



# January 2010

## Announcements

- The First Five Yuba Commission has allocated \$50,000 for Mini-Grant projects, \$600,000 for Major Grant projects, and has set aside \$9,000 in the Contingency fund for proposals outside the funding cycle. Please [CLICK HERE](#) to view the 0910 Funding Timeline.
- 2010 First Five Yuba Calendar of Events, [CLICK HERE](#) to view calendar.
- As some of you may know, Claudia will be leaving on maternity leave for a few weeks/months beginning January 22nd. Therefore all February updates that community members would like to include in our newsletter should be sent to [jsharkey@co.yuba.ca.us](mailto:jsharkey@co.yuba.ca.us).

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## Calendar Theme of the Month



### 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 mother's 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

**Children can make choices that give a sense of having some influence over things that happen in their life.**

*"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."*

Healthy Babies, Healthy Parents- Playgroups are FREE for all parents and their child 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 you in raising a healthy baby. Call Staci at 301-0623 or e-mail [stacimayhowell@comcast.net](mailto:stacimayhowell@comcast.net) for more information.

### Important Dates to Remember!

- January 13th-Dental Collaborative Task Force Meeting 11AM-12PM
- January 18th- Holiday First Five Yuba Office Will be Closed
- January 14th-Advisory Committee Meeting 12PM-2PM
- January 20th-Special Commission Meeting 4PM-6PM
- January 28th-Regular Commission Meeting 3:30PM-5:30PM



## *Why is it important?* Community Announcements and Events

Babies love to stretch and move and practice using new muscles. Try spreading a large blanket on the floor or grass. This provides a safe, clean place for your baby to practice stretching and developing muscles during “tummy time.” Later, your baby will love to practice rolling over, new crawling skills, and pulling herself up.



- WIC will be hosting a “Healthy Habits” KVIE workshop on March 17, 2010 from 3PM-5PM in English and March 24, 2010 from 3PM-5PM in Spanish both workshops will be held in the Beckworth room at the One Stop Building in Marysville, CA. For more information and to RSVP, please contact WIC at 749-4830.
- SAVE THE DATE! The outdoor Classroom Project held Saturday, March 27, 2010 from 9AM-3PM at the Feather River Academy, Boyd Hall in Yuba City, CA. Please [CLICK HERE](#) for more information.
- KVIE Ready To Learn Workshops-Open to ALL Yuba County Parents, Providers and Caregivers. Please [CLICK HERE](#) for a calendar of Dates and times.



## Resources and Research

- An Undesirable Inheritance-U.S. born kids of illegal immigrants twice as likely as others to face poverty. [CLICK HERE](#) for more information.
- **Vacunas y Mi Salud!**  
We would like to make sure you are aware of a new Spanish-language health website: [www.VacunasyMiSalud.org!](http://www.VacunasyMiSalud.org) The California Immunization Coalition (CIC) has partnered with multiple nonprofits and community based organizations to bring you a valuable resource to help support and educate the Latino communities that you serve. The website includes many resources and information about vaccine recommendations, vaccine preventable diseases (including H1N1 influenza) and is growing to include other important health topics such as diabetes, nutrition, domestic violence and more. Many items are written for low-literacy audiences.
- Ring in the New Year with the ABCs of Child Development-Tips for boosting your child’s growth and brain development. For more information please [CLICK HERE](#) for English and [CLICK HERE](#) for Spanish.
- New Year’s Resolution For Raising A Healthy, Happy Child [CLICK HERE](#) for English and [CLICK HERE](#) for Spanish.

## Newsletters from other organizations

- [Baby Boot Camp Newsletter](#)
- [Healthy Family Home Newsletter](#)



## Trainings and Conferences

- 2010 Parent Leadership Conference-Join us for this exciting conference to learn new resources, tools, and creative ideas to successfully work with Parent Leaders. Conference held Friday, February 26, 2010 at the Double Tree Hotel Ontario Airport in Ontario, CA. Please [CLICK HERE](#) for more information.

## Trainings and Conferences Continued

- First 5 California is a participating member of the California CSEFEL Collaborative working in cooperation with the California Department of Education and other state agencies and organizations. The CSEFEL Collaborative includes a wide range of agencies involved with young children. California received a training grant from the National Center for the Social and Emotional Foundations for Early Learning (CSEFEL) office that will support professional development designed to promote social and emotional competence in California children. [CLICK HERE](#) for more information.

Online applications for the Train-the-Trainer Series will be available January 8, 2010 at [www.cainclusivchildcare.org/camap/csefel.html](http://www.cainclusivchildcare.org/camap/csefel.html)

- Open Center Family Education-A unique and encouraging learning experience for parents and children. Classes will be held at the Tower 103 D Street in Marysville CA. For more information on topics and dates please [CLICK HERE](#) and [CLICK HERE](#) for registration form.
- First 5 Association Oral Health Learning Exchange January 25<sup>th</sup> from 11AM-3PM in Sacramento, CA. The meeting agenda will be finalized in early January. Likely items include: discussion of the Governor's 2010-11 state budget proposal and emerging legislative issues; presentation of a new parent engagement program, *Abriendo Puertas*, designed by and for Latino families; update on the tobacco tax initiative; demonstration of the new developmental screening website; and discussion with state commission Executive Director Kris Perry.

## Partner Announcements and Information

*123 Grow/First Smiles* are two programs funded by Yuba First Five and operated by the Camptonville Community Partnership (CCP), a community-based organization focusing on improving the health and well-being of children and families in our low-income, foothill community. We are located on the campus of Camptonville Elementary School, and are in our ninth year of operation. We offer early childhood enrichment activities and a preschool program in two separate classrooms three mornings a week (Tuesday, Wednesday and Thursday from 8:30 AM to 11:30 PM). One class is for infant/toddlers under three and the other for preschoolers ages 3-5, with a greater emphasis on school readiness activities. Our program is rooted in the most current research and practice in early childhood education. [CLICK HERE](#) TO VIEW PICTURE

Our *First Smiles* Dental Health Outreach Worker started our caries risk reduction program three years ago, and also trained outreach workers from other local agencies through a Yuba First 5 grant last year. She helps families assess their child's caries risk, make healthy modifications to promote good oral health, and connects them to dental resources. We screen each child's health history and immunization records, help families to establish both a medical and a dental home through our *First Smiles* program, provide bi-annual caries risk assessments and ongoing dental education, as well as offer monthly classes for parents addressing a wide range of health topics. These programs are offered free to the community, regardless of income. *123 Grow* is a parent-participation program and parents need to remain on campus during class hours. However, they are able to take advantage of our Family Resource Center, high speed Internet access, time for socializing, and even walk or run on the school track! [CLICK HERE](#) TO VIEW PICTURE

We offer a complete Family Resource Center open Monday-Thursday, 8:30 AM-2:30 PM. Parents can access FRC services, avoiding long and costly trips to Marysville, an hour each direction. Through program interactions, parents meet each other and often assist each other outside of the program with childcare, transportation and other needs. They also develop a network of support for discussing parenting issues and providing respite for each other. Our parents help us throughout the year, by volunteering time in the classes and out, by raising funds for field trips and supplies, and by their many donations, especially food for our snacks. We are planning trips to Gold Country Gym and the Mud Hut (ceramics classes) in Grass Valley this spring, and will also be growing lots of vegetable and herb starts for the Annual Camptonville Plant Sale, held in early May. If you would like to join us, you are welcome at any time! [CLICK HERE](#) TO VIEW PICTURE Call 288-9355 with any questions.

- **School Readiness Outreach Liaisons**-Please [CLICK HERE](#) to view a calendar of meetings and workshops that are open to all families with children 0-5 in the three school communities of Ella, Linda and Cedar Lane Elementary.

- **Harmony Health FRC** –January 2010 Calendar of Events. Please [CLICK HERE](#) to view calendar.

### Partner Dates to Remember

- **January 4th 2010 Yuba County Children's Dental Van** new location at Olivehurst School.