

# 2010 Calendar



"A Tobacco Tax Program"  
1114 Yuba Street, Suite 121  
Marysville, California 95901  
(530) 749-4876 Phone  
(530) 749-4840 Fax  
[www.first5yuba.org](http://www.first5yuba.org)



**FIRST 5**  
**YUBA**



## Healthy Eating

Breastfeeding your baby has lifelong benefits. Breast milk:

- Helps protect babies from ear infections, lung infections, diarrhea and reduces their risk for allergies and asthma
- Helps mothers bond with their babies
- Saves money

As your children grow, help them to make healthy food choices, including eating plenty of vegetables, fruit, low-fat milk, yogurt, lean meats and beans. Kids who eat healthy:

- Will grow to be strong and healthy
- Learn to prefer the taste of healthy food
- Have lots of energy and want to play

Healthy Babies, Healthy Parents- Playgroups are FREE for all parents and their children age 3 and under in Yuba County. These playgroups are held in family homes and at community locations. Children play while parents discuss concerns, share ideas, and receive up-to-date information around nutrition and physical fitness. When parents host a playgroup they receive free resources and a healthy baby kit that will help them in raising a healthy baby. Call Staci at 301-0623 or e-mail [stacimayhowell@comcast.net](mailto:stacimayhowell@comcast.net) for more information.





## Healthy Smiles

- Caring for baby teeth is important even though they will eventually fall out
- Use a clean washcloth or soft child's toothbrush to clean your baby's gums and teeth every day
- Avoid putting children to bed with a bottle.
- When babies and children use their own spoon or fork, the spread of germs is reduced
- Help your child brush teeth at least twice a day by age 3. Your child will need your help until he or she is about 8 years old
- Offer your child water; limit sugar intake like juice and soda
- Offer healthy snacks
- Take your child for a dental checkup at least once a year, starting at about 12 months of age
- Schedule visits at the dentist for a time of day when children are well-rested and cooperative

Marysville Joint Unified School District, working in collaboration with Peachtree Clinic, offers dental services through the Happy Tooth Mobile, a full service dental van. The Happy Tooth Mobile visits several schools in the Marysville School District, and provides dental services to children aged 0-5 and their families. Medi-Cal, Healthy Families, and Healthy Kids are insurance providers that are accepted, and uninsured families can receive services on a sliding scale. Call 749-6182 for more information.



# March 2010



## Keeping Your Child Safe

- Use a car seat every time your child rides in a car until age 6 or 60 pounds. Make sure that it is properly installed
- The back seat is the safest place for babies and children to ride in a vehicle
- Never leave your child alone in a car
- Smoking in a car is harmful to children and against the law
- Always place your baby on his or her back to sleep
- Use safety latches on cabinets and drawers and cover electrical outlets in your home
- Keep cleaning products, medicines, vitamins and cosmetics out of reach of children
- Check your child's toys for loose or broken parts
- Check outdoor play equipment for safety and temperature
- Tell your child why it is important to stay out of traffic
- Teach your child how to, and how not to, interact with strangers

Baby Buddies Home Visiting Program focuses on pregnant moms and infants 0-3 years old. We offer case management to include linking clients to a medical home for classes for preventive health, dental care and immunizations; breastfeeding support and education; prenatal and childbirth education and a free car seat with installation and safety education. Harmony Health also was recently awarded funding to support equipment costs needed for a birth center. Call 742-5049 for more information.





# April 2010



## Positive Family Relationships

Even the most loving parents find themselves tested during times of stress. To develop healthy relationships:

- Share with children that they are special and that you care about them
- Be aware of your actions and patience level around children
- Remember, children are still learning and are not always perfect
- Never shake a baby - shaking can cause permanent brain damage and even death
- Be sure that anyone who takes care of your child is patient and able to control their anger
- Teach your children to tell you if they are being harmed
- Parents sometimes need a break and a time out too! This is OK!
- When you find yourself stressed or losing your temper, learn about local resources that can help

The First 5 Yuba AmeriCorps program provides school readiness assistance, family development education, and resource services to families living throughout Yuba County. AmeriCorps members provide center-based activities and events as well as in-home supportive services. Their goal is to assist families to increase self-sufficiency, discover and utilize community resources, and to create an educationally inspiring home environment for children. The AmeriCorps program is administered by GraceSource, Inc., a community focused nonprofit with a 30 year history of providing programs and support to families in Yuba and Sutter counties. Call 740-7766 for more information.





# May 2010



## Quality Child Care

Children who attend quality child care/preschool programs are better prepared for school. It is important to consider what child care option best suits your child:

- Visit several child care/preschool programs or family child care homes before you decide which is best for your child
- Call ahead and ask if the program is enrolling or if they have a waiting list
- While at the visit, ask:
  - Is the child care program licensed?
  - Has the provider/teacher taken classes or workshops in child development?
  - What is the daily schedule of the program?
- After the visit, review:
  - Were the children treated with warmth and respect?
  - Were the surroundings safe and clean?
  - Did the provider/teacher read and sing with the children?
  - Did the provider/teacher talk and play with the children?
- If a family member, friend or neighbor will be caring for your child, have they passed a background check?

E Center has provided comprehensive Head Start child development services to Yuba County children ages 0-5 since 1988. Thanks in part to the financial support of First 5 Yuba, our newest Yuba County child care site on the corner of Ramirez and 24th Streets in Marysville, is an example of the high value our community places on young children and their parents. Since August 2007, the new facility, which includes age-appropriate playgrounds, four classrooms, a kitchen, and office space, has served over 100 children and their parents on a yearly basis. Call 741-2995 for more information.





# June 2010



## Summer Safety

- Keep babies under six-months of age out of direct sunlight
- Apply sunscreen, a minimum of SPF 30 for children older than six months
- Apply sunscreen at least 30 minutes before going outside and reapply every two hours or if children get wet or sweat
- Find a place to play in the shade. Use sheets, umbrellas, stroller covers, tents or tarps to create shade
- Dress children in lightweight long pants, long sleeved shirts and brimmed hats if possible
- Encourage children to wear sunglasses
- Provide lots of water to drink to keep children hydrated
- Keep children within arm's length distance of you
- Never leave a child unattended in the bath. Children can drown in 2 inches of water
- Make sure your child only uses a Coast Guard approved life jacket when near lakes, rivers or streams

The Yuba County Recreation program provides activities catering specifically to children ages 0-3. Families may participate in programs that develop their child's motor and social skills as well as teach families about proper nutrition. The program's goal is to provide fun, active and educational activities that get children moving and support family bonding. Yuba County Recreation is proud to team up with the Yuba-Sutter United Way, First Five Yuba and Yuba County. Call 743-1847 for more information.





# July 2010



## Healthy Bodies

To support your child's health:

- Make sure your baby/child gets regular check-ups and keep immunizations up-to-date
- Children need shots at 2,4,6, and 12 months and at 2 and 5 years of age. Shots protect your child from many serious illnesses
- To prepare your child for shots, ask your doctor or nurse about ways to comfort your child before, during and after the shot

Be an active family:

- Find things that your family can do together, like going for a walk, playing active games, swimming, going to a park or playground
- Listen to music and dance with your child
- Children should spend no more than 2 hours a day watching TV programs, playing video games, or using the computer

The Camptonville Family Resource Center integrates programs for families of children 0-5 years in the Camptonville area. Services are provided through the "1,2,3 Grow" early childhood enrichment and kindergarten readiness program and includes First Smiles, a dental health outreach program. Call 288-9355 for more information.







## School Readiness

- Children are born ready to learn
- Children who arrive at school with a variety of skills will be happier and more successful in school
- Children who are successful in school have good physical and emotional health
- Some concepts to develop with children the year before kindergarten:
  - Sharing
  - Following the leader
  - Being away from parents without being upset
  - Playing cooperatively with other children
- Visit the school and classroom with your child and let them meet their new teacher
- Before the new school year begins, talk with your child about the changes in his or her daily routine
- Start your child's school-year bed time schedule and morning routine a few days before school starts

All children 0-5 years of age in the Ella, Cedar Lane and Linda School neighborhoods are eligible for free school readiness services including: KinderCamp, a summer kindergarten enrichment program; school-based outreach to families; including home visiting with an emphasis on family literacy; on-site health services; and classroom-based speech and language development services. Call 749-4961 for more information.



# September 2010



## Quality Family Time

- Spending quality time with children creates a loving, supportive environment
- When parents play with their children they grow stronger, smarter, get to know you better, and learn how to make friends
- Tell your children you love them everyday
- Use physical touch and hugs to connect with children
- Take time to talk and play with children everyday
- Eat meals together as a family
- Turn off the television and cell phone

California Work Opportunity and Responsibility to Kids (CalWORKs) intake staff located at the One Stop provides tote bags to CalWORKs parents who apply for and meet "Immediate Need" criteria. The tote bags include diapers, baby wipes, electrical safety plug covers, child development and parent educational brochures, along with the First Five Parent Kits. Call 749-4800 for more information.





# October 2010



## Guidance & Discipline

- Respond to your baby's cry. This helps your baby learn that he can trust you to understand and meet his needs
- If your child is doing something wrong, show him the right way to do it
- Describe the behavior that you want to see instead of the behavior you want to stop
- Children learn more about the world from what they see rather than what they hear
- Model the actions and behavior that you want your children to imitate
- Reduce meltdowns when you are away from home by bringing along a healthy snack, special toy, or simple activity (ex. paper & crayons)

The Child Development Behavioral Specialist (CDBS) offers year round services to support the healthy social emotional development of young children throughout Yuba County. The program is designed to address the unique needs of typically developing children age 0-5 who display challenging behaviors. There is no cost to Yuba County families regardless of income, immigration status or health insurance coverage. Se habla español. To make a referral or obtain additional information call Thelma Amaya-Andersen at 749-4991.





# November 2010



## Children & Books

- Read out loud to your baby or child everyday
- Use board books with few words and many pictures for babies and younger children
- Tell stories to your children
- Have plenty of books in the home
- Make regular trips to the library with your child
- While reading with your child ask questions about the story
- Set up a quiet place for reading with children
- Read yourself and make it a family activity
- Point out and read words found on everyday items (ex. cereal boxes, billboards, street signs)

Yuba County Library wishes children in our community to have a love for books and have a passion for reading. We're excited to offer a variety of story times, crafts and special events for young children and are pleased to watch our collections of picture books, parenting books, multimedia materials, Spanish and bilingual books for children grow with support from First 5 Yuba. Library cards and programs are free and all are welcome. Visit us! Read! Enjoy! Call 749-7380 for more information.







## Every Child is Special

- Participate in and/or begin family traditions with your children (Trips to the park, game night, family walks)
- Surround your child with adults who cherish and respect them
- Put up pictures of your child and the family. Children need to see themselves and know that they are important
- Respond to children's questions and comments about differences even if you're not sure what to say
- A parent's role is to help children learn about and respect differences

### Your Child's Development:

- Children grow, develop and learn starting at birth
- Their development can be seen in how they play, learn, speak and behave
- Children develop at different rates, but there are average ages for many "firsts" like first steps and first words
- The earlier the identification of health and developmental concerns, the sooner your child and family can receive specialized services to support your child's growth and development

The Yuba County Office of Education Family Resource Center provides resources to families of children with special needs ages birth through 5. Parents can connect with other parents for support and participate in center workshops and activities. Call 749-4049 for more information.







# Resource Guide

## 24 Hour Crisis Intervention

Casa de Esperanza	674-2040
Child Abuse Hotline	1-800-422-4453
Domestic Violence Hotline	1-800-799-7233
Planned Parenthood	1-800-230-7526
Psychiatric Emergency Line	673-8255
Sutter-Yuba Mental Health	822-7200
Youth Crisis Line	1-800-843-5200
Yuba County Adult Protective Services	749-6471
Yuba County Child Welfare Services	749-6288

## Breastfeeding Information

Del Norte Clinics WIC Program	749-4830
Fremont Medical Center Nursery	751-4168
Baby Buddies Lactation Station	742-5049
La Leche League International	1-800-525-3243
Yuba County Public Health	749-6366

## Child and Family Counseling

Airman & Family Readiness Center	634-2863
Casa de Esperanza	674-5400
Crisis Line	674-2040
Family Intervention & Community Support (FICS)	671-3427
Fremont-Rideout Hospice	790-3006
Harmony Health Family Resource Center	742-5049
Harmony Health Medical Clinic	743-6888
Yuba County Child Development Behavioral Specialist	749-4991
Yuba County Respite	749-2004

## Child Care Resources & Referrals

Beale AFB Child Development Center	634-4717
Child Care Planning Council of Yuba & Sutter Counties	749-4040
Children's Home Society of California	673-7503
Toll Free	1-800-552-0400

Community Care Licensing	895-5033
E Center Head Start Programs	741-2995
First 5 Yuba Commission	749-4877
Foster Care - Yuba Human Services	749-6822
School District Child Care Development Programs	
Marysville Joint Unified	749-6163
Wheatland	633-3257
Yuba College Child Development Program	749-3808
Yuba College Foster Ed & Kinship Care	741-6750
Yuba County Child Welfare Services	749-6288

## Childbirth Classes

Del Norte Clinics WIC	
(Women, Infants & Children) Program	749-4830
Fremont Medical Center- Labor/Delivery	751-4165
Harmony Health Medical Clinic	743-6888
Yuba College Community Education	741-6825

## Children and Youth Services

4-H Clubs	822-7515
Boy Scouts of America	822-9275
Campfire Inc. Boys and Girls	1-916-452-4982
Friday Night Live	742-LIVE
Girls Scouts Council	1- 800-322-4475
Library Services	
Sutter County	822-7140
Yuba County	749-7380
Marysville Youth and Civic Center	749-1776
R-Spot	742-5049
Recreation Departments	
Yuba City	822-4650
Yuba County Recreation Program	743-1847
Yuba Sutter Family YMCA	673-8230

## Counseling/Support

Addiction Treatment Services	749-8640
AEGIS Medical Systems	742-7747
Children's Mental Health Services	822-7513
Harmony Health Family Resource Center	742-5049
Harmony Health Medical Clinic	743-6888
Hepatitis C Support Group	671-7441
Mental Health America Yuba Sutter	822-7178
Sutter-Yuba Mental Health	822-7208
Yuba County Victim Witness	741-6275

## Drug/Alcohol/Tobacco

AA/Alanon/Alateen	673-9380
ACTS (Alcohol Chemical Treatment Series)	742-7761
AEGIS Medical Systems	742-7747
California Smokers Helpline (English)	1-800-662-8887
California Smokers Helpline (Spanish)	1-800-456-6386
Clean Break Smoking Cessation Classes	749-4458
Co-Dependents Anon for Men/Women	790-6784
CTIS-Effects of Drugs on Fetus	1-800-532-3749
FOR Families	749-6798
Fathers First	742-7761
First Steps	822-7263
Freedom from Smoking	749-6366
Mid Valley Recovery Scvs., Inc. (Pathways)	742-6670
NarcAnon	877-6361
Northern California Treatment Center	749-2911
Options for Change	822-7200
Yuba County Office of Education	749-4991

## Education & Job Services

CHD (Migrant Worker Job Training Scvs.)	741-2924
Employment Development Dept	1-800-300-5616

Marysville Adult & Alternative Ed 749-6154  
 Regional Career Center (1 Stop) 749-4850  
 Yuba College 741-6700

**Emergency Food/Shelter**

American Red Cross 673-1460  
 CAN: Christian Assistance Network (Food, Diapers & Clothing) Ask a local agency or FRC for a referral  
 Central Valley Homeless Vet Asst. Prog. 749-4889  
 Craftsmen for Christ 751-7168  
 Heating Energy Assistance Program HEAP 671-7590  
 Salvation Army Depot Family Crisis Center 742-0892  
 Salvation Army/Family Services 671-7283  
 Twin Cities Rescue Mission 743-8777  
 Yuba County Health & Human Services 749-6311  
*See also Family Resource Centers*

**Family Planning/ Pregnancy Testing**

A Woman's Friend 741-0556  
 Del Norte Lindhurst Family Health Center 743-4611  
 Harmony Health Medical Clinic 743-6888  
 Peach Tree Clinic 749-3242  
 Planned Parenthood 974-2603

**Family Resource Centers (FRCs)**

FRCs provide services & resources to support families  
 Camptonville Family Resource Center 288-9355  
 Family Soup 751-1925  
 GraceSource, Inc. ABC Family Resource Centers  
     Cedar Lane (Linda) 740-7766  
     Olivehurst 740-7767  
 Hands of Hope 755-3491  
 Harmony Health Family Resource Center 742-5049  
 Yuba County Family Resource Center 749-4049

**Health Services**

American Cancer Society 741-1366  
 Children's System of Care 822-7478  
 CTIS-Effects of Drugs on Fetus 1-800-532-3749  
 Del Norte Children's Medical Clinic 671-8820  
 Del Norte Clinics WIC  
     (Women, Infants & Children) Program 749-4830  
 Del Norte Lindhurst Family Health Center 743-4611  
 Del Norte Family Health Center 673-9420  
 Diabetes Society of Yuba Sutter 674-9112  
 Feather River Tribal Health Center 751-8454  
 First Care Medical Clinic 692-2050  
 First Steps Prenatal Program 822-7263  
 Fremont Medical Center 751-4000  
 Great Beginnings 751-4113

Harmony Health Medical Clinic 743-6888  
 Healthy Families 1-800-880-5305  
 Insure Kids Now 1-877-543-7669  
 La Leche League 343-2197  
 National Cancer Institute 1-800-422-6237  
 Peach Tree Healthcare  
     Marysville Immediate Care 749-3556  
     Peach Tree Clinic 749-3242  
 Poison Control Center 1-800-222-1222  
 Rideout Memorial Hospital 749-4300  
 Sutter North Brownsville 675-2457  
 Sutter North Loma Rica 743-1356  
 Sutter North Medical Foundation 741-3500  
 Wheatland Family Health Center 633-9679  
 Yuba County CA Children's Services (CCS) 749-6340  
 Yuba County Public Health 749-6366

**Legal Assistance**

California Rural Legal Assist (CRLA) 742-5191  
 Small Claims Advisory Office 742-8289  
 Yuba County Child Support Services 1-866-901-3212  
 Yuba County Family Law Facilitator 749-7685  
 Yuba County Victim Witness 741-6275  
 Yuba-Sutter Legal for Seniors 742-8289

**Libraries**

Children's Home Society of California 673-7503  
 Sutter County Library 822-7137  
 Yuba County Library 749-7380

**Nutrition and Food**

Gleaners Monthly Food Bank 673-3834  
 Salvation Army 216-4530  
 Del Norte Clinics WIC  
     (Women, Infants & Children) Program 749-4830  
 Yuba County Social Scvs. – Food Stamps 749-6311  
*See also Family Resource Centers*

**School Connections**

Camptonville Union School District 288-3277  
 Marysville Joint Unified School District 741-6019  
 Plumas Lake Elementary School District 743-4428  
 Wheatland Elementary School District 633-3130  
 Yuba Community College District 741-6700  
 Yuba County Office of Education 749-4900

**Special Needs Services**

Alta California Regional Center 674-3070  
 Butchie's Pool 671-4373  
 California Relay Service 1-800-735-2922  
 Craftsmen for Christ 751-7168

Easter Seal Superior California, Yuba City 750-4673  
 Family Soup 751-1925  
 FREED Center for Independent Living 742-4474  
 NorCal Services for Deaf & Hard of Hearing TTY 740-7802  
     Voice 740-7803  
 Speech to Speech Telephone Support 1-800-854-7784  
 Tri County Respite 755-3500  
 Yuba College Disabled Student Services 741-6795  
 Yuba County Family Resource Center 749-4049  
 Yuba County CA Children's Services (CCS) 749-6311  
 Yuba County Office of Education 749-4900

**Transportation**

Yuba Sutter Transit  
     Route & Schedule/ Dial-A-Ride 742-2877

Editor's Note: If you wish to have your agency included on this resource page or to update information for the next publication, please contact the office of the First 5 Yuba Commission at 749-4877.





In 1998 California voters approved "Proposition 10" which instituted a tobacco tax that provides funding to County Commissions for children 0-5 years of age and their families. The First Five Yuba Commission was appointed by the County Board of Supervisors in 1999 and its vision is for "All Yuba County children age prenatal through five (5) years old will thrive in strong, supportive, nurturing, and loving family environments; enter school healthy; and ready to learn and become productive, well-adjusted members of society."

Thank you to all the local children and families who made themselves available for photo shoots.

Thank you to the Advisory Committee members who spent many volunteer hours developing the calendar this past year. The Advisory Committee meets the second Thursday monthly at noon. Please join us.

Thank you to the First Five Yuba Commission for supporting and funding this project. The Commission meets the fourth Thursday monthly at 3:30PM. Please join us.

Photos by John Hollis digital photography.

For more information about the services and programs funded by First Five Yuba, please contact the office at (530) 749-4877 or [first5@co.yuba.ca.us](mailto:first5@co.yuba.ca.us) or check us out at our website at [www.first5yuba.org](http://www.first5yuba.org).

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Marysville, California 95901  
(530) 749-4876 Phone  
(530) 749-4840 Fax  
[www.first5yuba.org](http://www.first5yuba.org)

