



May 2009 Newsletter



Announcements

- **From Advisory Committee member, Rose Mclsaac;**

This past year the Advisory Committee has been designing a First 5 Yuba 2010 calendar. Calendars are scheduled for distribution in the fall of 2009 and will feature First 5 funded projects and will include a local resource list page and community events each month. The events will be listed on the actual date planned as a great promotion and reminder of your event. **Add your event to the calendar** by forwarding it to Rose Mclsaac at mcisaacr@dnci.org ASAP with a final date of May 29th.

- **CONGRATULATIONS** to the following Mini-grant projects who were awarded funds last week by the First 5 Yuba Commission:

- Diaper Bags with First 5 Parent Kits
- Teen Parent + Child Brochure
- McGruff Crime Prevention Community Education
- YCOE Interpreting Support
- YCOE Family Resource Center Special Needs Family Support
- First Five Read and Learn
- Tobacco Free at FRHG
- Training for Early Care & Education Providers
- April-Month of the Child Activities
- Healthy Bodies Make Happy Bodies
- "Fit for Life"
- Spanish + Bilingual Materials for Children
- Early Literacy for Browns Valley Preschoolers
- Exploring Outdoor Environment
- Civic Engagement Mileage Stipend
- Baby Signs Program

- Do you serve Yuba and Sutter children and families? **Sutter County Children & Families Commission** just released **mini-grant funding, mandatory meeting April 30, 2009 at 6PM**. Call 822-7505 for more info.

- **PROPOSITION 1D:** As many of you know, there will be a special election on May 19th, which includes Proposition 1D related to First 5 Yuba. AND as many of you know, staff are only allowed to share unbiased information about the election. In an effort to support understanding of Proposition 1D, please **[CLICK HERE](#)** for more information.

Important Dates to Remember!

- 5-13-09 Dental Collaborative Task Force Meeting, 11-12PM
- 5-12-09 Full Proposals Due by 5PM
- 5-14-09 Advisory Committee Meeting, 12-2PM
- 5-20-09 Mini-grant Mandatory meeting, 5:30-7:00PM
- 5-22-09 Mini-grant Mandatory meeting, 10-11:30AM
- 5-27-09 School Readiness Partner meeting, 11:30-1PM
- 5-28-09 Commission Meeting, 3:30-5:30PM
- 5-29-09 Marysville Farmers Market begins, please join us at our booth to pass out flyers and toothbrushes!



From Commissioner John Floe

With resources becoming more and more important today or even knowing how to find them I want to tell you about a really good website to become familiar with and that is the Network of Care Website. This Website is a valuable resource for individuals, families and agencies. It provides information about local resources; in addition more specific information about mental health services, laws, and related news, as well as communication tools and other features.

Regardless of where you begin your search the Network of Care helps you find what you need - it helps ensure that there is "No Wrong Door" for those who need services. The Network of Care for Mental Health provides a comprehensive Service Directory of the community-based service providers in each California County putting people in touch with the right services at the right time. Network of Care also provides easy-to-search libraries and vital information about specific disorders, pending legislation and advocacy, as well as daily news articles from around the world concerning mental health, psychological disability and substance abuse. Our home page has a Newsletter and Announcement link that provides a space to add your flyers, newsletters or other public announcements you would like to publish on the site.

The direct Web site addresses for our two Counties are www.Sutter.networkofcare.org or www.Yuba.networkofcare.org. If you are an agency that would like to be added to the directory of services, list a community event announcement or to update your information please contact John Floe at 530-674-1885 ext 114 or fax at 530-673-1810 or e-mail at jfloe@co.sutter.ca.us to post your information on the Network of Care Website.

Advisory Committee Update

CONGRATULATIONS to the newest Advisory Committee member Denice Burbach! Denice is an Instructor/Coordinator for Yuba College Early Childhood Education and brings many years of experience working with children 0-5 and their families.

The Advisory Committee provides recommendations to the full Commission on a variety of topics. The Committee is currently in need of any parents of children 0-5 years of age. If you or someone you know is interested please click and download the following documents:

[Perspective Member Letter](#) * [Application for Membership](#)

[Role and Responsibilities Document](#)

Healthy Kids, Healthy Future Health Insurance

All children 0-5 years of age should have access to health insurance for regular check-ups and immunizations in the early years of life. Families who do not qualify for Healthy Families or Medi-Cal insurance may qualify for Healthy Kids, Healthy Future Insurance. A family of 4 typically qualifies if they make less than \$64,000 per year. For more information on how to qualify please call 530-749-4877. You can also visit the website at www.hkhf.org

Partner Announcements and Information

- **Healthy Babies –Healthy Parents playgroups**; FREE for all parents and their children 3 and under in Yuba County funded by First 5 Yuba. Let your little one play while we discuss concerns, share ideas and receive up-to-date information around nutrition and physical fitness. Receive free nutritional resources that will help you in raising a healthy baby. [CLICK HERE](#) for Yuba County Library schedule or [CLICK HERE](#) for Wheatland schedule.
- **Literacy Learning Party** at the **Yuba County Library** on Thursday, May 21st at 6pm [CLICK HERE](#) for more information. Come and learn more about early literacy development, selecting quality books, and building listening skills. **Win FREE prizes and books for your child!** For information on hosting a Literacy Learning Party please contact Staci Howell at 530-301-0623.
- **Yuba County Child Development Behavioral Specialist Workshops**
 - “Building Your Child Up for Success” May 11, 2009 [CLICK HERE](#) for training in English and [CLICK HERE](#) for training in Spanish.
 - “Tantrum Taming and Other Tricks” a workshop in Spanish, May 5th and 12th, at 1:00PM at Harmony Health FRC, [CLICK HERE](#) for more information.

Community Announcements and Events

- May Day Art Festival-Join Artists with Disabilities & Others on May 1st from 5PM-8PM [CLICK HERE](#) for more information.
- Baby City-Resource Day for Pregnant and Parenting Teens (Dad’s & Mom’s) will be held on Thursday, June 18, 2009 [CLICK HERE](#) for more information.
- Steps to Success-Resources and Education for Pregnant and Parenting Teens (Dad’s & Mom’s) will be held May 7th & 14th [CLICK HERE](#) for more information.
- **Baby Boot Camp** is offering 10-one month memberships valid May 1-31 for FREE for those who are Yuba County residents, new students to Baby Boot Camp, and able to attend at least four classes. Please click the following link <http://www.babybootcamp.com/> for more information.
- The ABC Family Resource Centers (FRCs), a program of GraceSource, Inc. would like to announce that their **Supporting Father Involvement** (SFI) Project has now been listed by the California Evidence-Based Clearinghouse as an evidence-based practice. The clearinghouse is on the web at <http://www.cachildwelfareclearinghouse.org/>. The ABC FRCs SFI project is currently beginning its fourth research phase working with co-parenting families with a least one child under the age of eleven. The families’ eligible for the project has expanded to include those currently working with Child Welfare Services. For more information, including how to refer to the SFI or FRC programs, please contact Craig, Terri and Sandra at 740-7767.

Resources and Research

- **Strengthening Families and Communities: 2009 Resource Guide.** By the U.S. Department of Health and Human Services. (The Department, Washington, DC) 2009. 87 p.
Full text at: http://www.childwelfare.gov/pubs/res_guide_2009/

["This Resource Guide was written to support service providers in their work with parents, care givers, and their children to strengthen families and prevent child abuse and neglect. The guide includes information about protective factors that help reduce the risk of child maltreatment, strategies for changing how communities support families, and evidence-informed practices. It also offers suggestions for enhancing protective factors in families, tools to build awareness and develop community partnerships, information about child abuse and neglect, a directory of national organizations that work to strengthen families, and tip sheets in English and Spanish on specific parenting topics."]

- **Making Maternal and Child Health Care a Priority.** By Helene Stebbins. **Fact Sheet.** (National Center for Children in Poverty, New York, New York) March 2009. 4 p.
Full text at: http://www.nccp.org/publications/pdf/text_860.pdf

["To help inform the national and state-level debate on how to improve the health care system, 'Making Maternal and Child Health Care a Priority' takes a closer look at state policy choices that promote access to high-quality health care for mothers and children."]

NCCP Update (March 17, 2009.)]

- **The Circle of Security®** curriculum integrates over fifty years of early childhood attachment research into a video-based intervention to strengthen parents' ability to observe and improve their care giving capacity. Attachment theory, through the Circle of Security®, offers clear individualized, pathway for providing a secure relationship between parent and child, <http://www.circleofsecurity.org/>.
- The most frequent comment heard in response to the **Conscious Discipline program** is that it is life-changing. The Seven Powers and the Seven Skills taught in the program enhance adults' social-emotional intelligence in perceptible ways. Conscious Discipline teaches relationship skills that help adults in all of their interactions, so that improvement is seen at home with family, at work with colleagues, and at school with children. This single program, offering such a broad life-changing approach, is extraordinarily effective and meaningful for those who are willing to make the change, <http://www.consciousdiscipline.com/>.
- **Research on early childhood education outcomes,** <http://www.publicpolicyforum.org/Matrix.htm>.
- **The California Preschool Energy Efficiency Program (CPEEP)** is designed to help center-based child care facilities save money and energy! Register for CPEEP Now, [CLICK HERE](#) for more information. Eligible centers receive an energy assessment, air conditioner tune up and lighting retrofits. **All of this is provided 100% FREE**, including labor and materials!

Resources and Research

- **Helping Children Develop Healthy Habits through Fun and Play.** Resources for Childcare Providers & Advocates [CLICK HERE](#) for more information.
- **WIC Food Changes for Toddlers and Children:**
 - Decreasing fat, juice and sweetened beverages, increasing fruits, vegetables, whole grains and fiber, and promoting and Supporting Breastfeeding. Please [CLICK HERE](#) for more information about the changes.
- **Teaching Tolerance's** educational kits and subscriptions to its magazine are FREE: and they have early childhood focused resources. To receive FREE materials, download and return the [free product order form \(PDF\)](#). <http://www.tolerance.org/teach/resources/index.jsp>
- **Breastfeeding: Investing in California's Future** (2007) [CLICK HERE](#) for more information.

Statewide Trainings/Conferences

- 2009-2010 Infant-Parent Mental Health Training Series in Napa, CA– Various dates please [CLICK HERE](#) for more information.
- Facilitating the Reflective Process in Infant & Early Childhood Mental Health Work held July 17 & 18, 2009 [CLICK HERE](#) for more information.
- California Early Childhood Educator (ECE) Competencies Focus Group, May 5th, 12th & 14th. Please [CLICK HERE](#) for more information and [CLICK HERE](#) for registration forms.
- “Step by Step: A Guide to Organizing a Postpartum Support Network in Your Community” and “I’m Listening: A Guide to Supporting Postpartum Families, by Jane I. Honikman, M.S. Included in a conference called Perinatal Depression: Research, Awareness, and Support, May 14th, please [CLICK HERE](#) for more information.
- Sacramento County Office of Education and First 5 Sacramento present: *Preparing Your Program for New Opportunities*, May 2nd [CLICK HERE](#) for more information.
- **Competing for Federal Grants**– interested in acquiring the skills to develop proposals that will be competitive at the national level? Check out www.tgci.com, training June 22-26 in LA.
- NCAST Parent Child Interaction Feeding & Teaching Scale Training-*PCI Feed: May 1-3* and *PCI Teach: June 26-28* for more information please contact Claudia at 530-749-4877 .