler Class** begins, see page 9

➡ **Please see page 5 for Ongoing BANANAS' Workshops**

PROJECT FOR INFANT/TODDLER CAREGIVERS

BANANAS is beginning an exciting Child Care Initiative Project (CCIP) focusing on increasing quality child care options for children ages 0-3 years. If you are a licensed family child care provider or you are interested in getting licensed, and you want to care for infants and toddlers, take advantage of this opportunity to meet other providers and to participate in individualized trainings, discussions and workshops focusing on this age group. We hope to expand infant care options in underserved areas of Northern Alameda County.

Project participants will receive materials and equipment for startup or established programs, one-on-one consultations with trainers and experienced providers. Non-licensed providers caring for infants and toddlers are also encouraged to participate in this new project.

EXEMPTION FORUM

On **Tuesday, September 24**, from **7 to 8:30 pm**, BANANAS will be hosting a forum on the latest licensing regulations concerning criminal background exemptions for child care providers. This will be an important event for providers in both center and family child care programs. Come with questions, concerns and ideas for talking with parents and staff about these new requirements.

SUPPORT THE FAMILY LEAVE BILL – NOW!!

State Senator Sheila Kuehl has introduced a bill which would allow millions of California workers to be paid while taking up to 12 weeks off to spend time with a new child or care for a sick family member. Under current law, any time off caring for a relative is unpaid. Send a postcard to Governor Gray Davis, State Capitol Bldg., Sacramento, CA 95814 to support SB 1661.

BANANA Splints

Judy Calder R.N.



Dear Judy,
I've heard that West Nile Virus is moving west. Naturally, I want to protect the children in my care. Should I be using mosquito repellent on the children when they go out to play at my child care center?

Nora

Dear Nora,
While no cases of West Nile Virus (WNV) have been reported in humans, birds, or horses in California as of August, it is expected that the virus will move westward. Illness from WNV is rare, even in areas where the virus has been reported. People or animals who get the infection may show no symptoms or only mild illness. In rare cases, the virus can cause a more serious condition called encephalitis, an inflammation of the brain.

A mosquito first acquires the infection by feeding on a bird with the virus in its blood. The virus lives in the mosquito and is transmitted when the insect bites a person or animal. Human-to-human transmission does not occur. The virus is most prevalent from May to October when mosquitoes are more abundant. The prevention and control measures recommended to decrease exposure to mosquitoes are:

- Drain all standing water and stock permanent ponds with fish that eat mosquito eggs.
- Make sure that doors and windows have tight fitting screens.
- Make sure roof gutters drain properly.
- Avoid outside activity at dawn and dusk (when mosquitoes are more active) during mosquito season.
- Wear protective clothing (long sleeves instead of short sleeves) and apply insect repellent when outside.



Given this information, the use of repellent is probably a judgment call at this point. Do everything you can to make sure there is no standing water around, and repair tears in screens or replace them. But, probably your best guidance is to watch for mosquitoes near your center and respond accordingly.

A safe repellent is one that contains DEET that does not exceed 10% (for adults 10-50%), used according to directions. Avoid applying repellent to children younger than 2 years old. Use care in applying it to small children, and don't put it on their hands because it may get into their mouth or eyes and cause irritation. If parents ask you to apply mosquito repellent, make sure you get written consent as you would for sunscreen.

Among the strategies the State is using to watch for the presence of the WNV is the "Dead Bird Surveillance Program." The program is based on the fact that birds are the reservoir for this disease, and some birds (crows, jays, ravens and others) are very sensitive to the virus and die rapidly from the effects of the disease. These birds can give us a warning. The State Department of Health Services is enlisting the support of the public in reporting the presence of dead birds. Should you find one, do not pick it up, but call the "West Nile Dead Bird Surveillance Program" at 877-WNV-BIRD (877-968-2473). An informational brochure is available at the Alameda County Vector Control website (www.acvcscd.org).

With all these warnings it may seem that playing outside can have all kinds of hazards from WNV, increased pollution and ozone, excess sun exposure and playground injuries. But the value of outdoor play is critical to children's development and children in child care should go out every day except in the most extreme weather. In hot weather, there should be an adequate source of shade, the use of sunscreen and avoidance of excess sun between 10 am and 2 pm. When you go outside, provide both active and quiet activities, such as board games and art projects, to meet the needs of children who need vigorous play and those who may have to modify their activities on "bad air days" because of asthma. Always have plenty of fresh water available and encourage children to drink even if they don't feel thirsty. And, lastly, make sure outdoor play areas are safe.

Yours in sickness and health,
Judy



MERRITT CLASSES THIS FALL:

Key Issues in Child Development: Infant/Toddler

is being offered in 4 languages here at BANANAS. In Spanish, **Friday, 9/13, 6:30-9:30 pm, Saturdays, 9/14, 9/28, 10/12, 9:30-2:30 pm** (M0792). In Chinese/Vietnamese, **9/21, 10/5, 10/19, 9-3 pm**, (M0793). In English, **Friday 11/8, 6:30-9:30 pm, Saturdays 11/9, 11/16, 11/23, 9:30-2:30 pm** (M0794). Enroll at any Peralta College or call 436-2487. To enroll in Spanish, call Sylvia Espinosa at 536-1830.

Family Child Care Class

Madeline Meyer Riley, therapist and former family child care provider will teach this one-unit class. Topics include business practices, child development and parent-provider relationships. The class is ChDev 220, on **3 Wednesdays, 11/6, 11/13, 11/20, 6:30-9:30**, and **Sat. 11/9 & 11/16, 9:30-2:30** (M0791). Call 436-2487.

CHILD DEVELOPMENT PERMIT APPLICATION

If you will be a returning Child Development Corps member, you need to apply for a permit. Fill it out in a supportive group on **Thursday, Oct. 24, 6:30-8:30pm**. Reservations required; call Marion, 658-7353.

PROFESSIONAL GROWTH ADVISORS

If you are interested in being trained as an advisor to the Corps, please call Marion at 658-7353 for upcoming training dates.

WANT TO BE A MENTOR TEACHER?

Or mentor director? Applications are now available and are due by Sept. 27. If you have taken the Adult Supervision class or attended the 2-day Director Mentor Institute, you can apply. Call Marion, 658-7353 for more information or visit www.ecementor.org.

FAMILY CHILD CARE SUPPORT GROUP

Come join us for support and refreshments on the 2nd Saturday of the month from **9-11 am**. Upcoming meetings will be on **September 14** and **October 12**. Call Tina or Alisa at BANANAS at 658-7353 for info.

HELMET SAFETY PROGRAM

If you serve low-income parents at your center or family child care in Alameda County, you are eligible for the helmet safety program at **Habitot Children's Museum** in Berkeley. Your preschool or child care must have tricycles or riding toys on site, your program must schedule a free field trip visit to Habitot, and one staff member must participate in a free child safety class at Habitot. To find out about other requirements to receive free toddler-size tricycle helmets, call Rosie at 647-1111 X15.



¿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 inglés para personas que cuidan niños Ofrecemos en BANANAS 8 sesiones del nivel intermedio, los **martes de 6:30 a 8:30 pm, 3 de septiembre al 22 de octubre**. El colegio Merritt ofrecerá por primera vez clases de inglés expresamente para personas que cuidan niños. Llame a Sylvia al teléfono 536-1830 para más información.

Cursos de Merritt en BANANAS

Desarrollo infantil: 0-3 años, un curso de 1 unidad, ofrecido en español, empezará el **13 de septiembre**. Código del curso: M0792. Llame a Sylvia a 536-1830.

Orientación del estado para obtener su licencia de cuidado infantil hogareño – La próxima orientación en español en BANANAS será el **miércoles, 20 de noviembre a la 1:30 pm**. No se permite traer niños. Debe de registrarse al 658-7353. El Dpto. de Licencias ofrece una orientación en español en septiembre en Hayward (4C's of Alameda County: 582-2182)

Clases de salud y seguridad – BANANAS ofrece clases en español. La próxima serie de clases será **3 sábados en octubre/noviembre del 2002**.

CCIP: un nuevo proyecto para personas que cuidan niños de 0 a 3 años – Iniciamos un proyecto para apoyar a proveedoras que cuidan o desean cuidar bebés y niños pequeños y para ayudar a nuevas proveedoras a obtener la licencia.



香蕉中心華語服務 BANANAS' Services to Chinese-Speaking Caregivers and Parents
請電 658-7353 查詢

1. 嬰幼兒健康安全與托兒訓練課: 日期在 8/31, 9/1, 9/7. 證書到期者, 請盡速報名.
2. 護兒英語班: 增進英語能力, 增廣服務範圍, 九, 十月中級班. 八個週二晚, 請向 Davida 報名.
3. 秋季學分班: 完童成長教育中文班及英語班 (一學分及三學分) 均已滿額, 未及報名者下季請盡速.
4. 致家長的信中文專刊, 來信索取自閱或轉贈家長. 最新題目: "出外.....看天氣", "如何申請托兒津貼", "電腦與孩子的成長".

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. At the next meeting on **September 19** from **10 am - 12 noon**, a discussion of Criminal Record Exemptions will be held. On **Oct. 17**, Marion Cowee of BANANAS will lead a discussion on the NAEYC Code of Ethics. 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.
- ESL FOR CHILD CARE PROVIDERS at BANANAS, 8 weeks, 9/3 to 10/22, 6:30-8:30 pm, 658-7353 to register.
- LINK TO CHILDREN TRAINING "Managing Child Behavior in Social Settings (ages 3-6)" for early childhood teachers, providers and administrators, Sat., Oct. 12, 8:30 am- 4 pm & Sat., Nov. 9, 8:30 am-12 noon, Emeryville Child Devel. Ctr., \$25/\$36 for 1 ECE, 261-9586.
- CURRENT BUSINESS & ADMINISTRATIVE PRACTICES in ECE at Merritt College (480K), 1 ECE unit for center & family child care professionals, 6 Fridays, Sept. 27-Nov. 1, 6:30-9:30 pm, call 466-7368 for info or register at www.peralta.cc.ca.us.
- ESL FOR CHILD CARE PROVIDERS at Merritt, ESL 248ND (0966) from 9-12 noon on Saturdays at Fruitvale Center, contact Sylvia at 536-1830 for enrollment informaton.
- FREE FAMILY CHILD CARE BUSINESS RESOURCE at www.redleafinstitute.org: business library, insurance referral list, directory of tax preparers, articles, business news, etc.
- INTERNATIONAL FAMILY DAY CARE ORGANIZATION, Conference 2003, New Zealand, Feb. 19-23, IFDCO Conference, Avenues Event Management, PO Box 10612, Wellington, New Zealand, phone 64 4 473 8044 or familydaycare.info.
- LUNA KIDS DANCE CREATIVE WORKSHOPS for teachers: Creative Dance Education, Sat. & Sun, Sept. 21 & 22, 12-4 pm and Sat., Sept. 28, 12-4 pm; Developing and Implementing Creative Dance Curricula, Oct. 19 & 20, 525-4339 or www.lunakidsdance.com.
- EARLY STEPS TO READING SUCCESS, college-level, distance learning course in early literacy, Fall 2002, Sept. 5 to Dec. 19, Spring 2003, Jan. 16 to May 8, www.caeyc.org or Paulina at (916) 486-7750 X 221.
- ZERO TO THREE NATIONAL TRAINING INSTITUTE, Dec. 6-8, Washington, DC, Meeting Management Services, Inc. 1201 New Jersey Ave., NW, Washington, DC 20001, (202) 624-1760.
- ATTACHMENT AND BONDING IN FIRST THREE YEARS, Sat. Oct. 12, 1:30-2:45 pm, Wee Play, 1228 Solano Ave., Albany, presented by Terri Buisse, licensed clinical psychologist, 290-2201.
- LEARNING DISABILITIES ASSOCIATION OF CA Conference, Nov. 7-9, Ontario Airport Marriott, (949) 673-5981, www.LDACA.org.
- OUR CHILDREN, OUR VISION, OUR WORLD Conference, James Logan High School, Union City, Oct. 5, Kidango at 744-9280 X 18.
- CA SUDDEN INFANT DEATH SYNDROME Fall Conference, Oct. 10-11, Indian Wells, CA, reg. by 9/24, 1-800-369-SIDS.
- CA ASSOC. FOR FAMILY CHILD CARE, "United Together as One Voice," 10/11-13, Doubletree Hotel, Sacramento, (925) 828-2100.

- DEC CONFERENCE ON YOUNG CHILDREN WITH SPECIAL NEEDS and their families, Dec. 5-8, Sheraton San Diego, for reg. inquiries call (410) 269-6801 or email pfaff@gomeeting.com.
- CALIFORNIA VOICES FOR CHILDREN, on-line community to connect and inform people committed to the wellbeing of children and families – at www.4children.org or 444-7136 for more info.

(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.)

BABYSITTING CO-OP WANTED

Oak/Emery/Berk/Alameda, 1-3 yrs, up to 8 children, M-F working hours, Amber, 437-1664 or 333-9082

PLAYGROUPS WANTED (Date = child's birthdate)

Alameda, 10/01, M-F, Lia, 521-8548
Oak/Berk/Emery, 3/02, M-Th flex, Danielle, 655-7952
Lake Merritt/flex, 5/02, eves & Sats flex, Jenny, 268-4929
East Oak/Mills College area, 10/95, wkends, Juanita, 436-3816

EXISTING PLAYGROUPS (Date = child's birthdate)

N Berk/German language, 1998-2001, th 3-6, Andrea, 338-0768
N Oak, for 15 children at Children's Hospital Parent Infant Project, Wed 9:30-11:30, Martina, 655-9521, \$\$

EXCHANGES WANTED (Date = child's birthdate)

Albany/W Berk, 12/96, wkends & eves, Beth, 524-5206
Berk/N Oak, 8/97, MW eves, Linda, 654-2255
Oak Fruitvale, 6/96 & 7/98, MT, wkend eves, 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, M-F f-t, Joan, 337-0825
Alameda/Oakland, 8/01, M-Th, f-t or p-t, Oriana, cell (917) 971-3372
Berkeley, 11/01, M-F p-t or f-t, Tonya, 524-9892
Berk nr Dwight & Ashby/flex, 6/94, MWF 7:45-8:15, TTh 3-6 pm W 1:30-6 pm, Karla, 549-0509
Oakland/Berkeley, 6/01, M-F flex p-t or f-t, Katie, 530-5727
N Oakland or nearby, 12/01, MThF p-t, Keary, 655-7556
Rockridge, 7/02, M-F f-t, Nanette, 653-7734
Rockridge/Piedmont Ave/Pied, 3/02, p-t or f-t, Amy, 985-0411
Lake Merritt, 7/02, M-F p-t or f-t, Elizabeth, 268-8260
Grandlake, 6/01, Tuesdays, Teresa, 433-1492
Montclair/Rock, 1/02, flex f-t or p-t, Annie, 658-2269
Mont/Pied Pines, 7/02, M-F f-t, Karen, 336-0700
Mont/Pied/Crocker, 10/00, M-Th 7:30-12:30, Nancy, Rachel, 891-9502
Oakland/Trestle Glen, 6/02, M-F f-t, Monica, 663-5351

SHARED ARRANGEMENTS OFFERED (Sitter hired)

Flexible area, 11/01 & 5/01, M-f f-t or p-t, Sigal, 540-0119
Alameda, 7/01, M-F f-t or p-t, Karen, 263-9891
Alameda, 7/02, M-F f-t or p-t, Tracy, 769-7465
Alameda/Oak near Ala, 12/01, M-Th f-t or p-t, Lynne, 769-7656
Berkeley/Albany, 7/00, MW 8:30-6, Kate, 528-4039
Berkeley/Albany, 10/01 & 5/01, M-F f-t or p-t, Erelah, 533-2717
N Berk/Albany, 11/01, TTh flex, Robin, 527-5884
N Berk/Albany, 10/00, M-F flex p-t or f-t, Nancy, 526-0255
N Berkeley/open, 11/02, M-F 8-5, Molly, 845-4418
South Berkeley, 1/01, M-F flex, Katie, 757-1123
S Berk/N Oak, 5/01, T-F p-t very flex, Paulie or Matt, 595-9979

Elmwood/Clare/Rock, 2/00, M-th, f-t, Elissa, 644-3014
 Elm/Rock/Claremont, 10/02, M-F f-t or p-t, Lara, 898-0228
 S Berk/N Oak/Emery, 8/00, TuTh &/or F, Vicki, 547-8769
 Berkeley, 7/01, M-F p-t or f-t, Nomi, 558-0434
 Berkeley, 1/99, M-F p-t or f-t, Marilee, 666-0141
 Oak/Berk, flex, TuWTh flex, Nadya, 482-0682
 Rock/Elm/Mont/Pied, 6/01, M-F f-t, Kelly, 658-2745
 Rockridge, 3/01, M-F p-t flex, Leslie, 658-7524
 Rock/Mont/Glen, 9/00, M-F f-t, Wendy, 985-1892
 Grandlake/Crocker/Diamond/Mills, 11/01 or older, f-t, Sherri, 632-0881
 Oakland (our home), 10/01 open, MTTh share, sitter avail f-t, Mara, (415) 846-2311
 Oak/Mont/Glen/Rock, 9/00, M-F f-t, Heidi, 601-5219
 Oak/Rock/Pied, 2/02, M-F f-t, Patty, 531-1713
 Pied/Mont/Rock/Glen, 8/96 & 3/94, M-F f-t or p-t, Gail, 531-7331
 Piedmont, 6/01, M-F f-t, Betsy, 547-2992
 Montclair, 10/00, M-F f-t or p-t, Paula, (415) 282-0449
 Mont/Rock, 5/00, 7/98, flex p-t or f-t, Alena, 531-7915
 Mont/Rock/Pied, 10/00, children under 2 OK, f-t or p-t, Kelley, 597-0565
 Mont/Pied, 5/00, M-Th f-t, Lisa, 339-6568
 Mont/Laurel/Redwood/Diamond, 1/01, MF & one other day, 17-25 hrs, Cindy, 336-1712
 Montclair/nearby, M-F f-t, Angie, 547-1909
 Oakland near Mills/Rock, 11/01, Tu-F f-t or p-t, Lisa, 533-9994
 Glenview/Diamond/Grandlake, 11/00, 1-3 days/wk, Johanna, 530-2682

SHARED ARRANGEMENTS – PARENTS SPLIT TIME

Flexible area, WF, Johanna, 530-2682
 Berkeley, open, M-F AMs, Azar, 654-0343
 Oakland/Berk, TuWTh flex, Nadya, 482-0682
 Oakland/Berk/Pied, W&F, also can share MTuTh in Oak, Mai, (415) 846-2311 or (510) 601-6970

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- OR CHINESE-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.
- SUPPORT GROUPS FOR MOTHERS, Sherry Reinhardt, RN, MPH, Mom, visit www.supportgroupformothers.com. or 524-0821, \$\$.
- LABOR DOULA AVAILABLE, Vanessa Beyer, (415) 350-6736, Vaanwibe@hotmail.com.
- MOTHERS AND MORE OPEN HOUSE, Thursday, Sept. 19 at 7 pm at Zion Lutheran Church, 5201 Park Boulevard, Piedmont, all prospective members welcome for an evening of fun, food, prizes and information, Lara, 339-8563 <http://mothersandmoreeb.tripod.com>. East Bay Chapter meets 1st Tues. of every month at College of Alameda, 555 Atlantic Ave., Room C-113, Alameda.
- THE BLESSING OF A SKINNED KNEE: Parenting with a Jewish Perspective, 6 classes on how to raise reliant, compassionate children in today's frenetic, competitive culture, Tuesdays, Nov. 5, Dec. 3, Jan. 21, Feb. 11, March 18, May 6, \$180 for 6 sessions or \$30 per session/family, Berk.-Rich. Jewish Community Center, 848-0237 X127.
- SETTING LIMITS: A MINI CRASH COURSE FOR BUSY PARENTS of preschool and school-age children, Tues., Oct. 1, 7-9 pm, come with your questions and concerns and find out how to set appropriate boundaries with Jill Shugart, MFT, parent educator and preschool director, Berk.-Rich. Jewish Community Center, 848-0237 X127, \$5.
- YOURS, MINE AND OURS: COUPLES' WORKSHOP about merging two religious traditions: negotiating on religious symbols and holidays, etc., 848-0237 X 127, \$9 or \$12 per couple, 848-0237 X 127.
- SISTER TO SISTER SUPPORT GROUP for African American moms raising children born premature or with special needs, One Eastmont Town Center #138, Eastmont Mall, Oakland, lunch provided, call Sonia Jackson-Ricks at FRN, 547-7322.
- REFRESHER CHILDBIRTH CLASSES for 2nd, 3rd time parents, group or individual, integrated approach, also, massage for exhausted moms and moms-to-be, Bridget Scadeng, CCE 526-3493.

- BANANAS welcomes donations of disposable diapers, kids' equipment, clothes, children's books and toys in good condition.
- DO YOU HAVE A CHILD WITH SPECIAL NEEDS? Family Resource Network of Alameda County has a Directory for Families in Need of Special Resources, free of charge to parents, \$3 per copy to agencies, 547-7322.
- KIDS' TURN SPANISH LANGUAGE WORKSHOP for separating or divorcing parents, provides a safe place for family members to learn skills to improve communication, help parents understand the experience and teach children how to cope more effectively when parents separate or divorce, 6 week series, Sept. 21-Oct. 26, Saturdays, 10-11:30 am, Good Samaritan Family Resource Center, 1294 Potrero Ave., San Francisco, (415) 437-0700, para informacion en Espanol llame al (415) 401-4253, sliding scale.
- KIDS' TURN EARLY YEARS PROGRAM for separating or divorcing parents of children 0-3 years, in Oakland, Wednesdays, Oct. 2-Nov. 6, 7-9 pm, (415) 437-0700 or (510) 835-8445.
- PARENT SHARE SUPPORT GROUP at Alta Bates for parents of premature or sick babies, 1st & 3rd Thursdays of each month, 7-9 pm, Tuesdays, 11:30 am-12:45 pm, contact Linda Cole at (925) 935-9240.
- I-PRIDE: SUPPORT FOR INTERRACIAL AND INTERCULTURAL FAMILIES, fun events and educational workshops for parents like fall series "Building Strong Families," also special interest groups like multicultural book club, biracial adult group and Generation Pride for teens, to learn more about becoming a member or to receive a complementary newsletter, write I-Pride, PO Box 11811, Berkeley, CA 94712-2811 or call 663-0975 or visit www.I-Pride.org.
- DONATE your old parenting books to BANANAS Lending Library.
- PRESCOTT RESOURCE CENTER ACCEPTS DONATIONS for adult and children's clothing, business attire greatly appreciated, 9 am to 5 pm, M-F, 800 Pine St, Oakland, CA 94607, 628-9152.

CLASSES & ACTIVITIES FOR KIDS & TEENS

- FALL CLASSES AT LAWRENCE HALL OF SCIENCE for ages 2-6 and kindergarten through 9th grade begin Oct. 7 and end Dec. 6, 4-5 pm, call 642-5134 or www.lawrencehallofscience.org.
- PASS – FREE HOMEWORK HELP AT THE OAKLAND LIBRARY, for 2nd through 8th grade students, Mon.-Thurs. 2:30-5:15 pm, at Brookfield, Cesar Chavez, Eastmont, Golden Gate, Main-Youth Room, Melrose, Temescal and West Oakland, call 238-3848 for info.
- TILDEN PARK MERRY GO ROUND in Berkeley will close between Oct. 28 and Nov. 17, opening weekends Nov. 23 through Dec. 29.
- ZEUM AT YERBA BUENA GARDENS, San Francisco is designed for youth of all ages and their families and features amazing hands-on fun in the visual, media and performing arts, \$5 youth, \$6 seniors/students, \$7 adults, visitors age 4 and under are free, (415) 777-2800, www.zeum.org, 4th St. at Howard across from Metreon.
- SUKKOT HOLIDAY WORKSHOP, Thurs., Sept. 19, 7-8:30 pm, make this Jewish harvest holiday fun for you and your children – crafts, food, creative decorations and tips for making your own sukkah, \$10 BRJCC members/\$12 public, children free, 848-0237 X127.
- MEET AN ANIMAL SUNDAY SERIES AT OAKLAND ZOO, Oct. 6, 13, 20, 11:30 am-12:30 pm, register at 632-9525, X142.

GENERAL ANNOUNCEMENTS

- MONTCLAIR COMMUNITY PLAY CENTER GARAGE SALE, Sat., Oct. 26, 9 am to 3 pm, 25-family, baby equipment, kids & adult clothes, household items, rain or shine, cash only, 3701 Balfour by Lakeshore.
- MAKING STRIDES AGAINST BREAST CANCER 5 Mile Walk, Sunday, Oct. 27, Golden Gate Park – Speedway Meadow, featuring inspiring survivor speakers, live music, aerobics, no reg. fee but walkers are encouraged to raise pledges, StridesBayArea@cancer.org, (888) 778-5900.
- HUGE 35 FAMILY ANNUAL YARD SALE! Dandelion Coop Nursery School, Sat., Oct. 26 from 10-3, 1522 Cedar by Sacramento, Berkeley.
- FROGPARK WORK PARTY SEPTEMBER 21ST, 8 am to 5 pm, sign in at reg. table in DMV parking lot, Cavour & Mile Streets, adults only.
- BEING SENSITIVE GRANDPARENTS WHEN YOUR KIDS INTERMARRY, how to grandparent interfaith grandchildren, how to be true to Jewish identity and beliefs and be respectful of children's religious choices, \$9, to register call 848-0237 X127.

BIG FALL REFERRAL UPDATE

Once a year, we do a thorough update of our referral files. BANANAS staff will be calling family child care providers and centers to update all information. Since we have over 1200 licensed providers in our files, we appreciate your cooperation. It helps us give better referrals to parents needing child care in your area.



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 **September 10 and 24** and **October 8 and 22, noon – 2 pm** at our office. These clinics help low-income families with domestic matters. Reservations are required; call Volunteer Legal Services, 893-7160, for an appointment.

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

| | | | | | | |
|-------------|----------------|------------------|------------------|-----------------|-------------------|----------------------------|
| Diane Cash | Mary Frankel | Helen Neville | Rudy Cockerham | Judy Calder | Meg Zweiback | Angelica Guerrero |
| Hugo Lucero | Scott Levine | Emily Doskow | Barbara Beery | Xuyen Nguyen | Linda Scaparotti | Ralf/Evelyn Carter |
| Abby Cohen | Laurie Bochner | Irving Zucker | Jean Nudelman | Josie Adler | Sonia Martinez | Little Stars Preschool |
| Terry Doran | Deene Goodlaw | Andrew Trump | Kristen Frantz | Peggy Toppin | Mary Lee Landau | Carolyn Sherwood Call |
| Anita Chan | Judith Lesner | Donna Pinkney | Rachael Kagan | Arquelle Shaw | Frederick Hertz | My Own Montessori |
| Linda Fang | Li Chan Zeng | Dorothy Reesor | Rainbow School | Liisa Hale | Mary Beckworth | Berk. Hills Nursery |
| Judith Kahn | Dion Aroner | Elsa Munoz | Lupe Soltero | The Academy | Carol Stevenson | Christine Johnston |
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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-Thursday: 10-4 pm, Friday: 10-1 pm and Tuesday evening 7-9 pm. Our website is www.bananasinc.org.

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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