



FIRST 5 YUBA

www.first5yuba.org

November 2011



FIRST FIVE YUBA ANNOUNCEMENTS



Child exploring during free play at E-Center Head Start

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First Five Yuba Office Lunch Hours

Please make note: Effective October 24, 2011 the First Five Yuba Office will be closed for lunch from 12:30PM—1:30PM Monday - Friday.

CALENDAR THEME OF THE MONTH

Children & Books

- Have a daily routine of reading out loud to your baby or child
- Keep books where babies and children can reach them
- 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

Your child enjoys a variety of pre-reading activities, including adults reading to them daily, looking at and handling books, playing with a variety of media, and showing interest in pictures, letters and numbers.

Based on the 40 Developmental Assets which are positive factors within young people, families, communities, schools and other settings that research has found to improve and promote the healthy development of young people.

Yuba County Library wishes children in our community to develop a love of 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 with support from First Five Yuba. Library cards and programs are free and all are welcome. Visit us! Read! Enjoy! Call 749-7380 for more information.

PARTNER/COMMUNITY ANNOUNCEMENTS AND RESOURCES

Salvation Army

Application packets are now available for Christmas Baskets. There is limited space, and priority will be given to first time applicants. [CLICK HERE](#) for more information or call 216-4530.

123 Grow

1, 2, 3 Grow of Camptonville is one of First 5 Yuba's current funded partners. We offer a parent participation school readiness program three mornings a week for ages birth to five. This year, we are excited to be able to offer on a monthly basis a special project day with Mariana Worden, who has both a AA degree in Early Childhood Education and a BA in Fine Arts. One of Mariana's specialty areas is Native American culture. The [photo](#) shows her leading a drumming circle while children sing "The Bear Song" and also drum out the beat for their own names as they take turns introducing themselves. Children later examined and ground Hopi corn and made and ate cornbread at our October special project day. In September, we used cattails as brushes and painted in the garden. If you live in the foothills region and would like to join us, call 288-9355 for more information.

GraceSource Family Resource Center

Home Visitation Program offers: Assistance finding primary care doctors and dentist for yourself and your children, assistance finding professional counseling and legal services, linking families to community resources and much more! [CLICK HERE](#) for more information.

Baby Steps 0-5 Program

Ideas for parents...Please click on a newsletter to read more information:

[#39 The Importance of Social Competencies](#)

[#40 Putting Planning into Action](#)

[#41 Interpersonal Competence: It's Not That Easy](#)

[# 42 Appreciating Differences](#)

Yuba County Children's Happy Tooth Mobile

[CLICK HERE](#) to view the Happy Tooth Mobile schedule for 2011- 2012.

YUBA CITY UNIFIED SCHOOL DISTRICT is currently accepting applications for preschool enrollment. Please stop by the Bernard Children's Center office @ 445 Bernard Drive to complete an application. Questions? (530) 822-5235.

PARTNER COMMUNITY EVENTS

Sutter—Yuba Mental Health Services:

Family, Friends, Caregivers of people living with mental illness; feeling confused, scared, isolated, invisible, ignored? There is a group available to you at no cost. Share information and support, tell your story, learn coping skills in a safe place. [CLICK HERE](#) for more information. Groups meet:

Dates: The SECOND and FOURTH Wednesdays of each month from 6PM—7:30PM.

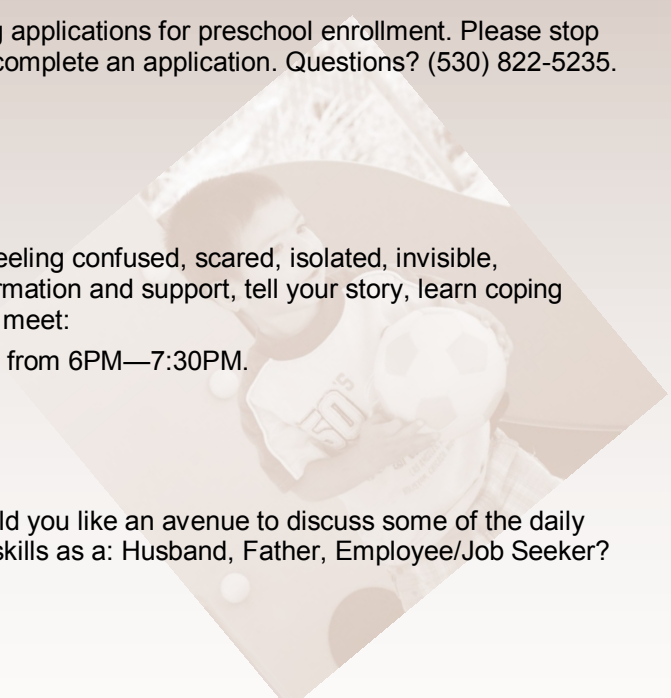
Location: Sutter/Yuba Mental Health Services

GraceSource Family Resource Center:

Men's Skills Support Group—"Teachable Moments" Guys!!! Would you like an avenue to discuss some of the daily struggles you come up against: Would you like to fine tune your skills as a: Husband, Father, Employee/Job Seeker? [CLICK HERE](#) for more information.

Dates: Thursdays from 4:30PM—5:30PM.

Location: Cedar Lane Family Resource Center in Olivehurst



PARTNER COMMUNITY EVENTS CONTINUED

TCAEYC - NAP SACC Presents:

Healthy Eating Kids! This FREE workshop is open to all community members! Topics include: Describe why good nutrition is so important to young children, Explain in detail the components of a child care environment that promote healthy eating and much more! Please call 301-0623 or email tcaeyc@gmail.com to reserve a spot. [CLICK HERE](#) for more information.

Date: November 15, 2011 from 6:30PM—8:30PM

Location: Child Care Planning Council of Yuba & Sutter Counties 1104 E Street in Marysville

Family Soup (Serving Yuba and Sutter Counties) Presents:

Special Needs Trust and Conservatorship: Come learn about different options that will help you plan ahead for when your child with special needs turns 18 years old. [CLICK HERE](#) for more information.

Date: November 17, 2011 from 6:00PM—8:00PM.

Location: Family Soup 1650 Sierra Avenue, Suite 106 in Yuba City

GraceSource Family Resource Center:

Join us for FREE family movie night: RIO. [CLICK HERE](#) for more information.

Date: November 18, 2011 from 4:30PM—6:30PM

Location: Cedar Lane Family Resource Center in Olivehurst

Calendar of Events

[Children's Home Society of California](#)

[School Readiness Outreach Specialist—Linda Site](#) [Cedar Lane Site](#) [Ella Site](#)

[ABC Family Resource Center—AmeriCorps Project](#)

NEWSLETTERS FROM OTHER ORGANIZATIONS

- [Early Childhood Newslink](#)
- [California Smokers' Helpline](#)
- The Wellness Letter [Volume 3](#) and [Volume 4](#)
- [Healthy Families Newsletter](#)
- [First 5 San Joaquin E-Newsletter](#)
- [Yuba Sutter Transit Newsletter](#)

ECE ISSUES/TRENDS/ADVOCACY

2011 Online Red Kettle

[CLICK HERE](#) to view the new online red kettle website.

UC Berkeley Labor Center

Economic Impacts of Early Care and Education in California [CLICK HERE](#) to view full article.

RAND: Center for Military Health Policy Research

Research has begun to document the challenges faced by members of the U.S. military in deploying for war and reintegrating into life at home. [CLICK HERE](#) to view full article.

ECE ISSUES/TRENDS/ADVOCACY CONTINUED

California Smokers' Helpline

As part of our ongoing partnership with First 5 to reduce tobacco use among pregnant smokers and parents of children 0 to 5, the California Smokers' Helpline is pleased to make a new tool available to First 5 Commissions for measuring progress toward this goal. Below is a link to a report of calls to the Helpline from your county for the time period 1/1/11 to 6/30/11 which shows various demographics including age, ethnicity, gender, language as well as family status: <http://www.californiasmokershelpline.org/LACallReports01-11to06-11.shtml>.

The American Academy of Pediatrics

In an updated policy statement and technical report, the AAP is expanding its guidelines on safe sleep for babies, with additional information for parents on creating a safe environment for their babies to sleep.

The policy statement and technical report provide global recommendations for education and safety related to SIDS risk reduction. In addition, the AAP is providing recommendations on a safe sleeping environment that can reduce the risk of all sleep-related infant deaths, including SIDS. Three important additions to the recommendations include:

[Breastfeeding](#) is recommended and is associated with a reduced risk of SIDS.

Infants should be [immunized](#). Evidence suggests that immunization reduces the risk of SIDS by 50 percent.

Bumper pads should not be used in [cribs](#). There is no evidence that bumper pads prevent injuries, and there is a potential risk of suffocation, strangulation or entrapment.

For a look at the full policy statement, see <http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284>.

TRAINING AND CONFERENCES

Preschool California

Please join us this fall as education leaders, including Carl Cohn, Dave Gordon and John Mockler, convene to discuss how transitional kindergarten gives California an unparalleled opportunity to ensure our state's youngest learners are better prepared to succeed in kindergarten and beyond. Please [CLICK HERE](#) for further information. Date is as follows:

November 8, 2011 from 9:00AM – 3:00PM

Vision Y Compromiso

SAVE THE DATE! 9th Annual Promotoras and Community Health Workers Conference, held in Los Angeles Airport Marriot in Los Angeles. [CLICK HERE](#) for more information.

Dates are as follows:

December 2nd and 3rd, 2011

First 5 California

SAVE THE DATE: First 5 California and The Water Cooler Joint Conference come hear nationally recognized philanthropists, political leaders, and prominent experts in the field of early child care and education. Conference will be held at the Sheraton Grand Sacramento Hotel in Sacramento. [CLICK HERE](#) for more information. Dates are as followed: **February 8-9, 2012**

IMPORTANT DATES TO REMEMBER

November 11th—Veteran's Day FFY Office Closed

November 17th—FFY Commission Meeting 3:30PM—5:30PM

November 24th and 25th—FFY Office Closed

