



4000 Moorpark Ave.
Suite 200
San Jose, CA 95117
P: 408.260.3700
www.first5kids.org

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Jolene Smith, *Executive Director*
FIRST 5 Santa Clara County

Message from Executive Director, Jolene Smith



Have you heard the phrase “young children are like sponges?” This phrase holds true as young children are ready to absorb whatever we bring their way. As research has made very clear to all of us, the period from birth to age five is a critical time in a child’s brain development. This is because the first years of life lay the neurological foundation for healthy growth and development well into adolescence and adulthood.

Parents and caregivers have the most important role in determining how their child/children learn.

It’s a huge role, one that is filled with excitement and awe! It is also a role that can be assisted with some external support; this is where FIRST 5 and our partners step in to help!

FIRST 5’s Learning Together Initiative, in partnership with The Packard Foundation, is a place-based community-wide approach to support families and caregivers by providing education, awareness, and activities which engage and expand a child’s awareness - all aimed at helping to maximize his/her learning and growth capacity. Along with our community partners, this initiative is dedicated to supporting families and caregivers as they prepare their children to enter and succeed in school and beyond.

Our 17 Family Resource Center hubs, satellites, and community centers offer free, hands-on community learning for children and parents/caregivers. These delightful and environmentally engaging centers provide children with a place to enhance their developmental learning as well as connect families to vital resources that assist their needs.

I visit our Family Resource Centers frequently and I am consistently amazed and delighted to see wide-eyed happy children engaged with their families in various interactive activities that I know are preparing them for school. Activities that are research-based practices targeted towards health, early literacy, positive behavior support, nutrition, parental advocacy, and the arts.

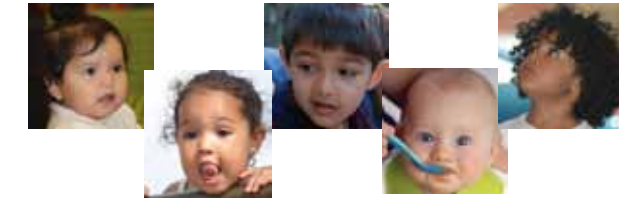
I am grateful to our partners who operate the centers for their dedication and commitment to ensuring our families are supported and our children are confident and healthy as they journey into the future towards their academic success!

I would like to personally invite all of you to stop by one of our Family Resource Centers for a visit and see for yourself all the wonder and learning happening there!

Jolene Smith

Take5

QUARTERLY NEWSMAGAZINE
Summer 2011 – Issue 10



In this Issue

Family Resource Centers Promote Healthier Eating.....2
Programs at Family Resource Centers.....5
High 5 Winner.....6
FIRST 5 Employee Spotlight.....6
Early Literacy Builds Lifelong-Learning.....9
Annual Kids Get Off the Couch Day.....10
Facebook Contest Winners.....11



Join FIRST 5 Santa Clara County on Facebook to receive the latest news on early childhood development.

Family Resource Centers Offer Unique Ways to Promote Healthier Eating

by *Patty Fisher, Director of Policy and Communications, The Health Trust*

FIRST 5’s Family Resource Centers are bursting with new life this summer, as parents and children combat obesity, save money, learn about nutrition and have some family fun growing their own fruits and vegetables.

The Garden Education Project is funded by The Health Trust as part of its effort to promote healthier eating, expand access to fresh produce in low-income areas, and promote a sense of community.

Dozens of families at the Family Resource Centers have learned to grow and cook healthy, tasty meals at six-week gardening workshops at Luther Burbank and Northwood Elementary schools.

.....continued on page 2



FIRST 5’s Learning Together Initiative: A Place-Based Strategy



FIRST 5’s Learning Together Initiative: A Place-Based Strategy (LTI) is a multi-layered program which has served over 10,000 families since inception. The LTI promotes school readiness through education, information, and resources on nutrition, health, kindergarten readiness, and early literacy. By partnering with non-profits, cities, schools, churches, and daycare centers, the LTI staff and volunteers connect with families in their local community settings.

The LTI encompasses two components:

1) Utilize community outreach staff and volunteers to engage and educate families. The LTI program is implemented by a network of trained and dedicated volunteers who are passionate about helping children get a strong start in life.

...continued on page 3

Family Resource Centers Offer Unique Ways to Promote Healthier Eating

...continued from page 1



The workshops emphasize the importance of fresh fruits and vegetables in building strong bodies and combating obesity. And they increase access to inexpensive produce by teaching families how to create home gardens.

We find that kids are more likely to eat the vegetables from the garden if they can see the process through, said Keith Morales, program manager at the Northwood Family Resource Center.

At a recent work day at Northwood Family Resource Center, more than 30 volunteers transformed 600 square feet of pavement into a working farm by building and filling wooden

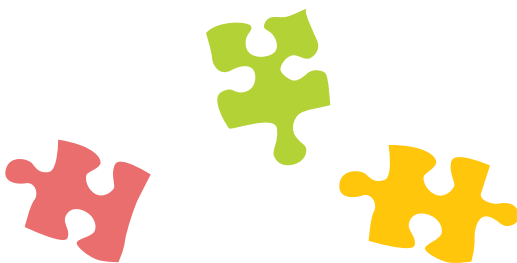
planter boxes. Now, with help from their parents, the children are raising broccoli, carrots, radishes, celery, lettuce, peas, and sunflowers.

For parents at the Health Trust Family Resource Center, many of whom are immigrants who grew up on farms in Mexico, the garden taking shape at Luther Burbank School provides an opportunity for them to pass on their heritage to their children.

Being in an urban area, these families haven't had a chance to be outdoors and share the skills they bring from their motherland, said Charlene Moore, program manager at the Health Trust Family Resource Center.

In workshops taught in English and Spanish, families planted beans in clear plastic containers so they could watch as the roots and shoots appeared. While parents attended classes on cooking and nutrition, the children learned the science of composting by playing with earthworms.

The worms were definitely the most popular attraction of the day!



FIRST 5's Learning Together Initiative: A Place-Based Strategy

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2) Establish and operate Family Resource Centers (FRC).

17 different FRC hubs, satellites and community centers have opened across Santa Clara County. Services provided at these centers are completely free to families. The goal of this \$3.6 million annual investment by FIRST 5 is to increase the capacity of families and communities to ensure their young children are healthy and prepared to enter school.

The FRCs offer art and creative expression activities for young children plus educate parents and

caregivers about basic developmental milestones and provide resources and referrals. The establishment of the FRC's create accessible, community hubs that offer a continuum of school readiness programs.

When I come to this center the moment and space is mine. I feel peaceful and away from any kind of fear. I feel there is no one to judge me and I am fully attentive to my child and connected to my community.

~FRC Mom



FIRST 5 Family Resource Centers

Family Resource Centers provide many FREE programs, services, and activities for families with children, birth through age 5.

- Fun and educational parent/child activities
- Child art enrichment activities
- Information on community resources
- Application assistance for Medi-Cal, Healthy Families, and Healthy Kids insurance programs for children
- Developmental Screenings for children under 6 years of age
- Parent workshops and seminars
- Preschool and kindergarten readiness
- Nutrition, health and wellness
- Triple P Positive Parenting Program
- Parent Leadership Programs
- Child language and literacy development
- *And much more!!*

Family Resource Center Satellite Sites		
MACSA Family Resource Center, Bldg. K-1 385 I.O.O.F Avenue, Gilroy, CA, 95020 P: 408-846-5999	Somos Mayfair 370-B South King Road, San Jose, CA, 95116 P: 408-251-6900	The Health Trust Family Resource Center 46 Race Street, San Jose, CA, 95126 P: 408-380-8600
Captain Jason Dahl Family Resource Center, Room F-1 3200 Water Street, San Jose, CA, 95112 P: 408-361-4211	Santee Family Resource Center, Room 23 1313 Audubon Way, San Jose, CA, 95122 P: 408-420-1932	Catholic Charities Family Resource Center 4 Wabash Avenue, San Jose, CA, 95128 P: 408-380-8600
Sacred Heart Community Service 1381 South 1st Street, San Jose, CA, 95110 P: 408-278-2176	SJB Northwood Family Resource Center, Bldg. 700 2760 E. Trimble Road, San Jose, CA, 95132 P: 408-684-4785	Mercy Street Family Resource Center 748 Mercy Street, Mountain View, CA, 94041 P: 650-967-4813

*Indian Health Center soon to come. To learn more about satellite sites near you, please contact your nearest FRC.

Children Enjoy Learning & Interacting with Others at the Arts Enrichment Class



Wei Chen and her two-year old son, Jasper Qiu

These days young children have a difficult time escaping their television, computers, and other gadgets at home. Children are unable to get off the couch which isolates them from other kids; taking away a crucial part of their childhood. However, not all families are the same.

Every Tuesday morning, more than a dozen children along with their parents attend the Arts Enrichment Class at Cupertino which is part of FIRST 5's Learning Together Initiative. These children come eager to learn through free play as they dance, sing and meet new friends while parents encourage and participate alongside.

Wei Chen and her two-year old son, Jasper Qiu, attend the program every week and enjoy meeting other parents and young children.

Every morning when I tell my son to get ready for class, he gets so excited to leave the house and go play with the other kids, says Chen.

A Community Coordinator runs the class by explaining free play and organizing the agenda for the day which includes snack time and singing, "Itsy, Bitsy Spider" and "Head, Shoulders, Knees and Toes" all together in a circle.

I notice that by the end of eight weeks all children in the class develop better social skills and their maturity level really grows, comments Nancy Doan, Community Coordinator.

Community Engagement Manager, Deborah Sloss works on outreach to bring new families into the program. She also notices the progress in children who attend.



It's always been about the families and seeing the kids develop as they become more comfortable with our program. They're really shy at first then over time they start to open up and grow. This is their first interaction in a social situation, says Sloss.

To participate in the Arts Enrichment classes please contact: Madeline Pascua, Program Manager at 650-967-4813 or email her mercystreetfrc@gmail.com.



Programs Offered at FIRST 5's Family Resource Centers

FIRST 5 funds local community-based organizations to open and operate neighborhood based Family Resource Centers (FRC) throughout Santa Clara County. FRC's are a hub for families and community, providing many activities for children and their families in a safe, clean and high quality environment. Staff at the FRCs have been trained in many different parenting programs, including:



Abriendo Puertas/Opening Doors

Abriendo Puertas/Opening Doors is the nation's first evidence-based parent leadership training program for Latino parents with children 0-5 years of age.

The primary objective of Abriendo Puertas is to increase the number of Latino children in the U.S. that enter school ready to learn and able to succeed in life.

In the sessions, parents/caregivers learn:

- Important aspects of child and family well-being: good health, social and emotional well-being, school readiness, and the economic well-being of the family
- Cultural and linguistic relevance of the Abriendo Puertas curriculum, including its use of "dichos" or popular sayings, activities such as the Lotería game and how to create a safe environment for parent reflection
- Popular education techniques, ideas for parent outreach and ways to

SEEDS of Early Literacy for Parents

SEEDS was developed by Kate Horst, author and parent, to provide parents and service providers/teachers a map of children's behavioral development that remains constant over time. The curriculum is also designed to prepare children for Kindergarten.

This program combines research-based information on five critical early literacy skills and shows that children learn best when adults are sensitive and responsive to a child's social-emotional needs as well as care about their educational goals and practice.



Triple P Positive Parenting Program®

Triple P – Positive Parenting Program®, backed by over 30 years of clinically proven, world wide research, has the answers to your parenting questions and needs.

The Triple P System of Interventions uses a multi-level framework that tailors information, advice and professional support to the needs of individual families.

It recognizes that parents have differing needs and requirements regarding the type, intensity and mode of assistance they may require.

For more information visit: www5.triplep.net

Ages and Stages Questionnaire (ASQ)

Professionals rely on ASQ for the best developmental and social-emotional screening for children ages one month to 5 ½ years.

Highly reliable and valid, ASQ looks at strengths and trouble spots, educates parents about developmental milestones, and incorporates parents' expert knowledge about their children.

Researchers conducted an extensive review of standardized child development assessments and related literature, and selected a set of skills easily observed or elicited by parents and highly likely to occur in a home setting.

The researchers created a parent-completed screening tool (ASQ) designed for early identification of children ages 2 months through 5 years old who may be at risk of developmental and/or emotional difficulties.

Developmental areas addressed by the ASQ include communication, gross motor, fine motor, problem solving and personal-social skills.

For more information visit: www.agesandstages.com



Employee Spotlight: Laura Buzo, Program Manager



Laura Buzo, Program Manager, FIRST 5 Santa Clara County

Her 20 years of work experience with children is testament towards the impact she makes at FIRST 5!

As Program Manager, Laura Buzo oversees FIRST 5's Learning Together Initiative (LTI). She works with funded LTI partners and other agencies throughout Santa Clara County to leverage resources and funding towards enhancing the programs provided in the Family Resource Centers. Laura has been working with FIRST 5 for six years.

Families have a myriad of needs. The more support services we can offer families at our Family Resource Centers, the more positive home environment a child will experience. It is important to ensure LTI grantees are knowledgeable of the resources available to families throughout the county so that they can connect families to those services, says Laura.

Laura has almost 20 years of experience working in the social service field. Her passion started at a young age. When she was in high school, Laura worked as an afterschool recreational leader for elementary school students. Over the years, she has worked in public and non-profit organizations at the local, county, and statewide level. Laura's experience has centered on youth gang prevention, leadership, and family support services. She has also worked at the University level as an academic advisor and new student orientation coordinator providing first generation college students from disadvantaged communities, the support and guidance to graduate from college.

One of the most rewarding experiences working at FIRST 5 is witnessing the impact our LTI grantees have on so many parents/caregivers and their children. Families are engaged in our Family Resource Centers and share positive feedback. It's wonderful to know that FIRST 5 and other First 5 county commissions are impacting the lives of thousands of parents/caregivers and their children not only in Santa Clara County, but also statewide, says Laura.

HIGH 5 Winner: Honorable Patrick Tondreau



Honorable Patrick Tondreau of Santa Clara County Superior Court, Presiding and Supervising Judge of the Juvenile Justice Court

Currently there are approximately 175 pregnant and parenting teens in the juvenile probation system. The youth are generally in court for issues related to delinquency, drug use, gang violence, theft, etc.

Judge Tondreau is a champion for healthy development of children and a strong advocate of FIRST 5. He realized that the children of the teens in the system need support and connection to services and programs so that they can be successful in life and reach their full potential.

Judge Tondreau refers FIRST 5 services directly from the bench and through probation officers. Due to his efforts, the probation system has received training on the importance of developmental screening for young children and they are actively making referrals.

Judge Tondreau has the insight to not only think about the crimes that have led the teen to his court, but he thinks about the children they raise parenting and the kinds of supports these children need in order to have the opportunity for a successful future.

Congratulations Judge Tondreau!

FIRST 5 Kicks-Off the Triple P Positive Parenting Program Countywide



The Triple P-Positive Parenting Program is an international, multi-level movement towards positive parenting. The goals of Triple P include: strengthening parental confidence, prevention of child maltreatment and children's social, emotional and behavioral problems, and promotion of school readiness.

One of the reasons why I became such a strong believer in Triple P-Positive Parenting is because of the research that says, 'this prevents children from being maltreated.' The levels of engagement attracted me to the Triple P- Positive Parenting Program, said Jolene Smith, Executive Director of FIRST 5 Santa Clara County.

FIRST 5 was honored to have Rita T. Bostick, MA, LPC and Randall Ahn, PhD, MLIS, from Triple P America, present an interactive overview of the Triple P Program, provide implementation guidance, and share the robust evaluation results of this evidence-based parenting system of interventions.

FIRST 5 partners, judges, Santa Clara County Mental and Public Health Departments, Santa Clara County Social Services Agency and Santa Clara County Office of Education joined together to understand the impact of Triple P on children, families, and communities and how to implement the program.

What we're able to prove for children and families in Santa Clara County, becomes a policy level change for the state in adopting this approach to positive parenting, said Smith.

Success Stories

Somos Mayfair Family Resource Center



At the Somos Mayfair Family Resource Center (FRC) in East San Jose, staff and volunteer community outreach workers deliver programs with a focus on family health and early school success. The FRC is a place where immigrant families feel welcome and find opportunities to learn together with their children. While parents are in classes, children have their own educational spaces and opportunities.

Parenting and Arts Enrichment classes teach parents to be their children's first and best teacher. Classes also address community-wide issues that impact health and school success. For example, the Latino community in Mayfair faces an obesity and diabetes crisis that is ravaging the community. One in two Latino children is projected to develop diabetes in their lifetime (Joslin Diabetes Center). To prevent this from becoming a reality, 200 families each week participate in Somos Mayfair wellness programs including: Zumba classes, walking groups, nutrition workshops, and support groups.



Guadalupe's commitment is a model example to help families.

Guadalupe first became involved with Somos Mayfair when she joined a women's support group where she was deeply impacted by a workshop on Women's Oppression and Resistance. After graduating from the support group, she committed herself to work with Somos Mayfair to provide classes in nutrition and early literacy to families.

Guadalupe used her training and experience to apply for a community organizing position with Veggielution. The staff immediately saw in her an enthusiastic, dedicated, skilled critical thinker and organizer. Veggielution hired her in January 2011 and she is now working to empower youth and families in Mayfair to create a sustainable food system. She continues to volunteer her time with Somos Mayfair to teach SEEDS early literacy classes in the homes of Mayfair parents with young children.

For more information on Somos Mayfair Family Resource Center, call 408-251-6900 or visit www.somosmayfair.org.



Maria is a shining example of the impact of these efforts.

Maria first came to Somos Mayfair through FIRST 5's Family Partner program. Like Guadalupe, she participated in a women's support group. After graduating from the support group and the family partner program, she wanted to give back to the community. With support from staff, she started a community led-women's group that has provided encouragement and support to over a hundred women over the last two years.

In Maria's words, *Here I am, on the other side of that river. I never thought I would make it; I am facilitating a support group for women. When I witness them make a change in their lives, I feel another part of myself become whole. As mothers, our wholeness, es la tierra, is the ground in which a healthy family can grow. Somos Mayfair teaches us how to cultivate ourselves so that we can plant gardens within our families, our schools and our community.*

EARLY LITERACY AND LANGUAGE DEVELOPMENT BUILDS LIFELONG LEARNING

In 1998, the National Research Council reported in "Preventing Reading Difficulties in Young Children, by Snow, Burns, and Griffin that; "The seeds of literacy are planted before children enter school. Important literacy skills do not develop spontaneously, instruction shapes them." Since that time the author of SEEDS of Early Literacy, Kate Horst, has been working within early childhood communities and at the University of Minnesota to train and coach teachers and parents on what early literacy instruction includes and how to deliver it through developmentally appropriate interactions. FIRST 5 created flashcards for families using these principles.

Did you know that if you read, sing and talk to your children from birth, they will learn to read sooner and far more easily than the children who are not read to?

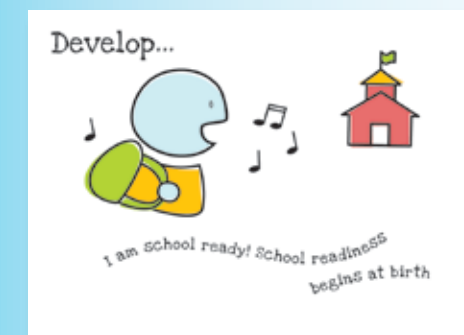
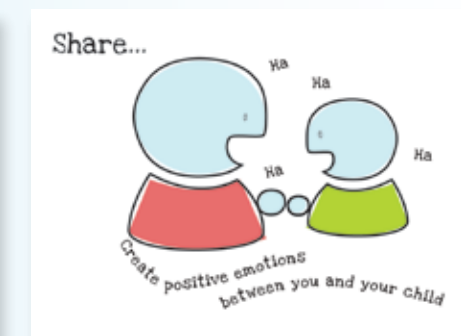
Reading and talking to your young children helps them build essential skills for school and life. In fact,

research shows young children who spend time reading and talking with their families enter kindergarten better prepared with higher developmental competencies in communication, learning skills, cognition, and general knowledge.

FIRST 5 offers a free set of colorful

and easy to read 5 x 7 flashcards with tips on Early Literacy and Learning. Flashcards are available in English, Spanish and Vietnamese.

To receive your flashcards, please visit your local Family Resource Center (see page 3).



FIRST 5's Annual Kids Get Off The Couch Day



FIRST 5 held its 3rd Annual Kids Get Off The Couch Day, a free fun and fit activity day for young children on Thursday, April 14, 2011 at Happy Hollow Park & Zoo's Meadow Amphitheater.

"Kids Get Off The Couch Day" is tied to Screen-Free Week that focuses on healthy eating, reduced TV time and the benefits of physical activity for young children and their families.

Hundreds of children and parents enjoyed an entertaining, interactive mini show by Kaiser Educational Theatre Programs which included music, dance and comedy celebrating physical activity, reduced screen time and healthy food and drinks. Children were also thrilled to have their pictures taken with costumed character Cardia Heart, Health & Wellness Mascot and participate in coloring and puppet building stations.



Screen-Free Week is a wonderful way to help children lead healthier, happier lives by reducing dependence on entertainment screen media—including television, video games, computers, and hand-held devices. By encouraging children and families to unplug, Screen-Free Week provides time for them to play, connect with nature, read, daydream, create, explore, and spend more time with family and friends.



Congratulations to Our Kid of the Month Facebook Contest Winners!!!

Is your child the next face of FIRST 5 Santa Clara County? Join us on Facebook and then email us your kid's picture for a chance to be featured on our website, Facebook page, ads and e-blasts as our "Kid of the Month!"

Contestants must:

- Be a FACEBOOK fan of FIRST 5 Santa Clara County
- Live in Santa Clara County
- Child must be ages 0-5

Send your photos to: photocontest@first5kids.org
Good Luck!!



PUNEET DHILLON
February Winner



SANTINO GIOVANNI LOVERDE
March Winner



SHANE SUNDSTROM
April Winner



DANNY DIAZ
May Winner

Interested in learning more about early childhood topics through experts and firsthand stories?

Tune in to our brand new PODCASTS!!

A podcast is a program which includes several episodes - like a radio or television show. The difference is a podcast is available on a computer or portable digital player — like an iPhone. You can subscribe to them, and when a new episode is ready to be heard, it will automatically be downloaded to your computer.

Tune in to learn more about:

- FIRST 5's History
- Childhood Obesity Prevention
- Health Insurance
- The Importance of Sleep
- How to Talk with your Children about Natural Disasters
- *Many more topics!*

Listen in. Listen on the go.
There is something for everyone!

Visit: first5kids.org/podcast

We have two podcast styles for you:

Family Focus Podcasts

This longer, in-depth podcast helps educate parents and caregivers on important issues that support the healthy development of children, prenatal through age 5.

Each program tells a story which focuses on families, caregivers and service providers that are impacted by our programs and services. You will also hear from experts.

Hot Topics Podcasts

Hot Topics Podcasts are geared towards the modern parent — one who thinks deeply about issues affecting their children, but has minimal time to do the research.

These episodes are short and to-the-point, getting down to the essence of the topic by interviewing leading experts on child development.