

BANANAS

newsletter

FEBRUARY-MARCH, 2003, VOL. XXVIII, # 3



REETINGS –

Happy New Year once again – time to celebrate the Year of the Ram! We're going to need all of the Ram qualities we can muster in this political Year of Disaster. We'll certainly need persistence and wisdom to get across the message that child care has to be an integral part of the system for an economy to flourish. (See page 3 for more information on this state of affairs.)

A couple of joyous occasions since the last Newsletter: a new BANANAS' baby, **Nina Rose Stockard**, was born to **Nichelle Kitt** on Christmas eve day. And, **Joya Chavarin** joined the BANANAS staff in December to be the Career Advocate for child care teachers and providers. Joya is the mother of three and has had a lot of experience (considering her tender age!) teaching in and directing child care programs. Her name is very apt – Joya is a bubbly, can-do person.

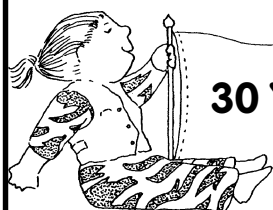
A couple of not so joyous (for us) departures since the last Newsletter: **Agnes Chan**, who has been leading our Asian services since 1983, has retired here at BANANAS due to an overfull teaching load at SF City College. She was instrumental in developing and shepherding the system of services for families and providers whose first language was one of the Chinese dialects (and eventually, Vietnamese, Laotian, Cambodian, Mien, Thai, and Tagalog). She helped build a competent, giving staff to continue these vital services. And, we are downright morose at the departure of **Susannah Maddock**. She's finishing her cre-

dential by doing her student teaching – lucky kids! We are already missing her many talents and innovations.

Because, for the most part, we are not filling vacant staff positions due to the looming State budget deficit, we have had to cut back on some of our services. We have discontinued our 15 hour Child Health & Safety course (in English) for child care providers that we have been hosting every Sunday for 13 years (see p.5). This saves us the staff time of arranging, scheduling and collecting payments. We also discontinued our substitute list which was waning monthly.

It seems timely to give some special acknowledgement to some of our volunteers who have given BANANAS and families so much: **Meg Zweiback** has been sharing her expertise with families for many years (see p. 2 for her latest workshop offerings), **Judy Calder** has been writing the Splints articles since she retired from BANANAS, **Estelle Bern** has given her time helping us with sometimes mundane but critical tasks in the office, **Robin Phipps** has diligently provided referral counseling to families since she left our staff ten years ago and **Helen Neville** has been coordinating our presenter's library. Recently, **Barbara Fritz** has given her valuable Baby Basics *gratis* and **Jennifer Monahan** is helping to raise much needed funds for some of our projects. THANK YOU from us and the families who use our services.

Happy African-American History Month (February), International Women's Day (March 8) and Birthday to Cesar Chavez (March 31)!



30 Years Ago . . .

BANANAS had a toy sale because we had no funding; we were all volunteers. Thirty years later, what we've built as a service to the entire community is at stake (see p. 3). Recently a state bureaucrat said, "R&R's only give out names and phone numbers," as an argument to reduce our funding. Help! Tell us if we've given you more than just names & phone numbers. Send us notes or e-mail us at BANANAS@BANANASInc.org.

DO YOU LIVE WITH A ONE OR TWO YEAR OLD?

Keeping up with active one or two year olds is a big challenge for parents and child care providers. Ones and twos can surprise parents with their energy, their developing personalities and the many stages they go through on the way from being a baby to becoming a toddler. **Meg Zweiback**, nurse practitioner, mom and *Parent's Press* columnist, will provide practical advice on this topic on **Tuesday, Feb. 25, 7-8:30 pm**. See box below for preregistration info for this popular workshop.

... OR A THREE OR FOUR YEAR OLD?

Meg returns on **Tuesday, April 22, 7-8:30 pm**, to address the questions and concerns of parents of those three and four year olds! Learn how to encourage and preserve the spontaneity, liveliness and curiosity of this delightful age group while teaching them how to cooperate and get along with others. Meg always leaves time for questions, so bring yours! See box below.

WINTER BOOTIES CAMP 2003

Just had a new baby or expecting one? Then this series of workshops is for you. Baby specialists will teach parents about *Yoga With Baby* (**February 6**), *Sleep* (**February 13**), *Reading with Babies* (**February 20**), and *Baby Massage* (**February 27**), **Thursdays from 10 am to noon**. The spring series begins on **April 4** with *Baby Basics* and **April 11**, *Feeding Your Baby*. These workshops will be on **Fridays from 6-8pm**. You can register for one or more topics by calling 658-7353. Refreshments provided and bring baby, of course. See preregistration info below.

LEARN POSITIVE PARENTING TECHNIQUES

A great class for parents with young children. This series will meet on **Monday evenings, March 10 through April 28, 7-8:30 pm**, and is facilitated by **Madeline Meyer Riley**, experienced MFT and former child care provider. Madeline's goal is to share with parents simple yet effective approaches for raising healthy children. This class will help you recognize and build on your strengths and aid you in parenting with confidence, kindness and respect. Get support and ideas from this popular class. Limited child care is available; please see box below for info.

WILLS WORKSHOP FOR PARENTS

Attorneys and Certified Tax and Estate Planning Specialists, **Paula Liebowitz** and **Rebecca DeKalb**, will present this annual workshop on how to develop wills from a parent's point of view. They will also discuss some important things to consider when selecting a guardian for your child/ren. This workshop will be held on **Wednesday, March 19, 7-8:30 pm**. Since this is a very popular workshop, early preregistration is a must. See information in the box below.

BRIBES, REWARDS, PUNISHMENTS: WHAT WORKS?

Meg Zweiback leads a workshop that will focus on the potential and problems of these "motivational" tools on **Tuesday, March 18, 7-8:30 pm**. Serious talk, practical suggestions and some humor will be involved. See box below for preregistration.



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.

SUMMER PROGRAMS INFORMATION FAIR

Each year, the Oakland-Piedmont branch of the American Association of University Women holds a Summer Information Fair so parents and kids can meet representatives from residential camps and day programs. This year's fair will be **Sunday, March 16** from **1 to 4:30 pm** at Scottish Rite Center, 1547 Lakeside Drive, Oakland. Free admission. Call 287-9855 for more information about the fair or AAUW.

FAMILY POWER FOR GAY & LESBIAN PARENTS

John Luna-Sparks, a social worker at Children's Hospital Oakland, and an instructor for *Kidpower*, will conduct two workshops around self-defense for gay and lesbian parents and their children ages 6-10 on **Mondays, Feb. 10 & 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. See box for preregistration.

LEGISLATIVE SNIPS



If you've been reading about the state budget, you know we're in a mess of trouble – \$28 to 36 billion of trouble. What you may not know is how much trouble the **child care system** is in as a result. The governor proposes to totally dismantle the child care system which has been built over the past 60 years in the Department of Education, and give the responsibility to each county to run child care as it wishes. Furthermore, the money that is now invested in child care would not be sent to the counties for this purpose. Instead the counties have been promised the proceeds from a proposed 1% sales tax, a reinstated personal income tax on the wealthiest Californians, and a \$1.10 per pack increase on tobacco products. The counties will use the funds to assume the responsibility of running child care as well as other health, mental health and social service programs.

In California, the premise has long been that child care and child development services should be run out of the Department of Education not only because it is a service for parents so they can work or go to school, but also because children benefit educationally and developmentally while in child care. The governor's budget disregards the latter concept and only leaves intact the State Preschool Program, a part-day, part-year program for 3 and 4 year olds, and the Before & After School Learning and Safe Neighborhoods Partnerships Programs.

The governor's budget proposal will have an immediate effect on the system of care for low-income folks, which could look different from county to county, making it more difficult for families to access child care. Center-based child development programs located in

low-income communities would be vulnerable to county administrators who have never administered direct child care services. Individual providers may have to fight harder for fair reimbursement rates and will have to do so county by county which could lead to 58 different rate systems.

The impact will also be felt in the non-subsidized child care system. The statewide implementation of quality initiatives like training programs, professional recognition, provider recruitment and retention programs could disappear. Again, this would be at the discretion of county administrators.

As for BANANAS, our core service of helping people find and choose care is threatened. We survived a proposal that would have reduced our funding by 50% but we remain vulnerable to future rounds of cuts. The new proposal would leave Resource & Referrals like ours up to local discretion.

We are working with others in the child care and development community to come up with responsible, reasonable solutions to the state deficit without dismantling a well-developed (the best in the nation, some say) system. There will have to be cutbacks, but we know the economy will eventually improve. So we hope to find solutions which will be the least disruptive to the families who rely on this system to become and stay self-sufficient.

Meanwhile, on the federal front, the news gets bleaker and bleaker by the day. Currently, there is a proposal to cut the very child care services which keep our nation working. Stay tuned! We will need your help.



Special thanks to parents **Nilah Milan** and **Nica Pap**! These two parents took time out of their busy schedules in December to travel to Sacramento and San Jose. There they testified to legislators and supporters about their personal struggles to find and keep quality, affordable child care. Nilah and Nica's testimony, along with the letters, emails and photos sent by many of you last month, had a major impact on Governor Davis' plans to defund child care for working parents.

PARENT VOICES

We protested, and we are winning! Our state legislators are unwilling to cut child care funding! As we go to press, they are promising to find the money elsewhere for the current year's budget. This is just the beginning of our efforts to expand child care. Mark your calendars for **Wed., May 7**, our annual **Parent Voices Action Day** at the Capitol. Meet legislators, attend hearings, and express your opinion about child care to elected officials! Call Kim at BANANAS, 658-7353 for info.

CAN'T YOU JUST SEND ME A LIST OF NAMES?

On any given day in the referral room, a parent might begin with a request like this one. In fact, this has been a key question for the 30 years that BANANAS has been in this "child care business." And, although family life has undergone dramatic changes since we began our services, the basic concerns have remained the same. So here are some of our answers to those compelling questions from parents and providers about child care referrals.

BANANAS doesn't make recommendations. Why?

Our child care counselors are available to help parents explore their options and feelings about looking for child care. We are not able, however, to recommend a particular provider or even a particular type of child care. We attempt to keep our information as complete and as current as possible but we try to remain non-judgmental to be fair to all parents and providers.

Choosing child care is a very personal decision involving a parent's values and expectations balanced against what is really available (location, hours, etc.) and affordable. No one – no matter how knowledgeable about children and child care – can make this choice for a parent. In our files, parents can find many providers and programs which are good, loving choices for a child and a good fit for their schedule and parenting style and some that are just not the right match. As parents talk to providers, visit programs, talk to other parents, they can begin to recognize quality. The process of choosing care helps parents sort out the realities from the myths. "This feels right" is a crucial component in any child care search.

Why can't I get referral information off the web site?

BANANAS has always been committed to being a people-oriented place where parents and providers can walk in or call to speak with experienced counselors regarding their questions, needs, fears and concerns about child care. A certain percentage of our referral "queries" come from parents who are new to finding child care. Their apprehensions are reduced by having a real live person support them through the process. Child care requests usually involve multiple factors and need to be individualized for each family. Speaking with a counselor provides parents with a more personalized and ultimately better referral. Talking with parents and providers also helps keep BANANAS a better informed and sensitive child care service. A recent call in the referral room is typical. A parent called for after school care for her second-grader. She was new to the Bay area and she told the counselor that



she was a single mother, feeling kind of isolated and looking for connections for her and her child. Our staff told her first about child care and then about our single parent group, a family game workshop, and community resources.

Why isn't there a rating scale to find out what's the best?

Choosing child care is not like buying a washing machine or shopping for the best car. There are so many pieces to the child care puzzle . . . the obvious are location, days and times, pricing, age ranges and ratios and the not so obvious are program philosophy, discipline, environment, language, etc. Around the country, there have been some attempts at designing rating scales, but none has been as successful as the day-to-day observations of parents.

BANANAS believes that parents are best able to choose and evaluate child care for their children because they know their children's needs best. Our 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 from among these possibilities.

Who licenses child care? What do they do?

Both center-based care and family child care homes are licensed by Community Care Licensing, the Department of Social Services of the State of California. This is primarily a health and safety check of the facility and does not insure the quality of care. The licensing office accepts calls from parents and is the appropriate channel through which to place complaints. The local DSS office can be reached by calling, 622-2614 (to check complaints) or 622-2602 (to make a complaint). BANANAS welcomes information – positive or negative – from parents, and we hope that you will call us with your concerns. However, we have no authority to monitor, investigate or revoke licenses.

Is it true that good child care is almost impossible to find?

No, but it is true that, unless a parent is very lucky, finding good child care will take some work. Parents need to keep themselves open to lots of possibilities and types of care. Keep calling us or coming in. Ask other parents. Think positively.

Supporting parents as they make decisions for their families has been a mainstay here. We offer a monthly "Choosing Child Care Workshop" where staff addresses general child care options and the most common parental concerns. BANANAS has written many choosing child care handouts to help parents along the way. All of these can be ordered by mail or downloaded from our web site, www.bananasinc.org. Call our referral line at 658-0381 and we'll help you with referrals, questions and concerns.

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 February 13, March 13, April 10 at 10 am.** A nighttime workshop will be held **Thursday, March 20 at 6 pm.** Feel free to bring baby.

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, 18 y 25 de febrero y 18 y 25 de marzo del 2003 a las 2 pm.**

Babysitter/In-Home Caregiver Orientation in Vietnamese : BANANAS s̄e gīi thi+u t̄ui li+u v" vi+c tr'ng nom tr̄e v̄u h̄ng d..n th̄o t̄uc t̄om vi+c d̄nh cho c̄c b̄n mūn ch̄m s,,c tr̄e t̄pi nh̄u c̄o a ph̄u h̄y nh̄ v̄u o nḡy **Th̄ T̄, 18 Th̄ng Hai & 19 Th̄ng Ba, l̄c 2 gī tr̄a.**
¥15 Hour Health/Safety Course in Vietnamese - 15 Gī L̄p Ch̄m s,,c S̄c kh̄e v̄u An tōn cho Tr̄e em, ḡm 2 l̄p h̄c d̄nh cho c̄c b̄n l̄m vi+c t̄pi nh̄u tr̄e Gia ãnh hay l̄m Gīo vi"n ph̄u t̄p ãc t̄e ch̄c v̄u o nḡy **Th̄ B̄y, 19 v̄u 26 Th̄ng T̄, t̄ 9 gī s̄ng ã' n 5 gī tr̄a.**

Teenage Babysitting Class: Gives an introduction to child development and practical babysitting hints on **Tuesday, March 18, 4-5:30 pm.** Pre-teens are welcome but you must be 13 to be in our teen babysitting file.

Parent First Aid and Emergency Care For Babies and Small Children: Learn lifesaving techniques from a first aid specialist. Each class is offered in two sessions. The first session addresses safety and first aid. The second session is on Infant-Child CPR. Both sessions are on **Sundays, 4-7 pm.** A class will be held **March 2 & 9** and another class on **May 4 & 18.** You *must send a reg. form & a check* payable to BANANAS to reserve a space. Fee: \$30; \$50 for parent-couples.

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。

CPR Classes in Spanish & Chinese see page 9

LOOK FOR OUR NEW HANDOUTS

We are happy to announce that we are about to "roll out" 4 new handouts written by our staff and **Helen Neville**, PhN and Temperament Specialist, which address directly child development issues as related to child care. Watch for these in the coming months.

Child Development Corps News

Your Career Advocate is here to help! Need assistance finding the right courses and workshops for your professional growth? Looking for career advice and support? Call **Joya Chavarin**, Career Advocate at BANANAS, for all of the listed events, 658-7353.

If you are interested in being trained as a professional growth advisor to the Corps, call Joya for upcoming training dates.

Are you a returning Child Development Corps member, you need to apply for a Child Development permit. On **Friday, February 21, or Friday, March 21, 6:30-8:30 pm**, there will be a supportive work group session to fill out the permit application. Reservations required.

Early Childhood Environmental Rating Scale: Do you want to learn how to use an assessment tool to improve the quality of your early childhood program? Come to an ECERS training at BANANAS on **Sat., March 8, 9:30-12:30 pm, or Sat., April 26, 2:30-5:30 pm.** Reservations required.

"Get Ready" Sessions for the Corps are coming up. Don't wait until the last minute to get an additional unit or two. Call Joya at 658-7353 today.

FEBRUARY – African American History Month

Sundays through 2/16, International Children's Film Festival, 1 pm, Pacific Film Archive, 642-1412, advance tickets: 642-5249, www.bampfa.berkeley.edu/pfa

Exhibit through 2/28/03, A View of Our Own: Teen Photos of Oakland 2002, Oakland Main Library, Youth Adult Section, hosted by TeenZone, 238-7332, www.oaklandlibrary.org

1 **HAPPY CHINESE NEW YEAR** (Year of the Ram) – 2/15 SF Parade, 5:30-8 pm, 2/16 Chinese New Year Community Street Fair, 9 am-5 pm, Jackson St. between Kearny and Stockton, SF, (415) 391-9680, www.chineseparade.com

1 **HAPPY TET** – American Viet league: 834-7971, Huong Viet: 528-1265

6, 13, 20, 27 **Booties Camp**, see page 2

7 California Cultures Children's Book Fair, 5-8 pm, Oakland Museum, 238-2200, www.museumca.org

8 Linda Zittel and the Magic Window Puppet Theater, 10:30 am, La Peña, 849-2568, www.lapena.org

8 Tilden Toddlers, 2-3 pm, Tilden Nature Area, 2-3 year-olds, 525-2233

8 Celebrate Chinese New Year with Storyteller Clara Yen, 11 am, Oakland Asian Branch Library, 238-3400, www.oaklandlibrary.org

9 Black History Month Free Admission Day, 11 am-5pm, Habitot Children's Museum, 647-1111

10 & 24 FamilyPower and KidPower, see page 2

11 **Family Law Clinic**, also 2/25, 3/11 & 25, 4/8 & 22, see back cover for details

11 Vukani Mawethu Choir: Freedom Songs of South Africa, 7 pm, Golden Gate Branch Library, 597-5023, www.oaklandlibrary.org

11 Valentine Card-Making Workshop, 3:30-5:30 pm, Oakland Lakeview Branch Library, 238-7344, www.oaklandlibrary.org

12 **LINCOLN'S BIRTHDAY**– BANANAS closed

12-17 Disney on Ice, The Arena in Oakland, 569-2121, www.coliseum.com

15 Celebrating Black History Month: Physics of Toys, noon-4 pm, Exploratorium, (415) EXP-LORE, www.exploratorium.edu

15 Gary Lapow, 10:30 am, La Peña, 849-2568, www.lapena.org

15 Reading and crafts with author Kathy Price, 10:30am, Berkeley Main Library Children's Room, Wild About Books every Saturday at 10:30 am, ages 3-7 years, 981-6223, www.infopeople.org/bpl/

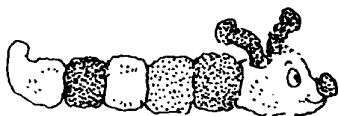
15 **Chinese Merritt Class** begins, see page 9

15 Magic School Bus Video Festival, 10:30 am-1:30 pm, L H S, 642-5132, www.lawrencehallofscience.org

16 Peace March in SF, 11 am, www.notinourname.net

16 Family Explorations! Black History Month Jubilee: Musical Traditions of Working

California, noon-4 pm, Oakland Museum, 238-2200, www.museumca.org



17 **PRESIDENTS' DAY**– BANANAS closed

17 Free Drop-in Art Activities, 1-4 pm, MOCHA, 465-8770, www.mocha.org

18 Storyteller Diane Ferlatte and Musician Erik Pearson: Knick-Knack-Paddy-Whack, music and stories for the very young, 7 pm, North Berkeley Library, 981-6250, www.infopeople.org/bpl/

18 & 26 Celebrate Black History Month with Storyteller Yolanda Rhodes, all ages, adv. reservations for groups, call for times and locations, 238-3615, www.oaklandlibrary.org

19 Dayo's Circle: Storyteller S. E. Townsend, 11:30 am, Piedmont Ave. Branch Library, 597-5011

19 Registration begins for Tilden Tots on 3/11 & 19, 10-11:30 am, Tilden Nature Area, 525-2233

20 **Directors' Roundtable** see Announcements, p. 10

20 Opening Reception for Thornhill School Exhibition, 5:30-7:30 pm, MOCHA, 465-8770, www.mocha.org

21 Valentine Dance/Karaoke, BANANAS, FRN Youth Group for disabled teens, reservations: 547-7322x12

21-3/9 Alameda Children's Musical Theatre presents "Bride to Terebithia," performances 7:30 pm Fridays and Saturdays, 2:30 pm Sundays, 2/21-23 at Earhart School, 2/28-3/2 at Haight School, 3/7-9 at Woodstock School, Alameda, reservations, 521-6965

21 & 3/21 **Child Dev. Permit Application Nights**, p. 5

22 Juanita Ulloa, 10:30 am, La Peña, 849-2568, www.lapena.org

22 Family Fare Matinee: Alvin Ailey American Dance Theater, 2 pm, Zellerbach Hall, UC Berkeley, 642-9988, www.calperfs.berkeley.edu

22 Owl's Well That Ends Well, 2-3:30 pm, Tilden Nature Area, 525-2233

22 Math Game Challenge, 1-4 pm, Lawrence Hall of Science, 642-5132, www.lawrencehallofscience.org

22 Albany Day at the Races – Golden Gate Fields, tickets, 525-1771

23 Camping Unlimited Bowl-A-Thon, 12:30-3 pm, Albany Bowl, fundraiser for Camp Krem, 222-6662

23 "Bubble Lady" and Singer/Songwriter Dan Goldensohn, 1-2 pm, Berkeley Richmond JCC, The Buddy Club: 236-SHOW, www.TheBuddyClub.com

25 **Ones & Twos with Meg Zweiback**, see page 2

27 "Under the Nkula Tree," 1 pm, West Oakland Branch Library, ages 8 & up, 238-7352

28 Family Literacy Night, 7-9 pm, Downtown Berkeley YMCA, storytelling, book swaps and more, free, Leigh or Mike at 665-3271

MARCH – Women in History and National Poison Prevention Month (Poison Control Center: 800/876-4766)

1 Re-opening Day Celebration, Crab Cove, 521-6887

1 Roseline Onu and Cantey Meigs: Childhood in Africa, 10:30 am, Berkeley Main Library Children's Room, ages 3-7 years, 981-6223, www.infopeople.org/bpl/

2 Juggling with Prop Comic Fred Anderson, 1-2 pm, Berkeley Richmond JCC, The Buddy Club: 236-

SHOW, www.TheBuddyClub.com

- 5 **Keeping Your Cool, Provider Workshop**, page 9
- 8 & 4/26 **ECERS Training at BANANAS**, see page 5
- 10 **Positive Parenting** begins, see page 2
- 10-14 Wilfrid Gordon McDonald Partridge and other Grandparent Tales, Federal Building Auditorium, Oakland, Stagebridge, 444-4755
- 15 Young Peoples Chamber Orchestra, 1 pm, Berkeley Main Library, 981-6223
- 15 LGBTQ Family Night, 6-9 pm, Downtown Berkeley YMCA, reservations required, Eden at 665-3238
- 15 Physics of Toys: Women's History, noon-4 pm, Exploratorium, (415) 563-7337
- 16 Summer Programs Information Fair, see page 2
- 16 Family Explorations! Biological Illustration for Families, noon-4 pm, Oak. Museum, www.museumca.org
- 16 Musical Theater with "ZunZun", 1-2 pm, Berkeley Richmond JCC, The Buddy Club: 236-SHOW, www.TheBuddyClub.com
- 16 & 23 Farmyard Stories and Songs, 11 am-noon, Ardenwood, 796-0663
- 18 **Teen Babysitting Class at BANANAS**, see page 5
- 18 **Bribes, Rewards...**, with Meg Zweiback, page 2
- 19 **Wills Workshop**, see page 2
- 21 Movie/Popcorn Night, BANANAS, FRN Youth Group for disabled teens, reservations: 547-7322x12
- 22 CAL Women's Basketball vs. USC, all youth free, (800)-GO BEARS, www.calbears.com
- 22 & 29 East Bay Children's Theatre presents "Hey, Ho Pinocchio," 10:30 am & 1 pm, Oakland Museum,

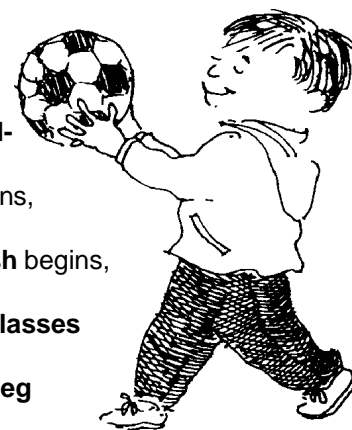
tickets: 655-7285

- 29 Albany Little League Opening Day Parade, Solano Avenue, Albany Chamber of Commerce: 525-1771
- 30 Boswick "The Clown's Clown" and Randy McCommons, "The King of Mistake Music", 1-2 pm, Berkeley Richmond JCC, The Buddy Club: 236-SHOW, www.TheBuddyClub.com
- 31 Free Drop-in Art Activities, 1-4 pm, MOCHA, 465-8770, www.mocha.org
- 31 **CESAR CHAVEZ'S BIRTHDAY-BANANAS** closed

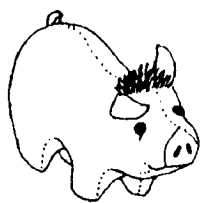
APRIL

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

- 1 **Beginning ESL for Providers**, p. 9
- 4 **Spring Booties Camp** begins, p. 2
- 4 **Merritt I/T Class in English** begins, see page 9
- 5, 12 & 5/3 **Health & Safety Classes in Spanish**, p. 9
- 22 **Threes & Fours with Meg Zweiback**, see page 2



➔ Please see page 5 for Ongoing BANANAS Workshops



GIVE YOUR PAYCHECK A BOOST!

Uncle Sam is giving away money to low-income, working parents who work full or part time. For example, if you lived with one child in 2002 and your family earned less than \$29,201, you can get a refund. You must file a tax return even if you don't owe any taxes. Call BANANAS at 658-7353 for a flyer. VITA, a program of the IRS, helps people fill out their tax forms for free. For a VITA site near you, call 1-800-829-1040.

CALIFORNIA BICYCLE HELMET LAW

Effective January 1, 2003, the California Bicycle Helmet Law for youth under the age of 18 has been extended to include:

- Scooters
- Skateboards
- In-line Skates.

Helmets must meet minimum standards of: CPSC and American Society for Testing & Materials.

SERVING CHILDREN WITH DISABILITIES

BANANAS has always given referrals to families of children with disabilities. Our new Special Needs project is providing more support for these parents in the search for child care. We are calling providers to find out if they are caring for a child with disabilities. We want to support all providers as they make "reasonable accommodations" for kids with disabilities, as written in the Americans With Disabilities Act. For more information, call Heather at 658-7353.

CCIP UPDATE

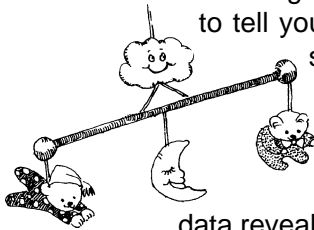
More than 60 infant/toddler caregivers participating in the Child Care Initiative Project (CCIP) gathered at BANANAS on Saturday, December 7 to get acquainted and join in activities focusing on the sensory learning of young children. If you're interested in caring for infants and toddlers and joining this project, call us at 658-7353. We are especially looking for new family child care providers in areas of low supply such as North Berkeley, Rockridge, Montclair, the Lake area of Oakland, and Alameda.

BANANA Splints

Judy Calder R.N.



BABIES IN ADULT BEDS



Even though I didn't get a letter on this, I want to tell you about a report from the Consumer Product Safety Commission (CPSC). The CPSC reviewed their data related to baby deaths in adult beds over a three year period (1999-2001). The data revealed that over 122 children under the age of 2 died in incidents associated with certain features of adult beds.

Entrapments – 43 children died after they were entrapped:

- between the bed and the wall – most of these children were 1 year or older
- involving either headboard, footboard, or bedframe of a bed – most of these fatalities were to children 4 to 6 months.

Bedding-related incidents:

- possible suffocation from soft bedding (such as pillows or thick quilts and blankets).

Falls from beds: many of these incidents were the result of suffocation caused by falling onto soft surfaces such as a quilt or a pile of clothes – most of these fatalities were to children ages 1-11 months.

Prone/face down on the bed – most children were 6 months or younger.

Unknown factors accounted for 39 deaths and most of them were among children ages 3 months or younger.

The recommendations from CPSC include:

- Always put babies to sleep on their backs, not their stomachs.
- When using a crib, make sure it meets the current safety standards, has a firm, tight-fitting mattress and a tight-fitting bottom sheet.
- When using a portable crib or playpen, use the mattress or pad provided by the manufacturer.

One of the CPSC recommendations is that babies should never be put to sleep unattended on adult furniture, such as sofas or beds.

While the report does not indicate that any of the fatalities occurred in child care programs, the recom-

mendations certainly apply. Parents should always ask to view the crib where their baby will be sleeping and assure there is a safe crib even if you have to provide it. Guidelines on safe cribs and nursery furniture can be obtained by calling the Consumer Product Safety Commission national phone line (800) 638-2772 or by checking their web site: www.cpsc.gov.

Studies also report that more infants are sleeping in their parents' beds. The practice is strongly influenced by cultural factors. Precautions should be taken if you choose to have your baby in bed with you. Adults who are under the influence of alcohol, drugs or are difficult to arouse should not sleep with their babies. Since bed-sharing can increase the risk of fatalities, a safe crib should always be available. The CPSC has a packet of information to sponsor "Safe Baby Showers" for expectant parents and offers suggestions for purchases of items that will make a new baby safe from injury. Perhaps friends and relatives should consider pitching in to buy expectant parents a safe crib rather than many little items.

Recommendations to reduce Sudden Infant Death, which occurs more commonly during the winter months are: always put babies to bed on their backs, avoid waterbeds and excess soft bedding, soft toys, pillows, sheepskin with young babies. Do not overdress babies or overheat their rooms. Create a smoke-free environment. If a baby seems sick, be sure to seek medical advice and make sure babies receive their immunizations. And, lastly, all pregnant women should receive regular prenatal care, and avoid the use of cigarettes, alcohol and drugs. For more information or educational materials appropriate for parents or child care providers, call the Child Care Health Linkages Project at 208-5963.

Yours in Sickness and Health, Judy

Judy Calder is retiring from her position as Alameda County Child Care Health Consultant (but not from Splints!). Congratulations to Judy for years of pioneering work in the child care health field. Welcome to **Juliana Quinn** who is the new Child Care Health Consultant.

MERRITT CLASSES WE OFFER THIS SPRING

There is still time to register for two Spring 2003 1 unit ECE courses offered at BANANAS. There is one course offered in English – Introduction to Infant/Toddler Curriculum II (M1048), **Friday, April 4, 6:30-9:30 pm** and **Saturdays, April 5, 12 and 26**; and one course in Chinese and Vietnamese – Introduction to Infant/Toddler Curriculum I (M1076), **Saturdays, Feb. 15 and March 1 & 15, 9 am to 3 pm**. To register, call Admissions at 436-2487, or contact Sylvia Espinosa at 536-1830 to register in Spanish.

KEEPING YOUR COOL WHEN THE HEAT IS ON

What do you do about custody issues with parents or a belligerent family member? Center staff, directors and family child care workers can come to this session on challenging situations and people in child care. **Madeline Riley, MFT** and **Joya Chavarin, Career Advocate** at BANANAS, will lead the discussion on **Wed., March 5, 7-8:30 pm**. Call 658-7353 to register.

SUBSTITUTE TEACHER UPDATE

BANANAS no longer maintains a substitute teacher list. If you are a licensed family child care home or center in need of a substitute, Project Hug, 533-0431 or Temp Care Teachers' Connection, (650) 577-8367 may be able to assist you.

FAMILY CHILD CARE FLYERS

We don't post flyers of individual programs in our office because if you are licensed, we have your information in our referral files. Take advantage of bulletin boards in laundromats, churches, and recreation centers in your community to post your flyers. We also request that you not use BANANAS' name in any brochures or advertisements as we do not endorse any individual programs.

CHILD CARE TEACHER SUPPORT GROUP

Need support for the difficult and rewarding job of working with young children? BANANAS and Parent Services Project sponsor teacher support groups facilitated by **Marion Cowee** on the 3rd & 4th **Wednesdays** of each month, **6-8 pm** at BANANAS. Upcoming meetings will be on **Feb. 19 & 26** and **March 19 & 26**.

BEGINNING ESL CLASSES IN SPRING

An 8 week series of ESL classes will begin **Tues., April 1** and run through the end of May, **6:30-8:30 pm**. Call 658-7353 if you work in the child care field and want to improve your English to better communicate with children and parents.



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

Clases de salud y seguridad La próxima serie de clases en español será los **sábados 5 de abril** (Salud Preventiva), **12 de abril** (Primeros Auxilios) y **3 de mayo** (Resucitación Cardio-Pulmonar), **10 am-3 pm**. Esta serie se repetirá en agosto del 2003.

Orientación del estado para obtener su licencia de cuidado infantil hogareño – El Dpto de Licencias ofrecerá una orientación en español en la oficina de BANANAS **miércoles, 21 de mayo a las 1:30 pm**. **Debe de registrarse en abril** al teléfono 658-7353. Como parte de la orientación, ofreceremos información sobre como iniciar y mantener su negocio. Tendremos como invitado a Carlos Aleman, especialista en impuestos par proveedoras. No se permite traer niños. El Dpto. de Licencias también ofrece orientaciones en español en Hayward en marzo (4C's of Alameda County: 582-2182) y en Concord en julio (Contra Costa Child Care Council: 925/676-5437)

Clases para padres – La próxima serie de clases en español será **los lunes 5, 12, y 19 de mayo del 2003, de 6:30 a 8:30 pm** con **Angélica Guerrero**.

Cursos de Merritt en BANANAS

BANANAS ofrece dos cursos al año en español sobre el desarrollo infantil. El próximo curso se ofrecerá en el otoño del 2003.



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

香蕉中心華語服務 - 請電 658-7353 查詢

1. 2003 年春季學分班：二月份開課,日期: 2/15,3/1,3/15.一個學分,中文教學.
2. 春節茶會 2/15,週六下午三點半至五點半 請踴躍參加.
3. 家庭托兒四月份講習班,請注意通知.
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. On **Feb. 20**, BANANAS staff, **Judy Kriege** and **Kim Kruckel**, Parent Voices Coordinator, lead a discussion about the Governor's proposed budget and its impact on child care. The next meeting will be on **March 20**; both are from **10 am - 12 noon**. 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.
- LUNA KIDS DANCE WORKSHOPS: "Boosting Creativity & Learning at Your School," for administrators, Thurs., March 13, 9 am - noon in East Bay and "Beyond Space, Force & Time," for teachers, Sat. & Sun., March 29 & 30, 12-4 pm, East Bay locations TBA, 644-3629.
- INFANT DEVELOPMENT ASSOC. OF CA 2003 CONFERENCE, March 20-22, Fairmont Hotel, San Jose, www.idaofcal.org or call (916) 453-8801.
- CA BUDGET PROJECT: Proposition 13: Are Californians Better Off Than They Were 25 Years Ago? Conference on Wed., March 12, Sacramento Convention Ctr., 8 am to 5 pm, website at www.cbp.org or email us at conference@cpb.org, \$85 early bird reg. by 2/12 or \$100 reg. by 3/5.
- FACILITATIVE LEADERSHIP FOR FAMILY RESOURCE CENTERS, institute for leadership training, skill building, etc., March 5-7, San Francisco, \$100 registration fee, reg. by 2/14, Elaine at (805) 485-6114.
- THE LINK TO CHILDREN TRAINING on "Working With Parents of Difficult Children," for early childhood teachers, providers and administrators working with children ages 3-5 takes place on Sat., April 12, 8:30 am to 4 pm and on Sat., May 10, 8:30 am to 12 noon at Emeryville Child Dev. Ctr., \$25 fee, CEU credit avail., 428-2028.
- EARLY CHILDHOOD EDUCATION CLASSES: Pacific Oaks Extended and Community Education will be offering 1-3 unit classes starting Spring 2003, designed to meet the educational requirements of personnel in licensed child care centers, call 622-8130 or email us at ponc@pacificoaks.edu.
- ADVANCING THE VISION, Child Development Policy Advisory Committee Conference, Wed., Feb. 19, Sacramento Convention Ctr., (800) 858-7743, \$100 by 2/13.
- EARLY START INSTITUTE Early Intervention Program for Infants and Toddlers with Disabilities, Training With the Early Start Service Coordinator's Handbook, April 22-24, Picadilly Inn Airport, Fresno, \$75, register online at www.wested.org/cpei.
- PROJECT CONSTRUCT INSTITUTE for Early Education and Care Professionals, March 22 & April 5, St. Louis, MO, \$225, (573) 886-4970.
- CHILD DEVELOPMENT TRAINING CONSORTIUM 2-Day Institutes for Child Development Program Directors and Site Supervisors, March 11-12, 8:30 am to 4 pm; Downey, March 18-19; Fresno, March 25-26; Santa Rosa, \$55, (209) 572-6086.

- SINGING FOR PEACE & JUSTICE IN OUR SCHOOLS, Children's Music Network CA statewide gathering hosted by Cal State Sacramento, Sat., April 5, 9 am to 6 pm, Student Union, 6000 J St., Sacramento, CA 95919, for info contact Crystal at (916) 278-4237 or Peter at (916) 451-5279, requested donation \$10, lunch & housing not included but avail.
- THE YOUNG CHILD WITH SPECIAL NEEDS National Conference, Anaheim, April 2-4, \$365 by 2/17, (800) 377-7707, X 0.
- CONTRA COSTA CHILD CARE COUNCIL CHILD DEVELOPMENT Conference, Sat., April 5, Diablo Valley College, Margaret Wiegert Jacobs, (925) 676-5442 X3408 or mjacobs@cocokids.org.
- NAEYC'S WEEK OF THE YOUNG CHILD, April 6-12, time to recognize that children's opportunities are our responsibilities, order posters, brochures, pins or other theme-related materials to support your celebration at www.naeyc.org.
- CA TAX-EXEMPT ORGANIZATIONS, one-day seminar for accountants, executive directors, attorneys, etc., Emeryville, March 20, \$269, Lorman Education Services, (715) 833-3959.
- SUPPORT GROUP FOR MEN IN CHILD CARE or those considering entering the field, Tues., Feb. 25, 7-9 pm, contact Khusrau at 521-5846 until 2:30 pm.
- CHILDREN'S DEFENSE FUND NATIONAL CONFERENCE, April 8-11, Marriott Wardman Park Hotel, Washington, DC, \$200-225, www.childrensdefense.org.
- CA CHILDREN'S DEFENSE FUND HAS NEW WEBSITE, www.cdfca.org. Join the movement to Leave No Child Behind, download CDF materials, find out what CDF is doing in CA and much more!
- ALAMEDA COUNTY COOPERATIVE EXTENSION Office Nutrition Education Training Academy has Nutrition Education materials for early childhood providers. Available on their website at [Http://cealameda.ucdavis.edu](http://cealameda.ucdavis.edu), or email Bernadette Garcia Roger at bmgarciaroger@ucdavis.edu or call her at 777-2147.
- FOURTH ANNUAL SPRUCE UP FOR KIDS for non-profit and public agencies serving children age 0-5 for beautification projects, including planting a vegetable garden, purchasing tricycles, giving your yard or classroom a face lift, application due no later than 2/14, call Maria or Lisa at 667-3960, completed applications to 1850 Fairway Dr., San Leandro, CA 94577.
- CHILD CARE TAX CREDIT CHANGES, training on Thurs., Feb. 13 in Emeryville or Sat., Feb. 15 in Salinas with Tom Copeland from Redleaf Press, contact Ann Forstie at ann@redleafinstitute.org or (651) 641-6668.
- CHILD DEVELOPMENT TRAINING CONSORTIUM has career incentive grants, child development permit stipends and funds available to reimburse for community college classes, call (209) 572-6080 or visit CDTC website at www.childdevelopment.org.
- HELMET SAFETY PROGRAM AT HABITOT Children's Museum in Berkeley, call Rosie at 647-1111 X15 to find out requirements for your subsidized preschool or family child care to receive free toddler-size tricycle helmets.
- CAEYC CONFERENCE FOR EARLY CHILDHOOD EDUCATORS, Fri., Feb. 28, Leadership Day & Public Policy Symposium and Sat. and Sun., March 1st & 2nd, Conference and Exhibition, Sacramento, for info. call (916) 486-7750 or visit 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, weekdays, possibly Sat, Lia, 521-8548

Oakland, 12/01, MWF 1-3 days p-t, Andrea, 336-9411
Oak/Berk/Emery, 3/02, M-Th AMs, Danielle, 655-7952

EXCHANGES WANTED (Date = child's birthdate)

Berk/N Oak/Emery, 8/97, flex, Linda, 654-2255
Oakland, 5/97 & 12/94, wksends 4-8 hrs, Stacie, 531-4006
Oakland, 6/96 & 7/98, M & Tu eves, wksends, Cristina, 261-8335
Dimond/Mont/Glen, 9/01, flex, Grace, 482-1967

LOOKING FOR SHARED SITUATIONS (No sitter hired)

(Date = child's birthdate, f-t= full-time; p-t = part-time)
Alameda, 1/02, MTThF, Katie, 865-5580
Alameda, 12/02, M-F flex f-t, Shannon, 523-4139
Albany/N Berk/EC/Rich, 11/02, 3-4 days M-Th, Gina, 223-5487
Albany/Berk/EC, 12/02, M-Th flex 3-4 days, Krista, 528-8746
Albany/N Berk/Kens, 10/02, M-Th flex 24 hrs/wk, Karen, 526-3283
Berk hills/Kens/Rock, 10/02, M-F f-t, Ann, 525-2564
Berkeley, 8/02, M-F 3 days flex, Darah, 649-7475
Elm/Claremont/Rock/Mont, 12/02, M-F, Robert or Janice, 548-4685
Elmwood/Rock, 2/03 due date, M-F f-t, Erik, 883-0980
Mont/Rock/Pied, 8/02, 2 days/wk, Sonja or Jeff, 339-9658
Glen/Mont/Rock/Pied, 10/02, 3 days/wk flex not Fri, Kristen or James, 336-9405
Fruitvale/Dimond/Laurel, 6/01, W & Th, Venetia, 534-1041

SHARED ARRANGEMENTS OFFERED (Sitter hired)

Alameda/open, 9/01, M-F p-t, Katja, (415) 977-4325 or 814-9938 home
Alameda, 7/01, M-F f-t or p-t, Karen, 263-9891, (415) 764-3226
Alameda, 3/01 & 9/01, M-Th f-t or p-t, Marie, 864-7858
Albany/N Berk/Central Berk, 11/01, M-F f-t or p-t, Tonya, 524-9892
Albany/Berk/EC/Kens, 8/01, M-F f-t, Helise, 526-1781
Solano Ave. area, 7/01, f-t or p-t, Sarah, 525-5245
N Berk/Kens/EC/Alb, 3/99, Laureen, 525-1001
N Berk/Kens/Albany, 9/02, M&Th 8-6, Debbie, 527-6465
N Berk/EC/Kens, 3/02, M-F f-t, Rochelle, 965-1194
Central Berk/Claremont/Elm/N Oak, 8/01, M-F f-t, Susie, 655-1121
Claremont/Rock/Elm, 1/99, M-F f-t, Marilee, 666-0141
S Berk/N Oak/Emeryville/Rock, 5/01, T-Th, some Fri, Paulie, 595-9979, cell (415) 850-2322
Oakland flex, 2/01, 1 day/wk flex, Ann, 208-3790
Oak/Pied, 10/01, f-t or p-t flex, Lisa, 530-8230
Lake Merritt/Berk, 12/00, M-T f-t Sat possible, Natasha, 836-0502
Crocker/Lakeshore, 7/01, TThF f-t, Phylis, 452-4055
Rock/Piedmont/Lakeshore, 10/00 & 3/98, flex 25+ hrs, Lisa, 652-9333
Pied/Mont/Rock, 5/01, M-F f-t, Eric, 654-5653
Grand Lake/Crocker/Dimond, 12/99 & 11/02, M-F f-t, Sherri, 632-0881
Montclair, 3/01, flex, Leslie, 658-7524
Mont/Pied/Rock, 8/02, M-Sat f-t, Linda, 339-1228
Mont/Pied/Rock, 12/01, Natasha, M-Th f-t or p-t, 655-6064
Redwood Heights/nearby, 1/01, T-Th flex, poss. F, Laura, 531-6640

SHARED ARRANGEMENTS & PARENTS SPLIT TIME

North Berkeley, 0-5 yrs, M-F flex 10-30 hrs, Eunice, 540-5674
Glen/Rock/Mont/Crocker, 0-2 yrs, M &/or F, Celeste, 482-6228

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 at 658-7353 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.
- DONATE your old parenting books to BANANAS Lending Library.
- FREE ADMISSION DAY AT HABITOT CHILDREN'S MUSEUM, 2065 Kittredge St., Berkeley, Sunday, Feb. 9, 11 am to 5 pm, low-cost family memberships also available, contact Rosie Hernandez, 647-1111 X 15.
- EAST BAY MOMS has activities for parents with their infants and toddlers, www.eastbaymoms.com for info.

- FREE PARENTING SKILLS DEVELOPMENT Classes at Scotlan Youth and Family Center, Tuesdays 2-4 pm, Thursdays, 3-4:45 pm, Fridays, 10am to 12 pm, 1651 Adeline St., 2nd floor, to sign up call Lanet or Nola at 832-1490, children welcome.
- TUNE IN TO CHILDHOOD MATTERS AT 98.1 KISS FM on Sunday mornings from 9 to 10 am for advice and info about children's health, child development, school readiness and parenting, hosted by Rona Renner, RN, for more info call (877) 372-KIDS or log onto www.childhoodmatters.org.
- PARENT LEADERSHIP SUMMIT, Feb. 28 & March 1, Oakland, join other parents in statewide summit to educate and mobilize on issues affecting families, scholarships available for transportation, lodging and child care, sponsored by Lifetime, Aimee, (888) 404-7726.
- MOTHERS & MORE meets 1st Tuesday of month at College of Alameda, Room C-113, 7:30 pm and 3rd Thursday of each month at Zion Lutheran Church, 5201 Park Boulevard, Piedmont, 7:30 pm, call Lara at 339-8563 or log onto our website at http://mothersandmoreeb.tripod.com for more info.
- ALAMEDA ALLIANCE FOR HEALTH, not-for-profit health plan for families, call 895-9355.
- FATHERS OF CHILDREN WITH SPECIAL NEEDS, meets monthly on last Thursday at 7:30 pm at FRN, 5232 Claremont Ave., Oakland, call 547-7322.
- PARENT SHARE, support group for parents of premature and sick infants, meets in Berkeley at Alta Bates Medical Center every Tuesday, 11:30 am to 12:45 pm and 1st and 3rd Thursday, 7-9 pm, Family Waiting Room, 4th floor, call Linda at 925-935-9240.
- I-PRIDE, INTERRACIAL INTERCULTURAL PRIDE has activities for families and children, 663-0975 or www.I-Pride.org.
- BANANAS welcomes donations of disposable diapers, kids' equipment, clothes, children's books and toys in good condition. Tax receipt available.
- SUPPORT FOR PARENTS OF CHILDREN WITH LEARNING and Attentional Differences, 2nd Sunday of month, 10-11:30 am, Ability Resource Center, 2955 Shattuck Ave., Berkeley, for info and to confirm meetings and obtain gate code, call 528-6095.
- PRESCOTT RESOURCE CENTER accepts donations of adult and children's clothing, business attire greatly appreciated, 800 Pine St., Oakland, 628-9152.
- SUPPORT SERVICES FOR MOTHERS, Sherry Reinhardt, RN, MPH, Mom, or visit www.supportgroupformothers.com, 524-0821, \$\$.
- SPECIAL EDUCATION ADVOCACY TRAINING FOR PARENTS, (En Espanol) March 20, 7-9 pm at La Familia Counseling Center, 26081 Mocine Ave., Hayward, reservations, 887-0661.

CLASSES & ACTIVITIES FOR KIDS & TEENS

- CENTER FOR INDEPENDENT LIVING'S Wednesday Afer School Program, 3-4:30 pm, Arroyo Viejo Recreation Center, 7701 Krause Ave., Oakland, call CIL at 841-4776.
- HABITOT CHILDREN'S MUSEUM offers classes for toddlers, preschoolers and schoolagers in art & ceramics, carpentry, music, dance & movement, early literacy & language; also, parenting classes, call 647-1111 X 17 to register.
- TREE I.D. AT TILDEN, join a walk on Sun., Feb. 23, 11 am to noon to learn some trees of Tilden through stories, 5+ years, Environmental Nature Center, 525-2233.
- CLASSIC TRACK CLUB FOR BOYS & GIRLS ages 5-18, all youth encouraged to participate, practice Tuesday, Wednesday, Thursday 5 pm and Sat., 10 am, McClymonds High School, Oakland, for more info or to sign up call Joanne at 430-8223 or Maurice at 761-8386.

GENERAL ANNOUNCEMENTS

- FREE TAX HELP AT OAKLAND PUBLIC LIBRARY, call 238-3271 for schedule or www.oaklandlibrary.org.
- BLACK HISTORY MONTH AT OAKLAND MUSEUM: The Musical Traditions of Working California, hands-on activities for people of all ages, Sunday, Feb. 16, 12-4 pm, 10th & Oak Streets, 238-2200.
- FREE SUPPORT GROUP FOR FAMILY/FRIENDS Caring for Older Adults, 3rd Wed. of month, 4-5:30 pm, Herrick Campus of Alta Bates Medical Center, 2001 Dwight Way, 3rd Floor, Rm, 3369B, 802-1725.

GIVE US YOUR FEEDBACK

Our newsletter has changed over the years, including going on-line at www.bananasinc.org. We welcome your suggestions on how we can make it better to serve parents, providers and community members who read it. Call 658-0151 and leave a message, drop us a note in the mail (Attn:Editor) or email us at www.bananas@bananasinc.org.



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, Feb. 11 & 25, March 11 & 25, and April 8, 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 the teleprompt to "new clients" for an appointment.

BANANAS THANK YOU ÕS Ñ SPECIAL THANKS TO THESE CONTRIBUTORS (IN TIME AND/OR MONEY)

| | | | | | | |
|----------------|--------------|-----------------|------------------|---------------|------------------|----------------------|
| Estelle Bern | Lise Solomon | Patty Brunn | Jennifer Monahan | Polly Yang | Melissa Havilan | Marion Snyderman |
| Joan Bardez | Sara Cluff | Jose Luis Perez | Holly Broadhead | Kim Finnegan | Kim Herbert | Ashley Christenson |
| Tom Branca | Jenny Friday | Jenny Johnson | Andrea Baroski | Lisa Kieraldo | Karen Kramer | Shannon Faucette |
| Laverne Yu | Mel Sibony | Susan Blachman | Nancy Garvey | S. Lilienthal | Vanessa Moraga | Vivian Jaquette |
| Karen Dean | Judy Calder | Lyvia Dalton | Scott Dennis | Lavinia Heng | Melissa Mednick | Stephanie McKeown |
| Joan Diller | Beth Delson | John Sanborn | Freedom Cook | Lori Farate | Diana Gleghorn | Linda Ontiveros |
| Chris Mani | Silvia Biasi | Gabriel Allen | Bonita Kitt | Renee Torres | Helen Vozenilek | Sharon Stafanson |
| Bill Scott | Nanette Blum | Angela Silva | Caroline Wong | Darice Jones | Colleen Martin | Jerrold Williamson |
| Helen Neville | Harbor House | Tammy Medress | Stephanie Tran | Karen Colbert | Joanie Halpern | Suzanne Grishman |
| Dan Cowles | S. Peterson | Susan Kabir | Mina Heglie | Alisa Steckel | Kathy Galvin | Tamir & Gabby Nosik |
| Leslie Trutner | Rick Baum | Angela Davis | Nancy Douglas | Lori Schuck | Holly Scheider | Mary Huber-Smith |
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in our files and urge parents to carefully interview and to check references before leaving a child in care. **BANANAS**

to encourage parents to act on their own knowledge and feelings as they select among these possibilities. Responsibility

children's needs best. BANANAS' goal is to assist parents in finding the widest range of available child care situations and

BANANAS believes that parents are best able to choose and evaluate child care for their children because they know their

Friday: 10-1 pm and Tuesday evening 7-9 pm. Visit our website at www.bananasinc.org.

questions regarding child care and children or at least direct you to someone who can. Hours: Monday-Thursdays: 10-4 pm,

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