

# BANANAS

newsletter

NOVEMBER-DECEMBER, 2002, JANUARY, 2003, VOL. XXVIII, #2



## REETINGS –

The snuggle season has begun as the short days and long nights of winter are upon us.

We want to thank you all for all your gifts to us over the year – your donations of children’s toys, equipment and clothes, especially diapers and formula, your checks and cash donations, your kind words of encouragement in notes, e-mail and on the phone, your time volunteering and for helping to make this area a mighty fine place to live.

It is the season of giving so if you’re looking for worthy causes, see page 7 to help other families through these cold, troublesome times. If you are giving to **United Way** this season, remember you can designate your gift to BANANAS by stipulating Agency #3026. And, if you have any of those annoying **BART tickets** with just a little bit left on them, give them to us – we have almost reached our goal so we can turn our Tiny Tickets in for cash!!

It’s a woeful goodbye that we say to **Julie Fong** who has worked in Stage 3 for 2½ years; she will be moving with her family to Sacramento. And, to **Marion Cowee** who has helped so many people working in the child care and development field for 2½ years; she will be training teachers for the Parent Services Project. And, to **Irene Arroyo** who has worked in the Respite and

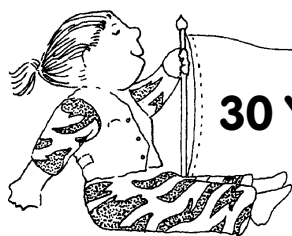
the Alameda Vendor Program and has helped many low-income parents advocate for their rights; she will be moving her family to Manteca. And, to **Maria Jimenez** who has worked in many areas for 6 years, starting as an AmeriCorps participant, and has become a great Health & Safety trainer in her stint at BANANAS. We are truly sorry to see them go and wish them well in their new endeavors.

Something new is coming to **KISS** (98.1 FM) radio on **Sunday** mornings from **9 to 10 am**. “Childhood Matters” is a show just for parents and others who care for children. It is hosted by **Rona Renner**, RN, temperament specialist and frequent presenter of workshops at BANANAS. Call 594-4376 for more information.

Mark your calendars for the annual **Preschool Fair** on **January 25** from **10 am to 1 pm** at the Scottish Rite Center, 1547 Lakeside Dr., Oakland. Call East Bay Moms, 653-7867 or visit [www.eastbaymoms.com](http://www.eastbaymoms.com).

Check out the Newsletter for all the parenting workshops, training and groups – it’s chock full of them this three month period. And visit our website at [www.bananasinc.org](http://www.bananasinc.org) where you can see our calendar of events, download all our handouts and read the newsletter.

Have a warm and cozy holiday season. See you in 2003. Peace to you and your families.



## 30 Years Ago . . .

Some new mothers in Berkeley got together to offer support and information to other moms and families. They secured a desk and a phone from the fledgling Women’s Center at the Berkeley YWCA and, as they watched their little ones eating bananas, they were inspired to call their new service, BANANAS!!!

## COMMUNICATING WITH CHILDREN

Does your child look away while you're talking? Do you find yourself saying "no" or "yes" too much and then feeling bad afterwards? Or, do you sometimes end up in screaming matches that end with doors slamming followed by silent treatments? Join **Melissa Rapp, MFT**, on **four Mondays, November 4, 11, 18, 25, 7-8:30 pm** for a workshop series (funded by Prop. 10) on developing effective communications between you and your child/ren. Melissa is a therapist and a mother of a preschooler and a teenager. Call us to preregister.

## WINTER BOOTIES CAMP IS HERE

This series of workshops is for any new or expecting parent daunted by the most difficult (but rewarding) job of raising a child. Baby specialists will teach parents about *Baby Basics* (**Jan. 30**), *Yoga with Baby* (**Feb. 6**), *Sleep* (**Feb. 13**), *Reading with Babies* (**Feb. 20**), and *Baby Massage* (**Feb. 27**). This is a series held on **Thursdays, 10-12 noon** and you can register for one or more topics. See below for information.

## FAMILY POWER FOR GAY & LESBIAN PARENTS

**John Luna-Sparks** will conduct two workshops around self-defense for gay and lesbian parents and their children ages 6-10 on **Mondays, February 10 and 24, 7-8:30 pm**. These active and entertaining classes will give children and their parents the opportunity to learn and practice self-protection skills. The classes are upbeat, success-based and designed to reduce fear and build confidence and skill. John is a social worker at Children's Hospital Oakland, and an instructor for *Kidpower*, a non-profit organization teaching self-protection and defense. See box for preregistration.

## LIVING WITH ONES AND TWOS . . .

Infants and toddlers are sure adorable. Unfortunately, they don't come with a manual. Come to **Meg Zweiback's** popular workshop on **Tues., Nov. 19, 7-8:30 pm**, for an overview of this age group and some helpful and 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 to preregister.

## . . . WHO BECOME THREES AND FOURS

Meg returns on **Tues., Jan. 14, 7-8:30 pm** 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. See below for preregistration info.

## SINGLE PARENT SUPPORT GROUP

Need to talk about your struggles and triumphs about parenting without a partner? Then, come join our support group on **Mondays, January 6, 13, 20, 27 at 7-8:30 pm** for a chance to meet other parents and share your experiences and concerns with them. See registration information below.

## RELAXATION FOR FAMILIES

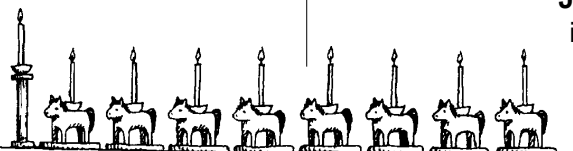
Come on **Monday, Feb. 3** from **7-8:30 pm** and learn simple acupressure and relaxation techniques for the whole family with **Jeffie Miller, CMT**. Children, preschool age and older, are encouraged to attend with parents. See box.



**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.

## TWO FUN MONDAY NIGHTS IN DECEMBER

You can learn and discover new games to play with children on *Family Game Night* on **Dec. 2** with our own staff **Susannah** and **Tasha**. The night of **Dec. 9** is a *Storytelling Night* led by **Muriel Johnson**, a professional storyteller, preschool teacher and parent. This is geared towards a preschool audience, but other ages are also welcome. Call 658-7353.



## RAISING YOUR SPIRITED CHILD

Come learn how temperament affects children's behavior and how to best live and work with inborn traits, focusing on children ages 1-5 years, with **Helen Neville, BS, RNP**, and **Sue Jensen, RNP**, on **Thursdays, Jan. 9-Feb. 13, 2003, 7-9 pm**. This is a collaboration with Kaiser Hospital; Kaiser members pay \$20 and non-members pay \$40. Call 752-1456 to preregister.

## LEGISLATIVE SNIPS



Family advocates have proclaimed a major VICTORY with the passage and Governor's signing of the **Family Leave Bill** introduced by **Senator Sheila Kuehl**. Although it began as a much stronger bill requiring contributions by employers, it is still considered a giant step forward for working family members. It is the first paid leave provision passed in the U.S. It establishes an insurance program funded by employee contributions to provide up to six weeks of leave with pay to individuals who can't work because of illness or injury of a family member (or domestic partner) or the birth, adoption or foster care placement of a new child.

Because they busied themselves with considerations of war and peace and homeland security and then had the nerve to recess so they could campaign back home, the House of Representatives did not take action on **H.R. 4737**, the Child Care and Development Block Grant (CCDBG) and the Temporary Assistance for Needy Families (TANF) program. These programs are vital to low-income families in order to continue their march toward self-sufficiency. Among other provisions, they both provide a substantial allocation for child care subsidies. Your representatives need to hear that the CCDBG must have increased funds just to continue to help the families who are currently being served let alone the thousands on the waiting list. BANANAS' own waiting list averages 2000 families. And our reps need to hear that the TANF program should be reauthorized with some much-needed changes in order to actually lift families out of poverty.

The State Budget was signed since we last went to press – it was a mighty long wait. Although child care

itself was relatively unscathed, the legislature gave the Governor the authority to make some cuts as he saw fit. Since those cuts still have not all been made, we are not resting easy. BUT the real problem looms ahead of us for the next budget session beginning January 2003. Most of the cuts that were made to make up for this year's deficit were cosmetic; next year the cuts will be deeper. The crisis this year was bad enough. The **Legislative Analyst Elizabeth Hill** has said that if we closed every University campus and every Cal State campus, we would have only made up about half the deficit. They didn't do that, of course, but we still have that much to make up for in the new year. And, for the most part, those cuts are likely to come from Social Services programs of which child care is a big part. Stay tuned. Or, better yet, get involved – see Parent Voices below.

### Health Care Enrollment for Child Care Workers

This pilot of the Work and Family Coalition funded by the United Way of the Bay Area is trying to get child care center workers enrolled in existing free and low-cost health care coverage. They will provide on-going support and stipend opportunities to center workers who will be trained as information point-people for health coverage options. For more information, call Sascha Hutchings at 504-5052 or e-mail [saschadh@sbcglobal.net](mailto:saschadh@sbcglobal.net). To get involved in the broader campaign for child care workers' health care, call Sara Hicks-Kilday at 841-5252.



### PARENT VOICES

Thank you to everyone who supported our delicious Asian food dinner by volunteering, cooking and buying meals! We were thrilled to raise \$700 to continue Parent Voices' work.

Our next big event will be in March 2003 – a hair cutting marathon. "Haircuts, not child care cuts!" is our rallying cry. Each spring state legislators try to cut child care funds; Parent Voices organizes rallies, events and testimony to prevent those cuts. This year, we want to hold a big advocacy event.

Watch the next newsletter for details, and if you'd like to help organize the event or have ideas, call Kim, Sue, Tasha or Tina at 658-7353. Our next meeting will be **Jan. 11**, at **10:00 am** at BANANAS.

Why does Parent Voices raise the money? We are a group of parents who want to see every family get quality, affordable child care. The funds we raise help send parents to Sacramento, and pay for signs, mailings, and materials about state decision-making policies.

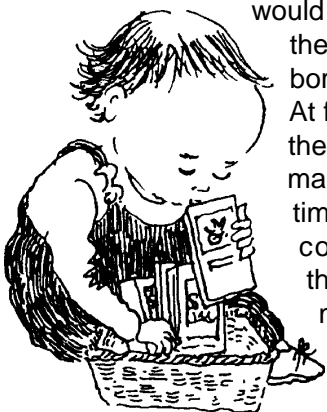
## MAKING SPECIAL BOOKS WITH CHILDREN

Do you make books? Books are one of the richest crafts to do with children – from folding and stapling crude picture books to designing intricate works of art. They help share information within a family – history, values, lessons learned. They can also be a way for parents and caregivers to uncover what children are struggling with or thinking about at a particular time. They are a perfect way to harness and organize memories. And, when things are scary in the world, making a book with a child can be therapeutic and calming for everyone.

When Jasmine realized somewhere around April that she was leaving her family child care program to go to kindergarten, her behavior changed and her caregiver noticed she was having a hard time thinking about leaving. The caregiver sat down with Jasmine while other children napped and together they made a *leaving book*. The paper was cut into hand-shaped pieces to indicate a hand waving ‘bye bye.’ Jasmine picked colors that she knew were her friends’ favorites and on each page told a story about that friend. One page was reserved for a story from the caregiver herself, and on it, she recounted Jasmine’s first days as a baby in her care – how her hair stood up straight like a little duck, how she loved to look at water running in the sink. And then she drew a picture of Jasmine as a big girl, going to school with the other kids. *“See the hands we made, waving bye bye to you? They will also wave hello anytime you want to come back and visit. You are part of our family and you are always welcome here.”* After the caregiver read the book aloud to the group, she sent it home with Jasmine so she and her family could read it over and over in preparation for school.

Eduardo’s mama’s belly was so big he couldn’t sit on her lap anymore. He felt miserable and tried in vain to scramble up onto that familiar place. His mama told him that the new baby was taking up all the lap room for now and soon the baby would come and there

would be more room for both of them. But, when the baby was born she still took up mama’s lap. At first she was kind of cute, but then she started crying a lot and mama had to hold her most of the time. Eduardo hid behind the couch and thought mean thoughts. Then one morning his mama crept behind the couch to him and sat down. *“Eduardo,”* she whispered,



*“Let’s make a story about my lap and all the things it is used for. Baby sister is sleeping.”* Every morning while baby slept, Eduardo and mama worked on their book. They made it accordion style so that it kind of looked like lots of laps when Eduardo opened it all the way. *Mama’s Many Laps*, they called it, and there were beautiful colored pictures they drew of Eduardo, of baby, of their little dog being brushed, of piles of yarn being knitted, of toys being fixed, of seatbelts being buckled. And each day, just before baby awoke, Eduardo and mama read the most recent page while he sat on her lap.

Mey’s Grandma was turning 70. For a long time, Mey thought about what kind of gift would be valuable enough to give Grandma for this very important birthday. She had very little money saved, and she didn’t know what Grandma needed. Mom said, *“Grandma doesn’t need much. She really just needs the love of her family, every day.”* Mey thought and thought. Then she sent a letter to people in her family asking for a photograph of themselves. Mey stuck the pictures on brown paper she cut from grocery bags. She carefully wrote the name of each person and then glued a little fortune from a fortune cookie beneath the photo and name. She punched holes in the pages and then tied them together with a pretty hair ribbon. On her birthday, Mey’s Grandma got vases and flowers and candy and foot lotion. When she opened Mey’s book, Mey smiled, and Grandma cried.

When Shanti was six, he felt the earth shake under his feet and saw glasses fall out of the cupboard. For many weeks afterward, he dreamed of the shaking, and sometimes he cried out or wet his bed. When an airplane flew low and close, making a big rumble, he screamed and ran, and his papa knew it was time to make a book. They used crinkly scissors and cut pictures straight from the newspaper and magazines about the earthquake. They glued them to a medium-sized cardboard box on all sides. Shanti added pictures of what he saw in his dreams. They wrote right onto the box what scared them and what they learned from reading about earthquakes at the library. *“Papa, this doesn’t look like a book!”* Shanti exclaimed when they finished. *“Shanti, it’s just a different kind of book. Books don’t have to all look alike. Our book has a story and pictures, just like the others.”* Shanti read his book every night before bed. When he tossed his book around on the floor, it looked a little like an earthquake. He put little people and cars on the box book, attached with rubber bands, and tumbled it around some more. Papa joined him, and together they tumbled the earthquake book down the hall to bed.

Do you make books with a child? Give it a try!

**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, November 14** and **Dec. 12 at 10 am**. A nighttime workshop will be held **January 16, 6 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, **Thursday, Jan. 9**. 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 take reservations for each 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 noviembre del 2002 y 21 y 28 de enero del 2003 a las 2 pm**. No hay orientaciones en diciembre.

**Babysitter/In-Home Caregiver Orientation in Vietnamese:** BANANAS sẽ giới thiệu thi+u tui li+u v" vi+c tr'ng nom trc vtu h'ing d...n thõ tuc tòm vi+c d'nh cho c'c b'nn mu'En ch@m s,,c trc t'ri nhũ cõa phũ huynh vtu ng'uy Th' T', 4 Th'ng 12 vtu 15 Th'ng 1 l'uc 2 gi' tr'a.

• 15 Hour Health/Safety Course -L'ip Ch@m s,,c s'c kh'e vtu an to'nn cho trc em, 15 gi'i, g'Am 2 l'ip h'c vtu ng'uy Th' Bay, 4 vtu 11 Th'ng 1 l'uc 9 gi'i s'ng.

**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:** This class gives an introduction to child development and practical babysitting hints on **Mon., Nov. 25** or **Wed., Jan. 29, 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 has 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 **Nov. 10 & 17** and another class on **Jan. 12 & 19**. You *must send a reg. form & a check* payable to BANANAS to reserve a space. Fee: \$30; \$50 for parent-couples.

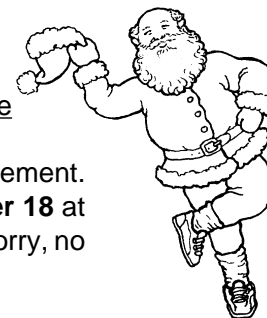
**Provider Child Care Health & Safety Courses:**  
**•15 Hour Course Which Is A Licensing Requirement:** offered on Sundays in 3 modules:  
 1) **CPR (Nov. 3, Dec. 1, Jan. 5, 10-3:30 pm; \$50)**,  
 2) **First Aid & Injury Prevention (Nov. 10, Dec. 8, Jan. 12, 10-3 pm; \$35)**, and  
 3) **Preventive Health (Nov. 17, Dec. 15, Jan. 26, 10-3 pm)**.

In order to register and get credit for the BANANAS preventive health module, providers must also take CPR and First Aid from BANANAS. All 3 modules: \$100; CPR & First Aid together: \$80. Call for registration form.

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

**HERE COMES SANTA CLAUS ...**

BANANAS popular Santa Suit will be on loan again this year to child care programs for their holiday parties. You can borrow the suit weekdays from 10-12:30 pm or from 1-4 pm. Weekends may be possible by special arrangement. Reservations are first come, first served and will begin **Monday, November 18 at 9:30 am**. Please call 658-7353 and ask for Alisa Robinson or Tillie Mason. Sorry, no schools or clubs, just child care programs.



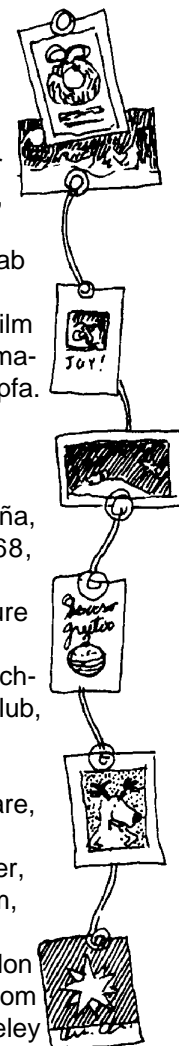
## NOVEMBER

- 4, 11, 18, 25 **Communicating with Children**, page 2
- 6 **Merritt FCC Class** begins, see page 9
- 6 **RAMADAN** begins and lasts through 12/5
- 8 **English Infant/Toddler Merritt Class** begins, p. 9
- 10 Family Show : Juanita Ulloa, 2 pm, Freight & Salvage, 548-1761, [www.freightandsalvage.org](http://www.freightandsalvage.org)
- 11 **VETERANS DAY** – BANANAS closed
- 12 **Family Law Clinic**, also 11/26, 12/10, 1/14 & 28 and 2/10, see back cover for details
- 12 First Stage Children's Theater: The Secret of Parrot Cove, 7:30 pm, Julia Morgan Center for the Arts, \$4, 845-8542, [www.juliamorgan.org](http://www.juliamorgan.org)
- 16 & 1/18 **Provider Support Group**, see page 9
- 16 Native American Culture Day, 1-4 pm, Oakland Main Library, info: 482-7823, [www.oaklandlibrary.org](http://www.oaklandlibrary.org)
- 16 Nature of the Night, 2:30-6:30 pm, Chabot Space and Science Center, 7+ years, call Crab Cove for info: 521-6887
- 16 & 12/14 Magic School Bus Video Festival, 10:30 am-1:30 pm, Lawrence Hall of Science, 642-5132
- 16 Kids on the Block Puppet Shows, 1:30 and 2:30 pm, Hall of Health Puppet Shows, 549-1564
- 17 Family Explorations! Two Programs: Arte Latino and Disaster Preparedness, noon-4 pm, Oakland Museum, 238-2200, [www.museumca.org](http://www.museumca.org)
- 17 Family Show: Kathy Kallick, 1 pm, Freight & Salvage, 548-1761, [www.freightandsalvage.org](http://www.freightandsalvage.org)
- 17 Ventriloquist Steve Chaney & singer Randy McCommons, 1-2 pm, Berkeley Richmond JCC, \$7 (under 2 free), The Buddy Club, 236-7469
- 18 **Santa Suit reservations** begin, see page 5
- 18-24 Children's Book Week – visit your local library
- 19 **Ones & Twos with Meg Zweiback**, see page 2
- 19 & 20 Let There Be Light! with Cric-Crac, Tuesday 7 pm at Berkeley North Branch Library, 981-6250, Wednesday 3:30 pm at West Branch, 981-6270
- 20 **FCC Orientation en español**, see page 9
- 20 **FCC Business Workshop en español**, see page 9
- 23 Amazing Insects, 11 am-noon, Crab Cove, ages 3-5, reg. required, 521-6887
- 23 Family Farm Day: Give Thanks To Food, 10 am-2 pm, Slide Ranch, reservations required, (415) 381-6155
- 24 Asheba, Music for Kids, 3-5 pm, Ashkenaz, \$4, 525-5054, [www.ashkenaz.com](http://www.ashkenaz.com)
- 24 Amphibian Amble, 3-4:30 pm, Roberts Regional Park, ages 4+ years, Crab Cove: 521-6887
- 24 Optics Fair, 1-4 pm, Lawrence Hall of Science, especially for parents, teachers & children ages 6 & up, 642-5132, [www.lawrencehallofscience.org](http://www.lawrencehallofscience.org)
- 24 Calling Out Names, 10 am-6 pm, Jack London Square, 814-6000, [www.jacklondonsquare.com](http://www.jacklondonsquare.com)
- 28 **THANKSGIVING** – BANANAS closed 11/28 & 29
- 29 **HANUKKAH** begins at sundown
- 29 Family Wake-up Walk, 1-3 pm, Crab Cove, paved for wheelchairs and strollers, 521-6887
- 29 Tree Lighting Ceremony, noon-7 pm, Jack London

- Sq., 814-6000, [www.jacklondonsquare.com](http://www.jacklondonsquare.com)
- 11/29-30, 12/1, 6-8, 13-15, Holiday Season at Dunsmuir, 11 am-5 pm, Dunsmuir Estate, 11/30 & 12/7 Children's Tea With Father Christmas, 11:15am, reservations required, (925) 275-9490, [www.dunsmuir.org](http://www.dunsmuir.org)
- 30 Closing Day at the Cove, 10 am-4 pm, Crab Cove, reopens March 1, 2003, 521-6887
- 30 & 12/1 Teddy Bears & Friends Parade & Film Festival, 1 & 3 pm, Pacific Film Archive, Information: 642-1412, Tickets: 642-5249, [www.bampfa.berkeley.edu](http://www.bampfa.berkeley.edu)

## DECEMBER

- 1 Vocolot Chanukah Concert, 7:30 pm, La Peña, \$16 in advance, \$18 at door, 849-2568, [www.lapena.org](http://www.lapena.org)
- 1 Open the Farm, 8:30-10 am, Tilden Nature Area, 6+ years, 525-2233
- 1 "Tye the Magic Guy," 1-2 pm, Berkeley Richmond JCC, \$7 (under 2 free), The Buddy Club, 236-7469, [www.TheBuddyClub.com](http://www.TheBuddyClub.com)
- 2 **Family Fun Night**, see page 2
- 5 Menorah Lighting, 4-7 pm, Jack London Square, 814-6000, [www.jacklondonsquare.com](http://www.jacklondonsquare.com)
- 6-8, 13-15 Berkeley Ballet Theater's Nutcracker, Fri. 7 pm, Sundays 2 pm, Saturdays 2 & 7 pm, Julia Morgan Center for the Arts, 843-4689
- 7 Lighted Yacht Parade, 3-9 pm, Jack London Square, 814-6000, [www.jacklondonsquare.com](http://www.jacklondonsquare.com)
- 7, 14, 21 Holiday Crafts Fair, 10 am-3 pm, Berkeley Farmers' Market, Center St. @MLK, Ecology Center, 548-3333, [www.ecologycenter.org](http://www.ecologycenter.org)
- 8 Colombian Christmas, 6 pm, La Peña, \$15 general/ \$12 students/ \$8 for 7 & under, 849-2568, [www.lapena.org](http://www.lapena.org)
- 8 Wrap It Up!, 12:30-2 pm, Tilden, 525-2233
- 8 Derique "The Classy Clown," 1-2 pm, Berkeley Richmond JCC, \$7 (under 2 free), The Buddy Club, 236-7469, [www.TheBuddyClub.com](http://www.TheBuddyClub.com)
- 9 **Storytelling with Muriel Johnson**, see page 2
- 10-29 The Nutcracker, War Memorial Opera House, SF Ballet, (415) 865-2000, [www.sfballet.org](http://www.sfballet.org)
- 12 Frosty the Snowman with Dimitri Matheny, 7:30 pm, Chabot Space & Science Center, \$12/\$8 members, 336-7373, [www.chabotspace.org](http://www.chabotspace.org)
- 13-15, 19-24 Oakland Ballet's Nutcracker, Paramount Theater, special student matinees at 10:30 am 12/12, 18-19, 465-6400, tickets: 286-8914
- 13-15, 20-22 The Christmas Revels, Scottish Rite Theater, discounts for children under 12, seniors & groups 893-9853, [www.calrevels.org](http://www.calrevels.org)
- 14 Holiday Fiesta, noon-3 pm, Peralta Hacienda Historical Park, free, 532-9142
- 14 Walter the Giant Storyteller, 11 am, Cody's on 4th St., ages 4 & up, 559-9500
- 14 Breakfast with Santa, 10 am-noon, Alameda Parks



and Recreation, ages 3 & up with adult, \$7/person, reservations required, 748-4565

- 14-15, 21-24 Telegraph Avenue Holiday Street Fair, 11am-6 pm, Telegraph Ave./Bancroft to Dwight Way
- 15 Family Explorations! Fungus Fair, noon-4 pm, Oakland Museum, 238-2200, [www.museumca.org](http://www.museumca.org)
- 15 Posada/Celebración Latina, 4-7 pm, Jack London Square, 814-6000, [www.jacklondonsquare.com](http://www.jacklondonsquare.com)
- 15 Venezuelan Holiday Concert, 7 pm, La Peña, \$12 general/\$10 children, 849-2568, [www.lapena.org](http://www.lapena.org)
- 21 Cider, Songs, Stories and Crafts, 1-4 pm, Tilden Nature Area, 525-2233
- 25 **CHRISTMAS** – BANANAS closed 12/24 & 25
- 26-1/1 **KWANZAA** – for activities contact the Bay Area Kwanzaa Committee, (415) 563-3519
- 29-1/4 Zoo Lights, Friday, Saturday, Sunday 5:30-9:30pm, M-Th 5:30-9 pm, Oakland Zoo, 632-9525
- 26-31 Holiday Week Activities, Lawrence Hall of Science, 642-5132, [www.lawrencehalloffscience.org](http://www.lawrencehalloffscience.org)
- 28 End of the Year Open House, 11 am-4 pm, Tilden Nature Area, 525-2233
- 31 Fratello Marionettes present Vaudeville Follies, Berkeley Libraries, 981-6223
- 31 New Year's Balloon Drop, 3:45 pm, Chabot Space & Science Center, 336-7300, [www.chabotspace.org](http://www.chabotspace.org)

## JANUARY

- 1 **HAPPY NEW YEAR** – BANANAS closed 12/31, 1/1
- 6, 13, 20, 27 **Single Parent Support Group**, page 2

- 7 **Beginning ESL for Providers** begins, see page 9
- 8 **In-home Caregiver Taxes**, see page 9
- 9 **Raising a Spirited Child** begins, see page 2
- 11 **Parent Voices Meeting**, see page 3
- 12 Family Program: Making History Come Alive, 2 pm, Judah Magnes Museum, 549-6950
- 12 "Earthcapades," 1-2 pm, Berkeley Richmond JCC, \$7 (under 2 free), The Buddy Club, 236-7469,
- 12-26 & 2/2-23 Children's International Film Festival, Sunday matinees, Pacific Film Archive, Info: 642-1412, Tickets: 642-5249, [www.bampfa.berkeley.edu](http://www.bampfa.berkeley.edu)
- 14 **Threes & Fours with Meg Zweiback**, see page 2
- 15 **Merritt FCC Class** begins, see page 9
- 20 **M.L. KING, JR. BIRTHDAY** – BANANAS closed
- 24 **Spanish Infant/Toddler Merritt Class** begins, p. 9
- 26 Zappo the Magician, 1-2 pm, Berkeley Richmond JCC, \$& (under 2 free), The Buddy Club, 236-7469, [www.TheBuddyClub.com](http://www.TheBuddyClub.com)
- 25 Preschool & Child Care Fair, see Greeting
- 28 **FCC Tax Workshop**, see page 9
- 30 **Booties Camp** begins, see page 2

## FEBRUARY

- 1 **CHINESE NEW YEAR** (Year of the Ram) – 2/15 SF Parade, (415) 391-9680, [www.chineseparade.com](http://www.chineseparade.com)
- 1 **HAPPY TET** – American Viet League: 834-7971, Huong Viet: 528-1265
- 3 **Relaxation Workshop**, see page 2
- 10&24 **Workshop for Gay & Lesbian Parents**, page 2

## ← Please see page 5 for Ongoing BANANAS' Workshops

### WHERE TO GET HELP THIS HOLIDAY SEASON

Now's the time for low-income families who are seeking holiday help to call government and nonprofit agencies because frequently the deadline for assistance is mid-November. Families on TANF (welfare) can call their eligibility worker for a referral. Call HELPLINK at (800) 273-6222 after November 11, for a list of agencies which serve holiday meals or provide food baskets. Some of the agencies listed at right may also take names for their holiday lists.



### EQUIPMENT FOR KIDS WITH DISABILITIES

Are you serving a child with special needs? Do you need equipment, materials or toys that will help you care for a child in your care? BANANAS has a small 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 equipment, please contact Heather for help.

### WHERE TO GIVE DONATIONS FOR OTHERS

Here's where to help others in these hard times:

**Alameda County Food Bank**, 834-3663, Rita MacDonald; accepts food items, money, gifts.

**Alameda County Holiday Adopt-a-Family Program**, Mrs. Anderson, 271-9194; accepts food, clothing, toys, cash.

**Alameda Red Cross**, 814-4209, Jim Franz; accepts money, food for holiday baskets, new toys.

**Berkeley Holiday Fund**, P.O. Box 9779, Berkeley 94709; accepts money for needy Berkeley families.

**BOSS**, 848-3409, Rosie Kaplan; wants new adult socks, blankets, winter clothing, towels, toiletries; also, for groups who want to pool their resources, contribute to **BOSS' Adopt-a-Family Project**.

**Oakland Mayor's Toy Drive**, 238-3141, John Betterton; accepts money and new toys.

**Salvation Army Toys of Joy Program**, 652-8422, Bryan Calastini; accepts money, canned goods, new toys.

**Toys for Tots**, 814-1600, Sgt. Greenlee for Berkeley, Sgt., Bermudes for Oakland, Chief Crone for Alameda; new, unwrapped toys.

# BANANA Splints

## Judy Calder R.N.



*Dear Judy,  
Since my 6 month old baby entered child care three months ago, it seems he always has a cold and he has had three ear infections already. Should I be worried that his speech could be affected from all the ear infections?*

*Isabelle*

Dear Isabelle,

It's very common for young babies to get sick more often when they enter group child care because they are exposed to the larger germ pool inherent in group care. Additionally, the natural immunity that protected a baby during the first 3-6 months of life has diminished and he will get many of the viral colds that come around. However, with every infection he does build up some resistance to that particular virus and he will get less sick over time.

Ear infections are usually associated with colds, since fluid in the middle ear often gets trapped behind the eardrum during a cold, and can lead to an infection. Some children get frequent new ear infections (*acute otitis media*) and other children have chronic fluid in their ears. This is more common in very young children because the tube that connects the middle ear through a tube to the throat (*eustachian tube*) is very short and straight, making it easy for bacteria in the mouth or nasal passage to reach the inner ear. This is a time to be watchful for signs of an ear infection since colds in child care settings are more common in December, January and February. You may notice your baby pulling or rubbing his ear, crying when sucking or when awakening from a nap.

Some children can have fluid in their ears for 6 months at a time and this could temporarily affect speech since language is muffled by fluid in the ear and that affects the way children hear and pronounce words. At 6-9 months you want to make sure your baby turns his head toward the source of new sounds, and that he babbles and imitates the tone of your voice. If you are concerned about your baby's hearing, discuss it with your health provider. Hearing tests with an audiometer are routinely done at age 3 years, but don't hesitate to

ask for the test for a younger child. While you may not have to worry about speech now if your baby is responding, you should be alert if he becomes less responsive to speech as he grows.

There are some conditions that increase your baby's risk of colds and ear infections, like exposure to smoke, allergies, bottle feeding while on his back or prolonged bottle feeding. The most important steps to take would be to avoid exposing the baby to second hand smoke, to bottle feed your baby in an upright position and to begin weaning to a cup as soon as he shows signs of being ready. Increased attention to hand washing and environmental cleanliness, both at home and in child care, will reduce the exposure to germs, as will an environment that is well-ventilated and not over-heated. Never use cotton swabs or put anything smaller than your finger into your child's ear as that could push ear wax against the eardrum or could even damage the eardrum.

Although health providers are prescribing fewer antibiotics for ear infections and taking a "wait and see" approach, there may be times when your baby needs antibiotics. It's very important that the medication be given for the full time it's prescribed even if it seems like your baby no longer has the symptoms of an ear infection. When antibiotics are not given for the full time prescribed, all the germs may not be killed off and they become more resistant to antibiotic treatment.

Some children are less prone to get ear infections than others and ear infections become less common beginning at age three. Sometimes a small group size (under 10 children) in child care can make a difference in frequency. Meanwhile, continue to talk and read with your baby as these are the most positive factors affecting a child's speech and language development.

Yours in Sickness and Health, Judy

BANANAS has holiday handouts available, including "Holiday Colors, Red and Green or Just Plain Blue," "Bah, Humbug!," and "Baker's Dough Ornaments." Send a SASE for up to 3 handouts or download them at [www.bananas.inc.org](http://www.bananas.inc.org).

## TAXES DON'T HAVE TO BE TAXING!

**Nancy Ott**, longtime family child care tax specialist, can ease the pain of gathering information and filing taxes on your family child care home. This popular workshop is a must for new providers and always helpful to more experienced ones. If someone else does the taxes in your family, s/he is welcome to attend with you. Come on **Tuesday, January 28** from **7:00-8:30 pm**. Space is limited; call 658-7353 to register.

## TAXES FOR IN-HOME CAREGIVERS

Do you pay an in-home caregiver and want some clarification on withholding taxes? **Carlos Aleman**, E.A., will present a workshop for parents and in-home caregivers on **Wednesday, Jan. 8** from **7-8:30 pm**. The session will cover tax obligations and regulations governing the relationships between caregivers and their employers. Call 658-7353 to register.

## MERRITT CLASSES IN 2003

You can enroll at any Peralta College for Spring 2003 beginning in November. Call 436-2487 or contact Sylvia Espinosa at 536-1830 to register in Spanish. All of the following classes are 1 ECE unit. Courses in English offered at BANANAS are Family Child Care (M0834) for beginning and experienced providers, **Wednesdays, Jan. 15 to Feb. 19, 6:30-9:30 pm** and Introduction to Infant/Toddler Curriculum II (M1048), **Friday, April 4, 6:30-9:30 pm** and **Saturdays, April 5, 12 and 26**. Introduction to Infant/Toddler Curriculum I will be offered in Spanish (M1075) on **Friday, Jan. 24, 6:30-9:30 pm** and **Saturdays, Jan. 25, Feb. 8 and Feb. 22, 10 am to 3 pm**. The Chinese and Vietnamese session of Introduction to Infant/Toddler Curriculum I (M1076) is on **Saturdays, Feb. 15 and March 1 & 15, 9 am to 3 pm**.

## SUPPORT FOR FAMILY CHILD CARE PROVIDERS

BANANAS has an ongoing support group for family child care providers held on the **3rd Saturday** of the month from **9-11 am**. Come to discuss special topics, get support, and share refreshments. The next two meetings will be on **November 16** and **January 18**. (Possible December get-together will be discussed on Nov. 16.) Call Tina or Alisa at 658-7353 for information.

## ESL FOR CHILD CARE PROVIDERS

If you work in child care and would like to improve your English, BANANAS has a class for beginning English speakers on **Tuesdays, Jan. 7 through Feb. 25, 6:30-8:30 pm**. Call 658-7353 to sign up.



**¿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.

**Orientación del estado para obtener su licencia** – El Dpto. de Licencias ofrecerá una orientación en español en BANANAS **miercoles, 20 de noviembre a la 1:30 pm**. No se permite traer niños. Debe de registrarse al 658-7353.

**Como promover su negocio de cuidado infantil hogareño** – Ofrecemos un taller con **Carlos Aleman**, especialista en impuestos para proveedoras, **miercoles, 20 de noviembre, de 3 a 5 pm**, después de la orientación. Incluye información sobre sus derechos y responsabilidades en cuanto a los impuestos y como calcular sus gastos y los ingresos que necesita para mantener su negocio a flote.

**Clases de salud y seguridad** – La próxima serie de clases en español será los **sábados 11 de enero** (Salud Preventiva), **18 de enero** (RCP) y **1 de febrero** (Primeros Auxilios), **10 am-3 pm**.

**Clases de inglés para personas que cuidan niños** Ofrecemos ocho sesiones del nivel principiante, los **martes de 6:30 a 8:30 pm**, empezando el **7 de enero hasta el 25 de febrero del 2003**.

**Cursos de Merritt en BANANAS** – Actividades para bebés y niños pequeños (en inglés *Introduction to Infant/Toddler Curriculum I*), un curso de 1 unidad ofrecido en español empezará **viernes, 24 de enero del 2003** y seguirá **3 sábados, 25 de enero y 8 y 22 de febrero**. Código del curso: M1075. Para registrarse, llame a Sylvia Espinosa al teléfono 536-1830.

## 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:十五小時國語課程日期在 1/11/03, 1/18/03, 1/25/03. 證書二年到期,續期者,申請托兒執照者請儘速報名.
2. 2003 年春季學分班:請向 Merritt 學院查詢.十一月份開始報名,名額有限,儘速.  
護兒英語班:三個學分,需有中級英文程度.  
嬰幼兒課程介紹 I:一個學分,中文教學.
3. 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. The next meeting will be on **November 21 and January 16, 10 am to 12 pm.** (No December meeting.) 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.
- ADVANCING HIGH QUALITY CHILD CARE Conference with Thelma Harms, Nov-15-16, Cesar Chavez Center, SFSU, reg. deadline 11/8, (415) 405-3564
- CHILD CARE & DEVELOPMENT STATE BUDGET POLICY Workshops, Sacramento, Thurs., Jan. 23; Oakland, Tues., Jan. 28, \$115-125, On the Capitol Doorstep, 926 J St. #1007, Sacramento, CA 95814, (916) 442-5431.
- SUCCEEDING WITH THE DIFFICULT YOUNG CHILD with Gary Benton, trainer, preschool-second grade, Oakland Park Plaza Hotel, Jan. 9, 1-800-735-3503, \$155 due prior to program.
- CHILD CARE PROVIDERS ARE AT-RISK GROUP FOR FLU, check flu clinic schedule and get informational flyer in Spanish or English at <http://alcowebd/PublicHealth/index.htm> or <http://alcowebd/PublicHealth/new/whats.htm>.
- BANDTEC DIVERSITY CONFERENCE, SF LGBT Community Center, Our Family Coalition, (415) 681-1960, [www.ourfamily.org](http://www.ourfamily.org).
- CREATIVE-BASED DANCE EDUCATION for teachers & artists working in pre-K-8th grade, Sat. & Sun, Jan. 25 & 26, 12-4 pm, Marin location TBA, 644-3629 or [www.lunakidsdance.com](http://www.lunakidsdance.com).
- ENGLISH FOR CHILD CARE PROVIDERS at Merritt College, 3 unit class, 9-12 noon Saturdays, Fruitvale Education Center, call Sylvia Espinoza, 536-1830.
- CHILD DEVELOPMENT TRAINING CONSORTIUM has career incentive grants, administrator institutes, child development permit stipends, etc., for info. call (209) 572-6080 or visit [www.childdevelopment.org](http://www.childdevelopment.org).
- HELMET SAFETY PROGRAM at Habitot Children's Museum in Berkeley, for providers serving low-income children, contact Rosie at 647-1111, X15 about free tricycle helmets.
- ARTS LEARNING & EARLY CHILDHOOD DEVELOPMENT, workshops with David Sousa, Ed.D., Tuesday, November 12, 8:30-11:30 am and Thurs., Nov. 14, 6-8 pm, Nile Hall, Preservation Park, 668 13th St., Oakland, reg. required, [www.artsedeastbay.org](http://www.artsedeastbay.org).
- CAEYC Annual Conference for early childhood educators, Fri., Feb. 28 and Sat. and Sun., March 1-2, (916) 486-7750 or [www.caeyc.org](http://www.caeyc.org).

**(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, 10/01, M-F maybe Sats flex, Mark, 521-8548  
Oak/Alameda, 3/00, flex, Diana, 534-1150  
Mont/Pied/Rock, 7/01, MWThF flex, Elizabeth, 654-2225

### EXCHANGES WANTED (Date = child's birthdate)

Berk/N Oak, 1/98, occas. eves & wkends, Bill, 845-6985  
Fruitvale or nearby, 6/96 & 7/98, M & T eves, Cristina, 261-8335

### LOOKING FOR SHARED SITUATIONS (No sitter hired)

(Date = child's birthdate, f-t= full-time; p-t = part-time)  
N Oak(your home only), 10/01, 2+ days, including F AM, Deb, 595-9107  
N Oak/Rock/S Berk, 7/02, MTW full days, Laura or Michael, 923-0169  
Mont/Pied Pines/Upper Rock/Pied, 7/02, M-F flex, Michelle, 482-5662  
Montclair, 11/02, M-F f-t, Daniel, 482-9881  
Montclair, 10/01, negotiable days, AMs, Jocelyn, 530-3230  
Pied/Mont/Crocker Highlands, 5/99, MW 8-3:15, Lisa, 652-8668  
Dimond/Laurel/Redwd/Glen/Mont, 7/01, 10-20 hrs flex, Susan, 482-2276  
Glenview, 11/02, M-Th p-t, James, 336-9405

### SHARED ARRANGEMENTS OFFERED (Sitter hired)

Alameda, 3/01, MTWTh, 30 hrs, Marie, 864-7858  
Alameda, 12/01, M-F f-t or p-t, Stephanie, 523-8112  
Alameda, 9/01, M-F f-t or p-t, Katja, 814-9938  
Alameda, 1/02, M-F f-t or p-t, Sylvia, 814-1854  
Alameda/N Oak/Berk, 2/02, M-F f-t or p-t, KC, 864-0854  
Flexible area, 11/01 & 5/01, flex age, M-F f-t or p-t, Erelah, 533-2717 or Sigal, 540-0119  
N Berk/Albany/EC/Kens, 10/00, M-Th, 2 or more days, sitter avail F, Nancy, 526-0255  
N Berk/Albany/N Oak/Rock, 7/02, MTF 2 days, Diane & Josh, 524-8160  
S Berk/Rock/Elm, 9/00 & 4/00, TWF full days, Sherry, 981-1009  
Rock/Elm, 5/01 & 4/00, MWThF flex, Kristin, 601-5575  
Rock/N Oak/S Berk, 12/00, M-Th, possible F, f-t or p-t, Natasha, 836-0502 or Alex (415) 622-2111 (w)  
Rock/Pied/Elm, 6/02, M-F f-t, Carolyn & Paul, 658-2220  
Rock/Pied/Mont, 1/01, M-F 18-30 hrs, Chuck & Susan, 482-1451  
Temescal/Rock/Elm, 2/02, M-F f-t, Liz, 652-4336  
Piedmont/Lake Merritt, 4/02, M-F 8-3:30, Anna, 763-2286  
Piedmont/Mont/Rock, 5/01, M-F f-t, Eric, 654-5653  
Pied/Mont/Oakmore, 5/02, M-F f-t, Kristi, 482-5091  
Lake/Crocker/Dimond/Mills, 11/01 flex, M-F f-t or p-t, Sherri, 632-0881  
Crocker/Glen/Rock/Pied, M-F f-t or p-t, Lori, 839-3793  
Mont/Pied/Glen/Rock, 8/96 & 3/94, M-F f-t or p-t, Gail, 530-8492  
Rockridge, 3/01, flex f-t or p-t, Leslie, 658-7524  
Mont/Pied/Rock, 10/00, M-F f-t or p-t, Paula, 282-0449  
Mont/Pied, 7/02, M-F flex p-t or f-t, Karen, 336-0700  
Mont/Rock, 5/00 & 7/98, flex f-t or p-t, Alena, 531-7915  
Dimond/Glen/Laurel/Oakmore, 1/02, M-Th p-t, Amy, 437-4636

### SHARED ARRANGEMENTS – PARENTS SPLIT TIME

Oakland/Berk, any age, TWTh, Nadya, 482-0682  
Oakland/Berk/Pied, flex WF min 6 hrs/day, Maia, 601-6970  
Rockridge/Clare/Mont/Glen, 8/02, MTWF, Julie & Juan, 649-1616  
Glen/Mont/Pied/Rock/Ala 0-4 yr olds, MF 8-16 hrs, Lita, 530-5998

### 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.
- EAST BAY MOMS Annual Preschool Fair, Sat., Jan. 25, 10 am to 1 pm, Scottish Rite Center, 1547 Lakeside Dr., Oakland, 653-7867.
- BERKELEY UNIFIED SCHOOL DISTRICT COMMUNITY MEETING, come to give your input about district goals, priority setting, budget recovery plan, Mon., Nov. 18, 6-8 pm, Berkeley Alternative High School, 2107 M.L. King Jr. Way, RSVP to Queen Graham, 644-8764.
- SPECTRUM CENTER SATURDAY WORKSHOP SERIES on "Addressing Autism Specific Behaviors: Rituals, Obsessions and Self-stimulation, 9:30-12:30, register by 11/13 by calling Stephanie at 845-1321 X232, \$25 per person, free to Spectrum parents.
- CALLING ALL WORK-AT-HOME PARENTS! MOMS INC is putting together Business Directory of Work-at-Home Parents East Bay edition, helps support work-at-home parents, contact Liza Sanchez for free brochure and/or to be listed in directory, 528-5219.
- DONATE your old parenting books to BANANAS Lending Library.
- HABITOT CHILDREN'S MUSEUM IN BERKELEY has family guest passes, free & subsidized memberships, scholarships for children's classes, parenting classes, etc., contact Rosie at 647-1111, X 15.
- NO COST MENTAL HEALTH SCREENINGS FOR YOUNG CHILDREN, parents can bring preschool children to Children's Psychological Health Center, 2024 Divisadero St., San Francisco on Friday, Monday & Tuesday, Nov. 22, 25 & 26, 9 am to 12 noon, must be registered in advance and accompanied by adult for all three days, RSVP to Gilbert Kliman, MD or Mike McDonald, (415) 474-0955.
- CHILDHOOD MATTERS NEW PROGRAM ON KISS-FM, tune in and call in to 98.1 KISS-FM on Sunda mornings from 9 to 10 am for dependable advice and information about children's health, child development, school readiness and parenting, hosted by Rona Renner, RN and Kaiser temperament specialist.
- PARENTS IN JOINT CUSTODY ARRANGEMENTS with children younger than 3, if you feel arrangement is working out, consider participating in doctoral dissertation study, \$15 paid for 3 meetings and you will be entered into a raffle for chance to win \$100 gift certificate, (415) 665-8074.
- BANANAS welcomes donations of disposable diapers, kids' equipment, clothes, children's books and toys in good condition. Tax receipt available.
- FATHERS OF CHILDREN WITH SPECIAL NEEDS, come to a support group meeting the last Thursday of every month at 7:30 pm at 5232 Claremont Avenue, Oakland, facilitated by James Ricks, Jr., call Family Resource Network at 547-7322 for information.
- THE BLESSING OF A SKINNED KNEE, parenting with a Jewish perspective, Tuesdays, Nov. 5, Dec. 3, Jan. 21, Feb. 11, March 18, May 16, six parenting classes focusing on how to raise resilient and compassionate children in today's frenetic, competitive culture, \$180 per 6 or \$30 per session per family, Berk-Richmond Jewish Community Center, 1414 Walnut St., Berkeley, CA 94709, 848-0237 X127.
- CHOOSING A SCHOOL FOR LESBIAN AND GAY PARENTS, panel of Bay Area school experts with emphasis on issues unique to LGBT parents of school-age children. RSVP to education @ourfamily.org, location the SF LGBT Community Center, 1800 Market St., at Octavia.
- EASTBAY CHAPTER OF MOTHERS & MORE, non-profit organization dedicated to improving the lives of mothers through support, education and advocacy, meets 1st Tues. and 3rd Thurs. of each month at 7:30 pm, Tues. at College of Alameda, 555 Atlantic St., Room C-113 and Thurs. at Zion Lutheran Church, 5201 Park Blvd., Piedmont, Lara at 339-8563 or <http://mothersandmoreeb.tripod.com>.
- I-PRIDE SUPPORTS, PROMOTES & EDUCATES INTERRACIAL and Intercultural Families, for info about becoming member, events or for complimentary newsletter, write PO Box 11811, Berkeley, CA 94712-2811, call 663-0975 or [IPrideCA@aol.com](mailto:IPrideCA@aol.com).
- PARENT/CHILD DANCE CLASS for parents and children together to families in Ala. County Dependency Court System, sponsored by Luna Kids Dance, Sat., Dec. 7, Alice Arts Center, Nancy Ng, 644-3629.
- I-PRIDE HOLIDAY CELEBRATION, Sunday, Dec. 8 at 3 pm at Faith Presbyterian Church, 439 49th St., Oakland, crafts for kids, information tables, food and special visitor, 663-0975 or [iprideca@aol.com](mailto:iprideca@aol.com).

- SUPPORT GROUPS FOR MOTHERS: Sherry Reinhardt, RN, MPH, Mom, visit [www.supportgroupformothers.com](http://www.supportgroupformothers.com), 524-0821.

#### CLASSES & ACTIVITIES FOR KIDS & TEENS

- ARE WE LISTENING TO EACH OTHER? Learn how to change communication barriers between teens & adults with interactive workshop sponsored by Alameda Collaborative for Children, Youth & Their Families and Xanthos, Inc., Wed., Nov. 20, 5:30-6 pm light dinner, 6-7:30 pm, workshop, Immanuel Lutheran Church Parish Hall, 1910 Santa Clara Ave. at Chestnut, RSVP required by 11/15 at 749-5816 or 749-5805, free, teen should be accompanied by adult.
- GIFT MAKING WORKSHOPS AT MUSEUM OF CHILDREN'S ART, Sundays, Nov. 10 – Card printmaking, Nov. 17 – Design shiny, whimsical picture frames, Nov. 24 – Create candelabras, Dec. 1 – Make a toy, Dec. 8 & 15 – Creative gift wrapping, 1:30-3 pm, \$20 includes all materials, 465-8770 X311, [www.mocha.org](http://www.mocha.org).
- CHABOT SPACE & SCIENCE CENTER HOLIDAY HOURS Dec. 23-Jan. 5, Sun.-Thurs. 10 am to 5 pm, Friday & Saturday, 10 am to 7:30 pm, closed Christmas, evening Panetarium & Theater Hours, Fri. & Sat. 7:30-9 pm, 10000 Skyline Boulevard, Oakland, 336-7300 or [www.chabotspace.org](http://www.chabotspace.org).
- LAWRENCE HALL OF SCIENCE IN BERKELEY ELEPHANTS exhibit through Jan. 13, daily from 10 am to 5 pm, closed 11/28 & 12/25, Elephant Tails Storytelling daily at 1:30, 2:30 & 3:30 pm, 62-2275.
- SUNDAY STORY HOUR AT TILDEN NATURE AREA, 11 noon, Nov. 10, 17, 24 and Dec. 8, 15, read stories and do a craft, each Sunday has a different theme, \$2 res., \$3 non-res., 525-2233.
- BABY BOUNCE AND TODDLER TALES at Berkeley Central Children's Library, 2090 Kittredge St., Story Room, 4th floor, Mondays, 10:15 and 11:00 through Nov. 25 (closed Nov. 11), please arrive promptly for brief program, call Elizabeth at 981-6224 with questions.
- PRESCHOOL STORYTIME Tuesday mornings at 10:30 am through Nov. 26, at Berkeley Central Children's Library, 2090 Kittredge St., Story Room, 4th floor, parking often avail. at City of Berkeley lot corner of Oxford and Kittredge Streets, one block east of library, first hour free, 2nd hour \$1.50.
- WILD ABOUT BOOKS FAMILY STORYTIME at Berkeley Public Library, 2090 Kittredge Street, Saturday mornings, 10:30 am for ages 3-7, free no registration required, 981-6223.

#### GENERAL ANNOUNCEMENTS

- REMEMBERING THE IMMIGRANT IN ME, Thurs., Nov. 14, 6-8:30 pm, sponsored by New American Foundation to showcase unique program with Latino and Vietnamese entrepreneurs, and features Latino and Vietnamese microbusinesses, cuisine and music, \$40 per person, 540-7785 or e-mail [info@anewamerica.org](mailto:info@anewamerica.org).
- CALLING OUT NAMES OF CHILDREN AWAITING ADOPTION, Sunday, Nov. 24, 10 am to 6 pm, Pavilion Stage, Jack London Square, Oakland, choirs, children's performances and readings, free.
- TREE LIGHTING CEREMONY AT JACK LONDON SQUARE, Oakland, Fri., Nov. 29, 12 noon to 7 pm, including pictures with Santa, arts and crafts fair, music, free carriage rides, and performances, free.
- 2ND ANNUAL MENORAH LIGHTING CEREMONY, Thursday, Dec. 5, 4-7 pm, Pavilion Stage, Jack London Square, traditional dancing, foods and dreidel spinning, free.
- 26TH ANNUAL LIGHTED YACHT PARADE, Sat., Dec. 7, 3 pm to 9 pm, Jack London Square, over 100 lighted yachts sail down the Estuary, food booths, arts & crafts, entertainment, free.
- LA TIERRA ES EL ORO NUESTRO! The Land is Our Gold, Fri., 3 to 6 pm through Dec. 13, performances and arts activities celebrating Oakland's Native American, Spanish & Mexican History, fiesta Sat., Dec. 14, 12 - 3 pm, Peralta Hacienda Park, 2465 34th Ave., 532-9142.
- 2ND ANNUAL POSADA CELEBRACION LATINA, Sun., Dec. 15, Pavilion Stage, Jack London Square, traditional Latin American celebration symbolizing Mary and Joseph's request for lodging, free.
- INTERNATIONAL INSTITUTE OF EAST BAY accepting immigration cases, family petitions, citizenship, work authorization, etc., for appointment call Patty, 451-2846 X336 or Will, X 323, drop-in consultations on Thursdays, 9 am to 12 pm or 1 to 4 pm, 297 Lee St., Oakland.
- SWINGSHIFT WOMEN'S DAYTIME CHORUS, Thursdays, 10 to 11:30 am, Glenview Performing Arts Center, Ellen, 482-9520.

## INFANT/TODDLER CAREGIVERS PROJECT

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, you can meet other providers and participate in individualized trainings, discussions and workshops focusing on this age group. Project participants will receive materials and equipment and consultations with trainers. Call BANANAS at 658-7353 if you're interested in participating in "CCIP."



## FREE FAMILY LAW CLINIC

The next Family Law Clinics sponsored by BANANAS and offered by the Volunteer Legal Services of the Alameda County Bar Assn. will be held on **Tuesdays, November 12 & 26, December 10, January 14 & 28 and Feb. 11, noon to 2 pm** at our office. These clinics help low-income families with domestic matters. Reservations are required; call Volunteer Legal Services, 893-1031, and follow teleprompt to "new clients" for an appointment.

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

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### RETURN SERVICE REQUESTED

Pre-crisis Warm Line: 658-6046

TTD: 658-2307 Provider Line: 658-7353

Referral Phone: 658-0381 Donor Option No. 3026

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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. Visit our website at [www.bananasinc.org](http://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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