

BANANAS

newsletter

JUNE-JULY-AUGUST, 2003, VOL. XXVIII, # 5



MEETINGS –

Summer, here we come! We're looking forward to a long, happy, safe one for all of you. No summer vacation plans? Remember, there are hundreds of places nearby to enjoy and explore. See our calendar on pages 6 and 7 for ideas.

We are gearing up for a big bash for **BANANAS' 30th Birthday** on **Saturday, October 18th**. Save the date on your calendar. We are planning a day of free music, entertainment, fun activities and, of course, birthday cake in Oakland's Lakeside Park. We welcome volunteers to join us in our celebration. If you are a clown, juggler, face painter, balloon artist or other kind of performer and would like to show off your talents, call us! Plan to bring a lot of business cards – over 3000 people came to our 20th birthday party!

Parent Voices thanks you all for your generous contributions to helping parents attend the very successful **Stand for Children** (see pg. 3). Each donation helped pay for a low-income parent's bus ride to Sacramento to advocate on behalf of children and families.

Stay in the giving mood. Watch for BANANAS' Board of Directors annual fundraiser – the **BANANAS' Bunch Fund** mail solicitation. We all (and that includes about fifty children) get together to fold and seal those envelopes that come to your house. Sometimes you might detect a smudge of pizza from some little hands.

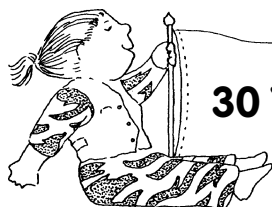
It's a real communal effort and the children are really proud to participate. So make them (and us) happy with a generous return. We use these funds in ways we can't with State funds – diapers and formula, emergency expenses for clients, in-service costs and out-of-state conferences to keep our staff well trained.

We are happy to report that First Five Alameda County (often referred to informally as Alameda County Prop. 10) has renewed funding for our **Parenting Support** services. Now we can continue to offer Monday night parenting classes, Booties camp and events. Also, it's that time of year for people working in the child care field to apply for a much-deserved stipend from the County's **Child Development Corps** (see pg. 5).

State funds for our **Child Care Initiative Project** (CCIP) have been renewed. So if you or anyone you know is applying or thinking about applying to be a family child care provider (doing child care in one's own home), be sure to contact us since we can provide a lot of support and encouragement through this grant.

Remember last year when those California breastfeeding mothers won the record for the **Guinness Book of World Records** on number of moms breastfeeding at one time in one place? Well, it's time to defend the title. The event will be held **Saturday, August 9** at Martin Luther King Jr. Park in Berkeley from **11:30 am to 4 pm**. For more information, e-mail ESirbu@ci.berkeley.ca.us.

Happy Father's Day, Dads! Peace.



30 Years Ago . . .

We thought calling ourselves BANANAS, A Place to Find Playmates, was descriptive of the kind of service we were providing to families in Northern Alameda County. But when we started receiving too many calls for "A blonde for Saturday night," we shortened the name to BANANAS (as in "going") ... and never regretted it!

SINGLE PARENTING SUPPORT SERIES RETURNS

BANANAS' Single Parenting Support Series will meet **Monday, August 4, 11, 18, 25, 7-8:30 pm**. It will be facilitated by two of BANANAS' own young moms, **Tasha Henneman** and **Janet Zamudio**. Setting limits, juggling work and family, understanding child development, and learning self-care are some of the issues we will discuss. Don't miss this valuable opportunity to share your experiences and concerns. See box below for preregistration.

LIVING WITH ONES & TWOS

Ones and twos can surprise parents with their energy, their developing personalities and the many stages they go through on their way to becoming a toddler. Get some practical information and advice on bringing up babies from **Meg Zweiback**, nurse practitioner, mom and *Parent's Press* columnist on **Tuesday, June 24, 7-8:30 pm**. See box below.

IS THERE A 3 OR 4 YEAR OLD IN YOUR HOUSE?

Meg Zweiback returns on **Tuesday, July 22, 7-8:30pm**, to address the questions and concerns of parents of three and four year olds! 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 information

NEW MOMS SUPPORT GROUP

Just had a new baby? To share your concerns regarding babies and parenting with other new mothers, come to our support group series on **Wed., 6/18, 6/25, 7/2, 7/9** from **10-noon** with our own BANANAS staff, **Tasha Henneman & Nichelle Kitt**. See box below.

GOT YOUNG KIDS? GOT QUESTIONS?

Meg Zweiback can help. Come join her and other parents of young children on **Tuesday, Aug. 12, 7-8:30 pm** for support, guidance and other helpful information. Bring your own "hot" topic or "burning" issue for Meg's expertise. See below for registration info.

BOOTIES CAMP FOR NEW PARENTS

Designed for new parents and ones who are expecting, this series will meet on **Thursdays, 10 am - noon**. Learn from baby specialists about *Baby Basics* (**July 3**), *Yoga with Baby* (**July 10**), *Sleep* (**July 17**), *Reading with Babies* (**July 24**), and *Baby Massage* (**July 31**). Register for one or more topics by calling 658-7353. Bring baby, of course. See box below.

FAMILY STORYTELLING NIGHT

Bring the family for family circle time and learn new stories with professional storyteller **Muriel Johnson**, on **Mon., July 21, 7-8:30 pm**. Please preregister; see box below.

YOGA FOR THE WHOLE FAMILY!

Join **Scotty McCaulley**, yoga instructor at the Albany YMCA, for a fun family evening of stretching and relaxation, **Monday, July 28** from **6-7:30 pm** at BANANAS. See below for registration.



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.

CHINESE AND VIETNAMESE PARENTING CLASSES

See page 9 for Chinese parenting class on **Saturday, June 21, 9:30-11:30 am**. The classes in Vietnamese will be held **Saturday, June 14, 10am-noon** and **Monday, June 28, 2-4 pm**. Call 658-7353 to register.

TEEN BABYSITTING HEALTH & SAFETY CLASSES

Teen caregivers will learn first aid/CPR techniques on **Tues. & Wed., June 17 & 18, 1-5 pm**. The \$25 non-refundable fee includes a manual. Call 658-7353; preregistration is required.

POSITIVE PARENTING RETURNING IN THE FALL

This popular class with **Madeline Meyer Riley** returns in the fall on **Mondays, Sept. 8** through **Oct. 27, 7-8:30 pm**. It fills up fast, so register early. See box.

SPIRITED CHILD SERIES: FALL SCHEDULE

Learn how temperament affects children's behavior and how to live and work with inborn traits (for children ages 1-5 years), with **Helen Neville**, BS, RNP, and **Sue Jensen**, RNP, on **Thurs., Sept. 11-Oct. 16, 7-8:30 pm**. Kaiser members \$20; others \$40; 752-1456.

LEGISLATIVE SNIPS



As is the case every year in May, the Governor came up with proposals to modify his original budget recommendations after more accurate information about state income became available. The Governor has projected that the State is \$38.2 billion in the hole. To cover the shortfall, he proposes to add a 1/2 cent sales tax, increase the cigarette tax, increase the Vehicle License Fee and create new income tax rate brackets for the wealthiest Californians.

For child care, he rescinded his January Realignment proposal and proposed \$384 million in cuts, saving and fund shifts. Among these, was a proposal to cut R&R Services (like BANANAS) by 15% as well as reducing CARES by \$10 million, increasing family fees for subsidized child care, lowering provider rates for providers who serve only subsidized families, and reducing the amount providers could charge for subsidized child care services to the 80th percentile of the regional market rate (currently it is the 93rd percentile).

The Legislature worked quickly to reject these proposals. They did accept the Governor's proposals to eliminate state subsidies to 13 year old children, eliminate subsidies to families who earn above 75% of the State Median Income, prohibit hourly rate payments for full time care and limit evening/weekend premium rates to licensed providers. The Legislature made up the difference by cutting the Alternative Payment Program administrative rate by 1% and reducing the quality improvement expansion (one-time only) by \$5 million. This plus realizing a caseload savings in Stage 3 and State Preschool, transferring funds from TANF, using some Federal and CalWORKs carryover funds, and reducing Before & After School funds by \$7 million (instead of \$14 million) added up to the

Governor's targeted reductions of \$384 million. Complicated enough for you?? At publication, these proposals have been approved by committees in the Assembly and the Senate so they are almost a sure thing. As for the whole budget, there is still a lot of work to be done.

Meanwhile, bills are still being heard and debated. Three new bills added to the hopper are:

AB 1697 (Pavley) would prohibit children under six years and 60 pounds from riding in the car's front seat.

SB 556 (Sher) would temporarily (until July 2006) allow class size to increase to 22. This could be done by averaging by grade levels in school districts.

AB 666 (Haynes) would encourage subsidized preschool programs and programs using public school facilities to conduct "age-appropriate patriotic exercises," such as reciting the Pledge of Allegiance.

The **National Transportation & Safety Board** recently conducted an investigation of school bus standards. The federal government requires school buses that take children to and from school to have roof rollover protection, energy-absorbing seats, and greater body joint strength than other types of vehicles. However, more and more children are being transported in 15-passenger vans rather than school buses. The vans are more likely to be involved in rollover accidents than other passenger vehicles because fully loading a 15-passenger van causes the center of gravity to change. The NTSB has suggested to the National Highway Traffic and Safety Administration that all vehicles carrying more than ten passengers meet school bus standards. For further information or to keep track of this recommendation, go to www.nts.gov.



Stand for Children was a fantastic success! Parent Voices had a big impact on elected officials, including Governor Davis, and child care funds were not cut as much as we had feared. This means that most working families who now receive help paying for child care will continue to get some help next year.

500 parents and advocates took the day off work to travel by bus to the State Capitol. Many thanks to them and to all the people who contributed money to cover the expenses of the day!

PARENT VOICES

We held a big rally in Sacramento, with greetings from Legislators, and we conducted meetings with **Assemblywomen Hancock and Chan**, and **Senator Perata**. We also met with **Richard Figueroa**, Governor Davis' liaison for Health and Human Services.

This year the Alameda County Work and Family Coalition joined Parent Voices on the trip. They met with various legislators and attended legislative hearings to support expanding health care insurance to family child care providers.

PRACTICAL SCHOOL READINESS FOR FAMILIES

Is your five year old going to kindergarten in the fall? Even if your child has been in preschool, this can be an exciting and sometimes frightening transition for the whole family. Of course, babies start preparing for school as soon as they are born and all those things you do with them, like talking and reading, throwing a ball together, running errands, are getting them ready. Here are some suggestions for encouraging a smooth start to school if your child is pre-kindergarten age.

On the school grounds

Go visit the school and spend some fun time on the playground. Practice climbing on play structures. Hanging from bars and sliding down poles are not easy at first. Do some role plays about possible playground scenes. What would you do if you got hurt? Someone was throwing sand, sticks or wood chips? You needed to go to the bathroom?

If there's someone in the office in late June or early August, introduce yourself and your child to the principal and/or school secretary.

Go visit the bathroom and do a trial run. Flush toilets and check how the locks on the stalls work. Wash your hands, find the soap and paper towels. Make sure your child can recognize the words BOYS and GIRLS.

If your child won't be going to school until Fall 2004, take advantage of the extra year and learn about the kindergarten program.

Preparing at home

Continue to read aloud to your child! Not only does it help your child develop a love of books and reading, it's a perfect way to help her practice sitting down for a period of time. Choose books that have rhyming text or a repeated refrain. Visit the library together and get a library card if your child doesn't have one. Ask open-ended questions as you read and after: *"What does this story remind you of?" "Who was your favorite character?" "Can you think of a different ending?"*

Make or use a calendar. It's never too early to start learning organizational skills for school. Hang the calendar at child's eye level, and write down holidays or special celebration days, play dates with friends, due dates for library books. You can start by using symbols or stickers. Once she is in kindergarten, you can begin writing down due dates for assignments and projects and special school event days.

Teach your child to tie his shoes! Teachers say they spend too much time tying shoelaces. If your child is not ready for tying, have him wear slip-ons or Velcro shoes until the fine motor skills are developed.

Art projects are great for using scissors, holding a pencil the right way, using glue in small amounts. Provide opportunities for your child to be creative and have fun. Practice cleaning up after projects. Put away scraps, scissors, glue, crayons.

About school

Lunches: If your child will be bringing money for lunch, secure it in a Ziploc-type bag or sealed envelope with full name and room number on it. Bringing lunch: Keep it simple and small! If you put anything in the lunch that needs to be opened, practice opening it many times with your child before school starts. Use a reusable bag for lunch if possible, clearly marked with child's name and room number. Don't include candy, soda or cookies in your child's lunch – eating these makes learning difficult in the afternoon. Often one recess is a "snack recess." Make a small snack (fruit or granola bar and bottle of water) in a separate marked baggie.

Backpack: should be a real-sized pack or small daypack, not a play pack for dolls or toys. It should be marked with child's name, room number and phone number. Bring the backpack to school every day.

Clothing: Have child wear clothes to school that can get paint, clay, food, dirt, sand or grass stains on them. Don't send girls to school in frilly dresses or miniskirts or spaghetti-strap tank tops. If child wears overalls make sure she knows how to unfasten them in a hurry! Send a lightweight jacket in your child's backpack. Be prepared to lose jackets or sweatshirts. Children should wear socks and sturdy shoes that fit.

Afterschool program: If there is an afterschool program on site, find out if they have a summer program. Enrolling your child in that program for a week or two before school starts will make her familiar with the school grounds and she will know a few people when school begins.

Volunteer to help in the classroom if you have time. It's a great way to see your child in action and get to know the class. Find out if you need a criminal record clearance to volunteer. Get that done right away if it's needed. Don't sign up to help with everything as you will burn out fast. Meet at least one other parent who lives near you who you can contact with concerns, questions or last-minute child care emergencies.

Playing with parents, siblings and friends is great preparation for school. The academic emphasis in school happens soon enough, so have fun this summer, lend a sympathetic ear to your child's concerns, and starting kindergarten should be a piece of cake for child and parents!



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 **Wednesdays, June 11 and July 16, 10 am**. A nighttime workshop will be held **Thursday, July 24 at 7 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, 17 y 24 de junio, 22 y 29 de julio y 19 y 26 de agosto a las 2 pm**.

Babysitter/In-Home Caregiver Orientation in Vietnamese : BANANAS sẽ giới thiệu thi+u tui li+u v" vi+c tr'ng nom tr'e v'u h'ing d.n thò t'uc t'om vi+c d'nh cho c'c b'n mu'En ch'om s,,c tr'e t'pi nh'u c'oa ph'u huynh v'uo nguy **Th' T', 9 Th'ng B'oy & 10 Th'ng T'm, lúc 2 gi' tr'a.**
• **15-Hour Health/Safety Course in Vietnamese - 15 Gi' L'ip Ch'om s,,c S'c kh'e v'u An to'ln cho Tr'e em, g'Am ba l'ip h'c d'nh cho c'c b'n l'um vi+c t'pi Nh'u tr'e Gia 'nh hay l'um Gi'p'o vi'm'nh ph'u t'p' 'oc t'E ch'c v'uo nguy Th' B'oy, 12 v'u 13 Th'ng B'oy, t' 9 gi' s'ng 'n 5 gi' tr'a.**

Teenage Babysitting Class: Gives an introduction to child development and practical babysitting hints on **Tuesdays, July 8 & September 9, 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 **July 13 & 20** and another class on **September 14 & 21**. 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

WE HAVE A WINNER!

Thanks to all the providers who returned their update postcards by the deadline. Congratulations to **Sonia Henry**, Oakland family child care provider who won the postcard drawing prize of a \$100 gift certificate from Lakeshore Learning Materials.

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.

Family Child Care Providers and Teachers:

Are you ready to apply to the Child Development Corps? The application period is now until July 12, 2003. If you have 6 early childhood units or higher, work at least 20 hours per week with young children, and have worked continuously for the past 9 months, you can get a stipend ranging from \$500 to \$5100. To request an application, call First Five Alameda County at 875-2400.

Family Day Care Rating Scale (FDCRS) Feedback:

FDCRS will soon be revised and the authors of the scale would greatly appreciate your help. The authors are asking for insights and suggestions from all who have used the FDCRS. The questionnaire is available on-line at www.fpt.unc.edu/~ecers. If you do not have access to the Internet, please submit comments or suggestions to BANANAS, Attention: Joya.

For Fall Merritt classes at BANANAS, see page 9.

WHERE TO CALL FOR SUMMER ACTIVITIES

There is more information in our office; call our child care referral line, 658-0381, or come by.

East Bay Regional Parks – General info., swimming: 635-0135; campground info. & reservations/Family Camping: 562-CAMP; camps and camperships: 544-2512; picnic space reservations or information about other programs: 636-1684, www.ebparks.org.

Park & Rec. Departments – Albany: 524-9283; Alameda: 748-4565; Berkeley: 981-5150 (recreation programs), 981-5140 (camps); Emeryville: 596-4395; Oakland: 637-0215 (*Quarterly Guide*), 238-PARK, 238-3791, 238-3494 (sports), www.oaklandnet.com/parks, or call your local rec. center; Piedmont: 420-3070.

YMCAs – Albany: 525-1130; Berkeley: Downtown, 848-9622; S. Berkeley, 843-4280; Oakland: Downtown, 451-9622; Eastlake, 534-7441; M. Robinson Baker, 654-9622; YMCA of the East Bay, 412-5647.

Libraries – Albany: 526-3720; Alameda: 748-4662; Berkeley: Main Library Children's Room, 981-6223 or your local branch library; Oakland: Main Library, 238-3615, www.oaklandlibrary.org, Asian branch, 238-3400, Cesar Chavez branch, 535-5620 or your local branch library; Kensington, 524-3043.

Children's Clubs – Alameda Boys and Girls Club, 522-4900; Girls Inc., 521-1743; Boy Scouts, Oakland, 577-9000; Piedmont Cub Scouts, 547-4493; Piedmont Camp Fire, 655-7388; Girl Scouts, 562-8470; Oakland Boys and Girls Club, 444-8211.

4-H Programs for 5-18 yr olds (programs for raising and caring for animals and livestock, service projects, recreation & social activities, cooking, gardening, mechanics & educ. programs, exhibits at camps & fairs); Alameda Co.: 639-1370, alamedacounty4h.org

Swimming Pools/Beaches – Oakland: 238-2196; Temescal, 597-5013; Fremont, 535-5614; Lions (Diamond Park), 482-7852; De Fremery, 238-2205; Live Oak, 238-2292; McClymonds, 879-8050; Castlemont, 879-3642; Berkeley: 981-5150; King, 644-8518; Willard, 644-8519; West Campus, 644-8520; Berkeley High School, 644-6843; Strawberry Canyon, 643-6720 or 643-7470 (UC Pool Hotline); Alameda: Emma Hood, 522-8107; Encinal, 522-4590; Albany: Memorial, 559-6640; Piedmont: Piedmont Swim Club, 655-5163; East Bay Regional Park District: 562-PARK (recorded info.), 636-1684 or 562-2267 (swim lesson registration, jr. lifeguard program); Lake Anza in Tilden Park, Lake Temescal or Roberts Pool in Oak., Crown Beach in Alameda.

Sports Leagues – Berkeley/Albany: Girls Softball, 869-4277; Baseball, 981-5153; Soccer, 525-5152; Berkeley Youth Alternatives (multi-sports), 845-9066;

University Village Sports Office (Albany), 524-4926.
Oakland: City of Oakland Youth

Sports Programs, 238-3494 (Neighborhood Basketball League & City-Wide Elementary Basketball, Oakland Young America Baseball & T-Ball, Summer Youth Rowing, Flag Football); Oak. Jr. Hockey Club, 268-9000; East Oak. Boxing Assn., 569-7808; North Oakland Little League, 655-6565; Oakland Babe Ruth Baseball, 639-7792; Bobby Sox Girls' Softball, 339-7268; Oakland Police Activities League (PAL), 238-3641; Sports4Kids Basketball, 893-4180; Alameda: Little League; Soccer Club, 337-9183, www.alamedasoccer.org

Sports4Kids: www.sports4kids.org (a website dedicated to listing sports programs for Bay Area youth)

ADDITIONAL RESOURCES

Northern Alameda County

Alameda/Oakland Ferry, 522-3300, ride to SF or Angel Island, EastBayFerry.com

Alameda Children's Musical Theatre, 521-6965

Alice Arts Center, Oakland, 238-7219

Chabot Observatory, Space & Science Center, Oakland, 530-3480, www.chabotspace.org

Children's Fairyland, Oak., 452-2259, www.fairyland.org

Crab Cove, Alameda, 521-6887

Dunsmuir House & Gardens, Oakland, 615-5555

East Bay School of the Arts, Berkeley, 595-0256

Ecology Center/Berkeley Farmers' Markets, 548-3333, www.ecologycenter.org

Habitot Children's Museum, Berkeley, 647-1111

Hall of Health, Berkeley, 549-1564

Jack London Square Information Line, (866) 295-9853, www.jacklondonsquare.com

Jewish Community Services, Oakland, 658-9222; Berkeley-Richmond JCC, 848-0237

Julia Morgan Center for the Arts, 84-JULIA

Junior Center of Arts & Sciences, Oakland, 839-5777

La Peña, Berkeley, 849-2572, www.lapena

Lake Merritt Boating Center/Oakland Park & Rec., Oakland, 238-2196

Lawrence Hall of Science, Berkeley, 642-9058, www.lawrencehallofscience.org

Luna Kids Dance, 644-3629, www.lunakidsdance.com

MOCHA, Oakland, 465-8770, www.mocha.org

Oakland Convention & Visitors Bureau, 839-9000, Calendar of Events

Oakland Museum, 238-2200, www.museumca.org; Education Dept., 238-3818

Oakland Zoo, 632-9525x205, www.oaklandzoo.org,

Rotary Nature Center/City of Oakland, 238-3739

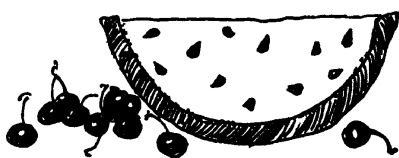
Shorebird Nature Center & Adventure Playground, Berkeley Marina, 644-8623

Studio One, Oakland, 597-5027

Tilden Regional Park: Nature Area, 525-2233, Steam Trains, 548-6100; Merry-go-round, 524-6773

UC Berkeley, events: www.berkeley.edu; Botanical Gardens, 643-2755; Cal Performances, 642-9988; Art Museum/Pacific Film Archive, 642-0808

Yoshi's, Oakland, 238-9200, Sunday family matinees



Other Bay Area

Ardenwood Historic Farm, Fremont, 796-0663
Bay Area Discovery Museum, Sausalito, (415) 487-4398
Crissy Field, SF, (415) 561-7752, www.crissyfield.org
Exploratorium, SF, (415) 561-0360
Headlands Institute, Marin, (415) 332-5771
Lindsay Wildlife Museum, Walnut Creek, (925) 935-1978
Randall Mus., SF, (415) 554-9600, randallmuseum.org
Slide Ranch, Marin Co., (415) 381-6155
SF Bay National Wildlife Refuge, Visitor Center: 792-0222, Environmental Educ. Center: (408) 262-5513
SF MOMA, (415) 357-4097
SF Zoo, (415) 753-7080
The Tech Museum, San Jose, (408) 294-TECH
Zeum, SF, (415)777-2800 or www.zeum.org

Special Summer Performances

Shakespeare in the Park, sfshakes.org, (415) 865-4434
Stern Grove Music, SF, sterngrove.org, (415) 252-6252
SF Mime Troupe, sfmt.org, (415) 285-1717
Woodminster Summer Musicals, Oakland, 531-9597

JUNE

10 & 24 **Family Law Clinic**, again 7/8 & 22, 8/12 & 26, see back cover for details
11, 18, 25 **Disability Awareness Series**, see page 9
14 **Beginning FCC Class en español**, see page 9
14 & 28 **Vietnamese Parenting Classes**, see page 2
15 **HAPPY FATHERS DAY** – Celebrate with a Dad!
15 BANANAS' Artist Book Signing, see page 7
17 & 18 **FA & CPR for Teen Caregivers**, page 2
18, 25, 7/2 & 9 **New Moms Group**, see page 2
19 **Mister Rogers "Mad Feelings" Workshop**, page 7
19 **JUNETEENTH** – 6/14, 10 am-2 pm, Oak. Zoo, 632-9525 ext. 133; 6/15, Berkeley, 655-800-8, 654-1461
20-7/6 Alameda Co. Fair, Pleasanton, (925) 426-7681
21 **Chinese Parenting Class**, see pages 2 & 9

23 **Health Care for CC Workers**, page 9
24 **Living with Ones & Twos**, page 2
26 **Child Dev. Corps Info. en español**, p. 9
28-29 LGBT Pride Celebration, SF, (415) 864-3733, sfpride.org



JULY

1 **Intermediate ESL** begins, see page 7
3, 10, 17, 24, 31 **Booties Camp**, see page 2
4 **HAPPY 4TH OF JULY** – BANANAS closed
Berkeley Marina, 548-5335; Jack London Square, (866) 295-9853, jacklondonsquare.com; SF, (415) 777-7770; Alameda, 748-4565; Albany, 524-9283; Piedmont, 420-3070; Ardenwood, 796-0663
11, 18, 25 **SN Classes** at BANANAS, see page 9
13 & 20 **Parent FA & CPR**, again 9/14 & 21, see page 5
15 **In-home Caregiver Support Group**, see page 7
21 **Family Storytelling Night**, see page 2
22 **Living with Threes & Fours**, see page 2
23 **CC Workers Health Campaign**, see page 9
26-27 Kite Festival, Berkeley Marina, 235-KITE, www.highlandkites.com
28 **Yoga for the Whole Family**, see page 2

AUGUST

4, 11, 18, 25 **Single Parents Support Group**, page 2
9 **Breastfeeding in Berkeley**, see Greeting
12 **Got Kids? Got Questions? with Meg**, see page 2
12 **Advanced ESL** begins, see page 7
21 **Intro. to Early Childhood Education** begins, p. 9

SEPTEMBER

Merritt Classes in Spanish, Chinese, Vietnamese
1 **LABOR DAY** – BANANAS closed
8 **Positive Parenting Class** begins, see page 2
11 **Spirited Child Class** begins, see page 2
24 **Merritt FCC Class** begins, see page 9

➡ Please see page 5 for Ongoing BANANAS' Workshops

MISTER ROGERS' "MAD FEELINGS" WORKSHOP

KQED will sponsor this 2-hour professional development workshop on **Thursday, June 19, 6:30-8:30 pm** that teaches developmentally appropriate techniques designed to help children manage their angry feelings and gain self-control. Participants will receive a handsome tote bag with a Mister Rogers' Plan and Play Book, videotape, series brochures and other workshop related handouts. Call 658-7353 to register.

ARTIST HAS BOOK SIGNING

Our newsletter artist **Mittie Cuetara** will have a book launch and signing for her new book *Baby Business* at Diesel Books, 5433 College Ave., Oakland, on **Sunday, June 15** at 2 pm.

PARENTS: TELL YOUR IN-HOME CAREGIVER

Our support group for in-home caregivers offers guidance, information and networking opportunities for a job which can be isolating. The next meeting will be on **Tuesday, July 15** from **6:30-9 pm**. Call Aregash, Carmen or Janet at 658-7353 for information.

INTERMEDIATE ESL FOR CHILD CARE WORKERS

If you would like to improve your English to better communicate with children, parents and coworkers in child care, sign up for our Intermediate ESL class on **Tuesdays, July 1, 8, 15, 22, 29 & August 5** from **6:30 to 8:30 pm**. Please plan on attending all six sessions. There will also be an Advanced ESL class **Tuesdays, August 12, 19, 26, September 2, 9 & 16**.

BANANA Splints

Judy Calder R.N.



Dear Judy,

A two-year old in my center had an asthma attack. She was wheezing and coughing and kept getting worse. Her father came when we called and she wound up in the emergency room for treatment. I really don't want her back because the "attack" looked so scary. I heard that I have to take her back. What should I do?

Sophia

Dear Sophia,

You may not discriminate against children with health conditions including asthma, however you can refuse to care for her until an asthma management plan is in place. These plans are available from the American Lung Association; Healthline, 1-800-333-3212, or from the Alameda County Child Care Health Linkages Project, 208-5963. The plans are developed by the Regional Asthma Management Program for parents and health providers; they spell out how to care for the child's asthma, including what things trigger or set off her asthma symptoms. Asthma triggers are things that should be avoided, such as animals, pollens, molds, temperatures, outdoor pollution or smoke. The plan also describes typical symptoms that indicate respiratory problems and when and how to seek emergency medical assistance.

There are new approaches to asthma management described in the plan. They include the administration of two types of medication: controllers and rescue/relievers drugs. Controllers are medications that reduce the swelling of the airway and are given on a daily basis to prevent attacks. They do not help during an asthma attack. It is very important to give these medications even if the child's asthma is improving.

This often means reminding the parent to bring these medications if they are to be given at school. Rescue or reliever drugs, also known as bronchodilators because they relax and open the airway, are to be given during an attack and should help the child breathe within 5-10 minutes. There are also long-term relievers which work over time and may likewise prevent attacks.



To prevent serious attacks, be sure the

child has been taking adequate fluids, avoid triggers and allergic foods that may also initiate an attack. It is also critical that rescue medication be kept on hand. Training in the method of administration, e.g. inhaler or nebulizer, must be provided by the parent (Community Care Licensing form #9166 should be used) and as part of the child care first aid course. Adults needs to help the child use the medication and bring the child to a quiet place. Any child who receives a rescue medication should be kept quiet, her activity be kept at a minimum and she should be constantly observed by a responsible adult.

Serious asthma symptoms that require you to call 911:

- child's wheeze, cough or shortness of breath worsens, even after medications have had 5-10 minutes to work
- child's neck and chest are "sucked in" with each breath
- child has trouble talking or walking
- child is struggling to breathe, hunching over
- child's lips or fingernails are gray or blue
- child has altered level of consciousness or confusion
- child is experiencing asthma attack symptoms and has no rescue medication available at your child care program.

To reduce your anxiety about caring for a child with asthma, I encourage you to learn all you can about asthma, especially during this time of year when there are more pollens, "bad air" days, and extremely hot days. Make sure the child is under medical supervision for asthma, has a management plan, and that you and the parents communicate daily about what medications are given and where they can be reached. The incidence of asthma in young children is increasing and you can be sure that this is not the first child with asthma you'll be caring for. You will feel more comfortable with additional experience and guidance.

Yours in Sickness and Health, Judy

If you care for children with special needs, call Heather at BANANAS at 658-7353 for information about our Inclusion Project and equipment loans

CHILD CARE WORKERS HEALTH CARE CAMPAIGN

Come to BANANAS on **Monday, June 23** from **6-8:30pm** for an update on the Campaign for Child Care Workers' Health Care and an opportunity to **enroll in no- and low-cost health care programs**. This pilot of the Work and Family Coalition, is funded by the United Way of the Bay Area's Success by 6 Initiative that ends in June. Child care center workers were trained on free and low-cost health care options so they can help their coworkers and client families get enrolled in coverage. E-mail Sara Hicks-Kilday at rkildayhicks@earthlink.net, or call Jenya at 642-5498 or Sascha at 504-5052.

REGISTER FOR MERRITT CLASSES IN THE FALL

Now is the time to register for Fall 2003 ECE courses offered at BANANAS. Courses taught in English are Introduction to Early Childhood Education, **Thursdays, August 21 to Dec. 18, 4-7 pm**, Family Child Care (M0514), **Wednesdays, September 24 to October 29, 6:30-9:30 pm**, and Key Issues in Child Development: Preschool Children II (M0831), **Friday, October 17, 6:30-9:30 pm** and **Saturdays, October 18, November 1 and 15, 9:30 am-2:30 pm**.

Key Issues in Child Development: Preschool Children I (M0977) will also be presented in Spanish, **Friday, September 5, 6:30-8:30 pm** and **Saturdays, September 6, 20 and October 4, 9:30-3:00 pm**.

In Chinese and Vietnamese, BANANAS and Merritt will offer Key Issues in Child Development: Preschool Children I (M0830), **Saturdays, Sept. 13, 27 and October 11, 9:00 am to 3:00 pm**.

To register for any classes, call Admissions at 436-2487 or contact Sylvia, 536-1830 in Spanish.

DISABILITY AWARENESS FOR PROVIDERS

Are you caring for children with disabilities or would you like more information on how to care for children with special needs? Call 658-7353 to get on the waiting list for the following workshops at BANANAS:

Practical Aspects of Asthma Management on **Wednesday, June 11, 6:30-9:30 pm** with **Mindy Benson**, nurse practitioner/Asthma Study Coordinator, Children's Hospital.

Adapting Environments for Children Who Are Visually Impaired on **Wed., June 18, 6:30-9:30 pm** with **Meb Phillips**, parent of a visually impaired child & child advocate and **Julie Pierce**, Blind Babies Foundation.

Creating Accessible Child Care for Deaf or Hard of Hearing Children, **Wed., June 25, 6:30 pm** with **Helisa Katz**, Hearing Impaired Specialist, Center for the Education of the Infant Deaf.



¿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.

¡Atención maestras y asistentes pre-escolares, proveedoras del cuidado infantil hogareño y niñeras! – Si usted tiene preguntas sobre el "Alameda County Child Development Corps" y los estipendios para personas que cuidan niños de 0 a 5 años, venga a BANANAS **jueves, 26 de junio, 6-8 pm**.

Un taller para proveedoras que estan iniciando su negocio – Dos proveedoras con experiencia comparten sus casas y sus ideas sobre como abrir y mantener un negocio de cuidado infantil hogareño. Fecha: **sábado, 14 de junio, 10 am-3 pm**.

Clases de salud y seguridad – La próxima serie de clases en español será en **agosto**.

Orientación del estado para obtener su licencia de cuidado infantil hogareño – El Dpto de Licencias ofrece una orientación en español en la oficina de BANANAS dos veces al año. La próxima será en **noviembre del 2003**. El Dpto. de Licencias también ofrece orientaciones en español en Concord en julio (Contra Costa Child Care Council: Ela al teléfono 925/676-5437) y en Hayward en septiembre (4C's of Alameda County: 582-2182).

Desarrollo de niños de edad preescolar, un curso patrocinado por el Colegio Merritt, se ofrece en BANANAS en español **viernes, 5 de septiembre, 6:30-8:30 pm** y **3 sábados, 6 y 20 de septiembre y 4 de octubre, 9:30 am-3 pm**. 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：十五小時粵語課程日期在 8/30/03,9/6/03。証書二年到期，續期者，申請托兒執照者請儘速報名。
2. 2003 年秋季學分班：請向 Merritt 學院查詢。現已開始報名，名額有限，儘速。
3. 中文家長研習會：在 Albany 市 6 月 3 日下午，國語講解。在屋崙市 6 月 21 日上午，粵語講解。有興趣者，請來電登記。
4. 香蕉中心通訊調查表：請在 8 月 30 日前寄回，以便繼續收到有關資料。

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 **September 18** from **10 am - 12 noon**. Call Judy, 658-7353, for more information.

Family Child 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 SUMMER INTENSIVE WORKSHOPS, July 14, 15 & 16, 9:30 am to 5 pm, Bay Area location TBA, \$150-400, limited to 12 participants, 644-3629 or www.lunakidsdance.com
- PLAY STRUCTURE DONATIONS: If you have play structures to donate, please leave them assembled and contact BANANAS to arrange for provider to come pick them up and receive instructions; BANANAS cannot accept structures that have been taken apart.
- CHILDCARE PROVIDER WORKSHOP SERIES, Caregiving Infants and Toddlers, June 22-27, Rudolf Steiner College, Fair Oaks, CA, (916) 961-8727, \$400, reg. by 6/10, housing avail.
- PEARSON EARLY LEARNING SUMMER INSTITUTE, 2-4 day workshops, July 15-18, Hilton Walt Disney Resort, Orlando, FL, (888) 832-9378, \$250-750.
- ANNUAL CONFERENCE ON CHILDHOOD INJURY CONTROL, Sept. 22-24, Los Angeles, (619) 594-3691.
- NATIONAL ASSOCIATION FOR FAMILY CHILD CARE, July 23-27, Buffalo/Niagara Falls, NY, (800) 359-3817, www.nafcc.org.
- PACE 34TH ANNUAL FALL CONFERENCE, Oct. 3-5, Disneyland Hotel, Anaheim, CA, (800) 924-2460 or (415) 749-6851.
- WHEELOCK ADVANCED SEMINARS FOR EARLY CHILDHOOD Leaders, July 13 to Aug. 1, Boston, MA, (617) 879-2311.
- FUNDRAISING DAY 2003, June 10, Bill Graham Civic Auditorium, San Francisco, onsite reg. \$230-250, Michelle at (707) 526-5383.
- INFANT DEVELOPMENT ASSOCIATION Specialized Trainings for grandparents & aging care providers caring for infants and toddler with special needs, Oakland YWCA, July 12 or Fresno, July 12, fax (916) 453-0627 to request a registration form.
- NORTHERN CALIFORNIA EARLY CHILDHOOD EDUCATION CONFERENCE, Aug. 11-12, Radisson Hotel, Sacramento, save \$10 by registering & paying by 7/18, Joanne at (916) 228-3905.
- SAVE-A-TOOTH FOR KNOCKED OUT TEETH, kits avail. for schools and child cares, \$17.95 for one and \$29.95 for two with free shipping and handling, good for 2 years, (610) 532-4559 or (888) 788-6684.
- 16TH ANNUAL NONPROFIT DAY, July 17, 2003, Westin St. Francis, San Francisco, \$75-135, (415) 541-9000.
- CREATIVE CURRICULUM NATIONAL CONFERENCE, Hyatt Regency, Los Angeles, June 24-27, www.TSIconferences.com.

(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, 7/00, flex mornings, Jackie, 865-3661
Alameda, 10/03, flex, Lia, 521-8548
Berkeley/Oak, 5/02 & 9/00, 2-3 days flex, Bodo, 655-9744
Colby/College/Tel/Alcatraz, 8/94, F afternoon, Marianne, 654-7264
Oakland/Berk, 11/02, wkdays flex, Tina, 569-8003
Oakland/Berk/Emery, 3 mos-2 yrs, M-Th flex, Danielle, 655-7952

EXCHANGES WANTED (Date = child's birthdate)

Alameda, 11/02, weekdays flex, Danielle, 814-6184
Alameda/Oakland, 4/03, need M-F 3-7pm, avail M-F before 3, Dana, 749-4172, cell: 388-0436
Berkeley, 6/01, W-F 2-6 pm, Wanda, 665-7817
Oakland, 6/96 & 7/98, MT eves, Cristina, 261-8335

LOOKING FOR SHARED SITUATIONS (No sitter hired)

(Date = child's birthdate, f-t= full-time; p-t = part-time)
N Berk/Albany, 1/02, M-F flex, Jill, 549-0953
Rock/Tem/Lake/Pied, 2/03, M-F f-t, Elizabeth, 654-4765
Grand Lake/Crocker/Pied/Rock, 7/01, M-F f-t or p-t, Michael, 986-1038
Lake/Montclair/Pied, 3/02, M-F f-t, Tifa, 763-5868
Pied/Tem/Rock/Trestle/Crocker, 2/03, M-F f-t or p-t, Kara, 653-5183
Oak Knoll/King Estates/Mills/Bay Farm, 7/02, flex f-t or p-t, Serena, 636-9584

SHARED ARRANGEMENTS OFFERED (Sitter hired)

Alameda, 8/01, M-F f-t, Meresa, 748-6097
Alameda, 1/01, M-F f-t flex, Susie, 769-6620
Albany/N Berk, 7/01, Th & F p-t, Amy, 528-8431
Berk, 3/02, F p-t, Joe, 601-1262
Elm/Rock/Berk/Clare/N Oak, 8/01, M-F f-t, Susie, 655-1121
Oakland, 9/02, M-F f-t, Lori, 839-3793
Oakland, 6/01, MWF p-t, Nancy, 663-1393
Oakland, 1/02, M-F f-t or p-t, Sarah, 531-1951
Oakland flex, 2/01, 1 day/wk, Charles, 208-3790
Rockridge, 1/01, MTTh p-t, Ellen, 654-8955
Rockridge, 7/02, M-F f-t, Nanette, 653-7734
Rockridge, 12/01, 4/02, 7/01, M-F f-t or p-t, Jane, 601-6748
Rock/Oakland, 4/01, M-F f-t, Stephanie, 655-2757
Rock/Pied/Lake, 7/01, M-F f-t or p-t, Beth, 658-8508
Upper Rockridge flex, 8/01, M-F f-t or p-t, Noreen, 816-8302
Pied/Rock/Lake/N Oak, 3/98 & 10/00, Lisa, 652-9333
Crocker, 1/99, M-F f-t, Robert, 645-1233
Crocker/Lakeshore, 7/01, M-Sat f-t, Phylis, 452-4055
N Oak/Pied/Lake/Mont/Rock, 7/01 open, TWTh, sitter avail f-t M-F, Nancy, 655-8814
N Oak/Mont/Pied/Lake/Temesca, 5/02, M-F f-t or p-t, Eric, 654-5653
Mont/Pied/S Berk, 5/02, M-F f-t or p-t, Mindy, 531-1981
Mont/Pied, 12/01, M-F f-t or p-t, Lori, 339-7018
Mont/Pied/Rock, 11/02, M-F f-t, Gwen, 339-7939
Mont/Pied/Rock, 5/00, M-F f-t or p-t, Kathy and Matthew, 339-6955

SHARED ARRANGEMENTS – PARENTS SPLIT TIME

Alameda, MTF f-t or WTh after 1 pm, Katie, 865-5580
Oakland/Berk, infants/toddlers, M&F avail., poss. N Oak share TWTh, Nancy, 655-8814
Upper Rock/Mont/Pied/Glen/Lake, 7/01, WF 8 am to 6 pm, Jessica, 547-0455

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

- SUPPORT GROUPS FOR MOTHERS, Sherry Reinhardt, RN, MPH, Mom, www.supportgroupformothers.com, 524-0821.

- **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.
- **DONATE** your old parenting books to BANANAS Lending Library.
- **NATIONAL PARENT TO PARENT NETWORK** connects parents with disabilities who want to share their experiences and learn from each other, call Nikki Brown-Booker, (800) 644-2666 X101 or www.lookingglass.org.
- **FREE PARENT/CHILD DANCE CLASSES** in Oakland for families in the dependency system, call for info about summer session, 644-3629 or www.lunakidsdance.com.
- **FREE SUMMER LUNCH PROGRAM FOR KIDS IN BERKELEY**, June 23-August 22, selected sites throughout the city, 981-5150; call Oakland Parks & Recreation at 238-7275 for info on their program and Alameda Recreation & Parks at 748-4565.
- **EAST BAY MOMS** provides support, companionship, networking & exercise for members, open to parents of infants and toddlers, 653-7867 or Eastbaymom@aol.com.
- **CHILDHOOD MATTERS** with Rona Renner, RN, 98.1 KISS FM on Sundays, 9-10 am, 594-4376 or www.childhoodmatters.org.
- **STEP FAMILY ASSOCIATION**: support for stepparents, 1st Thurs. monthly, 7:30-9 pm at BANANAS. Anthony Carpentieri, 849-1626.
- **FAMILY RESOURCE NETWORK SUMMER RECREATION Resources List** for kids with special needs, 5232 Claremont Ave., Oakland, CA 94618 or 547-7322.
- **PARENT TEEN MEDIATION PROGRAM** offered by Conciliation Forums of Oakland, team mediators including 2 youths and one adult meet with family members to help them find mutually satisfying solutions, 763-2117 for appointment, \$25 per session per family.
- **LOWER ROCKRIDGE PARENTS GROUP** is a network of families trying to develop a stronger sense of community and increase support for neighborhood elementary school Peralta, for more information e-mail lowerrockridgeparents@yahoo.com or call 655-2737.
- **OUR FAMILY COALITION** promotes the civil rights and well being of families with lesbian, gay, bisexual and transgender members through education, advocacy, networking and community organizing, www.ourfamily.org, PO Box 13505 Berkeley, CA 94712-4505.
- **AGAIN: GRANDPARENTS RAISING GRANDKIDS**, support groups, resources and activities, Patricia, outreach worker, 261-1076.
- **SISTER TO SISTER**, support group for African American Moms with young children, come join other moms raising children born premature or with special needs, 2nd & 4th Wednesday of each month, 12 noon to 2 pm, 1 Eastmont Town Center, #260, Oakland, 547-7322.
- **FAMILY EXPLORATIONS! SONGS FOR MY FATHER**, Sunday, June 15, enjoy youth musical and dance performance groups, 12-4 pm, Oakland Museum, 10th & Oak Streets, 238-2200, free with admission.
- **COFFEE HOUSE AT ALAMEDA MULTI-CULTURAL COMMUNITY Center**, last Friday of the month, June 27, July 25 & August 29, 7 pm, family night out with live music & song, poetry, light refreshments, 521-9405.

CLASSES & ACTIVITIES FOR KIDS & TEENS

- **DIVE INTO BOOKS THIS SUMMER!** at the Oakland Public Library Summer Reading Game, kids through 8th grade can visit any public library or bookmobile and read just 8 hours between 6/7 and 8/16 and win free books and other prizes, like A's tickets, passes to Oakland Museum, Fairyland, Lawrence Hall of Science, etc., 238-6706.
- **WIGGLE-ME-FINGERS BABY & TODDLER SIGN LANGUAGE Classes**, morning, evening and afternoon sessions in El Cerrito, for parents/caregivers with their children, \$10 drop-in, \$50 for 6-week session, Colene Turrell, 525-1370 press *1, www.sign2me.com.
- **PRESCHOOL AND TODDLER STORYTIMES** at Montclair Branch, Oakland Public Library, 1687 Mountain Blvd., preschool is at 10:30 am, toddler at 11:30 am, 482-7810.
- **COLAGE IS AN INTERNATIONAL ORGANIZATION** for daughters and sons of lesbian, gay, bisexual and transgendered parents, support groups, kids club, pen pals, newsletter, (415) 861-KIDS, www.colage.org.

- **PRESCHOOL STORYTIME AT CODY'S**, 1730 Fourth St., Berkeley, every Wednesday and Saturday at 10:30 am, 559-9500.
- **LEGO OCEAN ADVENTURE EXHIBIT AT LAWRENCE HALL OF SCIENCE** through Sept. 7, underwater world comes to life through role play and hands-on activities, children can role play and construct their own LEGO creations of underwater vessels and instruments, Centennial Drive, Berkeley, 642-5132.
- **KIDS ON THE BLOCK PUPPET SHOWS** to learn about physical, mental, medical and cultural differences, Sat., June 21, 2 pm at Hall of Health, 2230 Shattuck Ave., Berkeley, 549-1564, \$2 donation.

GENERAL ANNOUNCEMENTS

- **LA CLINICA DE LA RAZA NEEDS STICKER DONATIONS**, because of budget cuts their supply of stickers is running low, please help by donating stickers for kids, Anne, 535-4320.
- **LECONTE SCHOOL GARAGE SALE**, Sat., June 7, 9:30 am to 2:30 pm, support a public elementary school and find great stuff: 200 families, 2241 Russell St., Berkeley, near Berkeley Bowl.
- **FREE ACCESS TO PRACTICE TESTS ONLINE** at Oakland Public Library, SAT, GED, ACT and LSAT, etc., www.LearningExpressLibrary.com.
- **PRESCOTT RESOURCE CENTER ACCEPTS DONATIONS** for adult & children's clothing, business attire greatly appreciated, open 9 am to 5 pm, M-F, 800 Pine St., Oakland, 628-9152.
- **BELONGING: PHOTOGRAPHS AND WORDS FROM GANG Members**, exhibit of work of Dennis Olanzo Callwood gives voice to young inmates at Challenger Memorial Youth Center, lock-down rehab facility in Lancaster, CA, African American Museum and Library located at 659-14th St., Oakland, Tues.-Sat., noon to 5:30 through 8/30, 637-0200.
- **ICONS OF CALIFORNIA FASHION ON DISPLAY** at Oakland Museum of California through September 21, Wednesday through Saturday, 10am to 5 pm, Sunday, noon to 5 pm, open until 9 pm first Friday of month, \$6 adults, \$4 seniors and students with ID, free for children 5 and under, free 2nd Sunday of month, 10th & Oak St., 238-2200.
- **GENERATIONS UNITED INTERGENERATIONAL PHOTOGRAPHY** to capture the power and beauty of intergenerational relationships in action, contest open to children and youth up to 21 years of age, and adults over the age of 50, deadline June 30, 2003, www.gu@gu.org, (202) 638-1263.
- **FREE SHAKESPEARE IN THE PARK 2003**, July 18-Aug. 3, Friday through Sunday, 7:30 pm, Amador Valley Community Park and Sept. 27-Oct. 5, (415) 865-4434 or www.sfshakes.org.
- **TRAVELING SMITHSONIAN EXHIBIT ON MAROON CULTURE** of Caribbean (African slave communities who had escaped from plantations and mines) through June 22 at African American Museum and Library, 659-14th St., Oakland, 637-0200 or www.oaklandlibrary.org.
- **DRAGON BOAT RACES AT JACK LONDON SQUARE**, Sat. & Sun., August 9 & 10, 9 am to 5 pm, 452-4272.
- **REFLECTIONS IN BLACK: ART AND ACTIVISM** Exhibit at Oakland Museum, June 7-Aug. 31, works of 143 African American photographers, beginnings of civil rights and black power movements in the 1950s and 1960s through images of the daily lives and heroes of African Americans in the 1990s, \$6 adults, \$4 seniors and students with ID, free for children 5 and under, Oak & 10th Streets, 238-2200.
- **DOCENT-LED BIKE TOURS OF HISTORIC OAKLAND**, Sunday, June 15, leisurely paced 5-1/2 mile bike tour focusing on Oakland's history and architecture, meet at 10th St. entrance of Oakland Museum at 10 am, reservations, 238-3514, \$2.
- **FINE ART 2003 AT JACK LONDON SQUARE**, Sat. & Sun., Aug. 16 & 17, 10 am to 5 pm.
- **ALAMEDA MULTI-CULTURAL COMMUNITY CENTER GARAGE Sale**, Sat., June 21, call 521-9405 if you want to donate or volunteer.
- **ENGLISH CENTER FOR INTERNATIONAL WOMEN**, language & professional development classes for women & men, Mills College, 430-2234.
- **QUEST COLLEGE CLASSES FOR SENIORS** at Chabot College, Hayward, 723-6699.
- **NORTH OAKLAND SENIOR CENTER**, 5714 Martin Luther King Jr. Way, Monday-Friday, 8:45 am to 4:45 pm, classes, workshops and events, 597-5085.

SCHOOLAGE UPDATE

Programs and Providers Please Note: When we call to update your files this summer, please help us by responding promptly. It's important that we have accurate information so we can give good referrals when parents call. We are especially interested in before and after school services since parents start calling us as early as mid-July for Fall placements.



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, June 10 & 24, July 8 & 22, August 12 & 26** and **September 9, noon – 2 pm** at our office. These clinics help low-income families with domestic matters. Reservations are required; call Volunteer Legal Services, 893-7160, and follow the teleprompt to “new clients” for an appointment.

BANANAS THANK YOU'S — SPECIAL THANKS TO THESE CONTRIBUTORS (IN TIME AND/OR MONEY) INCLUDING STAND FOR CHILDREN CONTRIBUTORS!

Lisa Barbato	Nina Mulia	Peter Varadi	Susan Stangeland	Erica Dennings	Amanda Lacau-Noguera
Mollie Hart	Ellen Frankel	Paul Steckel	Richard Thomason	Sharon Kemper	Marcy Whitebook
Judith Bell	Stacey Luce	Kelly Libert	Heidi Goldstein	Suzanne Cheng	Susan Bluestone
J. Wild	Marci Smith	Ina Bendich	Jamie Scherzinger	Laurel Impett	Stephanie Koda
Jill Suttie	Barbara Fritz	Dawn Rubin	Norie Rubenstein	Christine Carter	Kristin Mortimore
Lisa Thompson	Tedi Crawford	Nina Mulia	Ed & Jennifer Diaz	Avaren Ipsen	Madeline Meyer Riley
Polly Yang	Ina Bendich	Mary Rees	Richard Kaufman	Melinda White	Kiwi Pediatrics
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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.