

FIRST 5 KERN NEWS

Congressman McCarthy's Field Rep Welcomed At NOR Neighborhood Place Children's Center



Cole Karr, Field Representative to Congressman Kevin McCarthy recently visited the First 5 Kern funded, North of the River (NOR), Neighborhood Place Community Learning Center, taking time to visit with children, parents, and staff.

Roland Maier, First 5 Kern Executive Director, expressed gratitude for the visit, "Field representatives are an extension of our elected officials. We're honored the Congressman wants to hear about First 5's investment of Prop 10 dollars into the lives of children and families". Maier also commended NOR Supervisor Sonia Quill (*center*) and Head Teacher Beth Vagle, for their work and facilitating the visit.



Karr took time to speak with Amber Gange (*bottom*), a mother whose two boys have attended Neighborhood Place. "I brought my oldest son here when I was a student at Bakersfield College," she said. "He transitioned well to kindergarten," Grange shared, attributing his success to the school readiness opportunity. Her two-year-old son Tyler now attends Neighborhood Place and is "thriving."



The representative also spent time with staff, read pumpkin stories to a class of 18 months to five-years-old, and participated in "station time" with the four and five-year-old class. 🍵

*Happy
Thanksgiving!*

NOVEMBER 2017 NEWSLETTER

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Commission Meeting and Hearing: Audit and Annual Report Presentations

The First 5 Kern Commission (aka the Kern County Children and Families Commission) meets the first Wednesday of alternate months, at KCSOS, 1300 17th Street, 2pm. Throughout the year meetings include hearings for compliance with Proposition 10 funding requirements. Meetings are open to the public. Agendas and supporting documents are posted at <http://first5kern.org/>



The October meeting included a hearing to receive and file the annual financial audit from Rosalva Flores, CPA, Brown Armstrong (left). Also, Jianjun Wang, PhD, California State University Bakersfield (right), provided the 2016-2017 Annual Report as the Principal Investigator.

First 5 Kern Commissioners

Al Sandrini, Chairperson
Rick Robles, Vice Chairperson
Dena Murphy, Treasurer
Claudia Jonah, MD, Secretary
Sam Aunai
Supervisor David Couch
Susan Lerude

Jennie Sill
Cindy Wasson
Alternate Commissioners
Michelle Curioso
Heather Hornibrook
Supervisor Leticia Perez
Antanette Reed



*"Healthier children and involved parents
improve the chances that
our community's youth will acquire
the skills and experiences needed
for future wellness and success."*

—Russell Judd, President and CEO, Kern Medical

Confidentiality Training for First 5 Kern Funded Providers

First 5 Kern Confidentiality Training sessions will be held November 16, at 2pm and November 28, at 9am. The training is for new staff of agencies who are funded by First 5 Kern during the 2015-2020 funding cycle - and required only once. Participants can register for either session. For more information: Anastasia Lester, Program Officer, 661.328.8888. Register: <https://attendee.gotowebinar.com/rt/3599268192470948099> 🖐

Adventure Visits via First 5 Express

First 5 Express came to town, October 10-11. The statewide tour entertained and educated families, focusing on 'Talk. Read.Sing.' in everyday life and the powerful impact on a child's early brain development. With puppetry, music (including karaoke), stories and coloring, parents, children and staff alike had a blast learning together!



Bakersfield Adult School Health Literacy Program welcomed dozens of parents at two sessions, (morning and evening). Site participation was the largest of the four visits by First 5 Express.



The Children's Mobile Immunization Program hosted First 5 Express at New Life Church, 4201 New Stine. Neighborhood kiddos and parents enjoyed the experience and a tour of the Immunization mobile van.



A resource fair at South Chester Partnership included health and resource booths and fun activities provided by First 5 Express including action games and fun.

The First 5 Express team of Elizabeth Roessler and Roger Viano delighted all who attended.

Parents received health and education materials and little ones received a colorful tote, maracas, a coloring crown, a book, and more.



KERN COUNTY NEWS

Safe Sleep Awareness Month – Promoted to Save Babies' Lives

Safe Sleep was addressed in a Bakersfield Californian article titled "Health officials to new parents: Don't sleep with your babies," authored by Harold Pierce, education and health writer.

Pierce reported that 42 children's deaths were investigated by the Kern County Child Death Review Team (CDRT). Quoted was Russell Hasting, supervising public health

nurse [Kern County Public Health Services], "SUIDs [Sudden Unexpected Infant Death] is among the worst and most preventable killers of children, along with suicide and drownings...

"Although the number of babies who died as a result of poor sleeping conditions has been cut in half from the county's 2014 high of 16, seven deaths are still too many,"

Hasting added. The supervisor also chairs the CDRT.

Kern County Public Health Director Matt Constantine said of parents leaving the hospital with new babies "We make sure they don't leave without a car seat. We don't make sure they leave with a playpen. We'll find a way to do it."

Water deaths were also identified: "...six [children] drowned last year – five in pools and one in the Kern River. (five of the six were under age nine). A coinciding article highlighted an astronomical increase of child suicides in Kern which increased 33% since 2015. Six children died from suicide in 2016. The youngest was 11-years-old.



In the past funding year First 5 Kern assisted as a stakeholder in reducing child deaths via:

- **Kern Medical Foundation contribution of \$30k providing pack-n-plays or cribs to new mothers; July 2016. PHOTO**
- **City of Bakersfield McMurtrey Aquatic Center funding for the Make a Splash program which provides CPR training, first aid, and water safety education; 2016-2017.**
- **Safe Sleep social media campaign providing tips for parents and care providers. The graphics are available for use by community stakeholders in newsletters and social media; October 2017.**
- **Safe Sleep resources are available on First5Kern.org:**

--Reference articles, provided by Kern County Public Health Services, supporting safe sleep: <http://first5kern.org/resources-links/>

--Parent and caregiver Safe Sleep links and resources (including links to the members of the Safe Sleep Coalition of Kern): <http://first5kern.org/parents-caregivers/>



Harold Pierce article, October 10, 2017: http://www.bakersfield.com/news/health/health-officials-to-new-parents-don-t-sleep-with-your/article_c03653ec-ae09-11e7-8291-67e1b8fa5590.html 🍀



ZEROtoTHREE Conference

The ZEROtoTHREE Annual Conference "SHINE!" is scheduled for November 29-December 1.

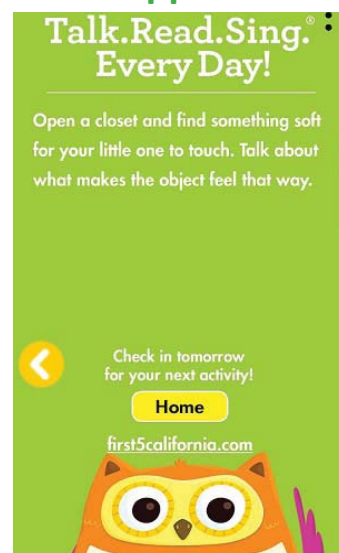
Set to inspire and energize, the conference aims to bring attendees up to speed on the

latest research and info from top experts in the field. Participants will connect with other all-star colleagues from around the world, working to create bright futures for all babies and toddlers.

Register: <https://www.zerotothree.org/events/2-annual-conference-2017-register-today> 🍀

Talk.Read.Sing - There's an app for that

The Talk. Read. Sing.® FREE app from First 5 California provides parents and caregivers with a language-boosting activity each day. Available on iTunes and Google.com for Android. The app helps to sing classic kids' tunes, share favorite books, and turn free moments together into learning adventures. The app can be used to support little ones' brain development with daily talking, reading, and singing ideas for everyday fun; and was created by First 5 California and Scholastic. 🍀





THUMBPRINT FEATURE P R O V I D E R



First 5 Kern took the 'Wee 5 EXPO' on the road to the Community Action Partnership of Kern Harvest Festival at the Shafter Youth Center.

Neighborhood Community Place Learning Center

The North of the River Neighborhood Community Place Learning Center offers free educational, recreational, social programs and activities to families with children up to age five; and two main classes provide the school readiness base:

- 'Little Learners', for ages 18 months to five-years-old, meets 8:45-9:45am Monday through Thursday, gleanings social opportunities where little ones begin to be school ready.
- '4 and 5 Ready to Strive', created for four to five-year-olds who meet Monday through Thursday, 10-11am getting ready for kindergarten with a structured class. The group is age appropriate with hands-on activities providing educational development, expanding social skills, and learning in a class environment.

Added learning opportunities include 'Spinning Tales,' 'Awesome Art,' and 'Fit-n-Fun Fridays', where parents and children attend together. The Center provides referrals and recommendations for other resources, and support for the families' needs.

The Center reaches capacity at 35 children per class with nine staff members. Beth Vagle, Head Teacher, shared "I really enjoy the commitment of this staff and watching the children's progress. Most fulfilling is the lasting friendships that form outside the program as a result of the connections parents make. They become a support to one another."

Funding through First 5 Kern for Neighborhood Place is made possible by Proposition 10 (aka the Tobacco Tax). More than \$8 million funded more than 40 Kern County early childhood programs in the 2016-2017 year.

For more info: <http://norfun.org/recreationprograms/childrens-services/>



Twins, Alison and Elizabeth Lake, enjoy a minute with their friend (center) after class. For the Lake family the program has been a gift. "I have one very social girl who makes friends very easy," mom Sandee said. "Then, I have one who struggles with transitions and is very shy." Due to cost, traditional care would be out of the question Sandee shared. The family lives across town and the twins have a seven-year-old sister who is already in school.



Julie Denver, age two, has been attending Neighborhood Place for three weeks. Mom Kristina is impressed with her gained skills. "She already knows her colors. Without this she would be behind. I wouldn't want to see her struggle," she said.



"Children in low-income households will hear approximately 30 million fewer words (by the time they reach their fourth birthday), than their non-low-income peers. A parent's involvement in their child's early education has consistently been found to have a positive correlation to a student's academic performance."

-- Justin Salters, Politics, culture, and civic engagement contributing columnist to the Bakersfield Californian



First 5 Kern's outreach pilot 'Wee 5 EXPO' at the Bakersfield Downtown Business Association's Third Thursday, was visited by hundreds of people... and tons of fun! The EXPO was an opportunity to encourage parents to envelop fun and learning with everyday activities like sorting laundry by color, making music water bottle maracas, or exploring skills while sorting silverware. With over 40 hands-on activities made of recycled materials, activities were created so that parents or providers could easily replicate them, e.g., threading spaghetti noodles in food strainers or pompom balls into disposable cups. Visitors to the EXPO received instructions to recreate each of the activities, encouraging them to continue interacting with their children at home.

"The Expo is a chance for these little ones, from about nine months to five years of age, to sit on the floor or at a table- at their level- and play with things directly created for their development age," said Christine Lollar, Communications and Media Specialist for First 5 Kern. "Usually at resource fairs, these little ones are confined to strollers. This is a chance for them to participate and learn more about the world around them," she added. 🍃

Above right: Melissa Vega, Coordinator of the Children's Mobile Immunization Program was an EXPO volunteer. Below left: Kimberly Dominguez from Bakersfield City School District's School Readiness Program lead sing-a-longs. Right: Kern Literacy Council volunteer and McKinley teacher Kelly Truelove provided story time.



PARENTS' AND PROVIDERS' NEWS

Kern County Breastfeeding Coalition News

Central Valley Lactation Association (CVLA) Recognizes Local Agencies for Supporting Parents in the Workplace

Three local organizations have been recognized for demonstrating effective support for parents in the workplace through the provision of lactation accommodations:

- Taft College for working to ensure compliance with state and federal laws and best practices for both students and employees.
- Aera Energy for being a community leader, providing lactation accommodations, known as "Mothers' Rooms" since 2004.
- Rabobank for ensuring their lactation accommodations policy is written and communicated through new hire training; for providing a private and secure area for lactation needs.

"As a new mom and a full-time banker, working for an employer who is supportive of my needs has been incredible. Knowing I don't have to stress about feeding my baby allows me to be both the mom and employee that I want to be," said Megan Eskew, Rabobank staff and mother of six-month-old Reid.

For CVLA information: Christine Staricka, BS, IBCLC, RLC, CCE, Marketing Coordinator, Registered Lactation Consultant and Facilitator of Baby Cafe Bakersfield, 661.243.0135.

Understanding Breastfeeding, Bed-sharing, and Sudden Infant Death Syndrome (SIDS)

A webinar with Dr. Helen Ball will take place December 6, 10-11:45 to understand and explore:

- Breast-feeding and infant sleep location
- The relationship between bed-sharing and SIDS
- Approaches to helping parents make informed choices re: bed-sharing and resources to support health professionals

Register: <http://breastfeedla.org/event/helenballwebinar/>

The Kern County Breastfeeding Coalition... meetings will resume in January. For information: Katherine Campos, MA, Coalition Chair and Regional Breastfeeding Liaison, Community Action Partnership of Kern, WIC Program; 661.327.3074, kcampos@capk.org. Kern County Breastfeeding Coalition:

<http://kernbreastfeeding.wixsite.com/kcbc>

California Breastfeeding Coalition:

<http://californiabreastfeeding.org/> 🌱



RECIPE: November, National Sweet Potato Month

Ntl Family Week 11/12-18 | Ntl Diabetes Awareness Month | Ntl Native American Month

Sweet Potato and Black Bean Stew

Makes: 6 Servings | Prep time: 20 min | Cook time: 40 min

Serve alone, or over brown rice or whole-wheat couscous for a warm delight! | SOURCE: whatscooking.fns.usda.gov

Ingredients

- 2 Tbs vegetable oil
- 1 Small pepper dried New Mexican chili pepper, whole
- 1 Tsp ground cumin
- 1 1/4 Cups fresh onions, peeled and diced
- 1 1/2 Cups fresh sweet potatoes, peeled, 1/2" cubed
- 6 Cups canned low-sodium black beans, drained, rinsed
- 3/4 Cup orange juice
- 1 Cup low-sodium chicken stock
- 1 Tbs red wine vinegar
- 1/4 Tsp salt
- 1/4 Tsp ground black pepper
- 4 Cups fresh swiss chard, no stems, chopped

Directions

1. Heat vegetable oil in a large pot. Cook chili pepper and onions for 1-2 minutes.
2. Add cumin and cook for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil; cover and reduce heat to low; simmer for 20 minutes or until the potatoes are tender.
4. Remove chili pepper and discard.
5. Add vinegar, salt, and pepper.
6. Add Swiss chard. Cover and continue cooking until Swiss chard is tender. Serve hot. 🌱



NOVEMBER NOTEWORTHY EVENTS

**Adoption Month | Diabetes Month | Caregivers Month | Child Safety Protection Month | Native American Heritage Month
Sweet Potato Month (see recipe page 6) | Peanut Butter Month | Drum Month**

All Month

- Children's Mobile Immunization Clinic <http://first5kern.org/wp-content/uploads/sites/21/2014/08/11-2017-English-calendar.pdf>
- Collaborative Family Resource Center <https://kern.org/kcnc/collaborative/>
- Kern County Library Events and Kids <http://www.kerncountylibrary.org/> <http://kclevents.org/events/>
- Make a Card for a Veteran – Ridgecrest Library

Calendar

- 11/1 Clinica Sierra Vista Outreach and Enrollment Event, 9am-1pm
Early Childhood Council of Kern Council Meeting, 5:30pm
Clinica Sierra Vista Outreach and Enrollment Event, 9am-1p
- 11/2 **Look for Circles Day**
- 11/2 Baby Bounce at Ridgecrest Library
- 11/3 **Sandwich Day**
- 11/4 Community Safety and Resource Day, Kern River Valley, 10am-2pm
Cars and Kids 3rd Annual Car Show and Kids Festival
Book Lovers Day
- 11/9 Dress for Success 'Shop for Success' (not free)
- 11/11 Veterans Parade, Downtown Bakersfield
- 11/12 **Intl Tongue Twister Day**
- 11/12 Kern County Department of Child Support Services, Delano
Champions for Change Health / Nutrition Fair, Santa Maria de
Guadalupe Parish, 8:30am-1:30pm
- 11/13 Child Support Services at Delano Community Connections
World Kindness Day
- 11/14 Kern River Valley Veterans Stand Down, KRV Senior Center
Self Help Enterprise Home Ownership Program, Rancho Lindo
Apartments, Lamont
Young Readers Day
- 11/15 **America Recycles Day; Clean Your Refrigerator Day**
- 11/16 Baby Bounce at Ridgecrest Library, 10:30am – short story and play
for babies and toddlers
Point of View Film Screening for veterans families, 6pm, Beale Memorial Library
Button Day; Great American Smoke Out; Have a Party with your Bear Day
- 11/17 **World Prematurity Day; Homemade Bread Day;**
World Peace Day; Intl Students Day
- 11/18 Bakersfield Homeless Center Turkey Trot, Walk & Run- Fundraiser
'Man Up' Men's Health Symposium, 8-11am,
at Greater Harvest Christian Center, 5421 Aldrin Ct- free
National Adoption Day
- 11/19 **World Toilet Day; Intl Men's Day**
- 11/20 **Universal Children's Day**
Child Support Services at Shafter Healthy Start
- 11/21 **World Hello Day**
- 11/22 **Go for a Ride Day**
Groovestock – Fundraiser for homeless youth, Lengthwise (Calloway)
- 11/23 HAPPY THANKSGIVING – First 5 Kern offices are closed 11/23-11/24
- 11/24 **Ntl Day of Listening**
- 11/25 **Intl Day for the Elimination of Violence Against Women**
- 11/28 **French Toast Day**

Save the Date

- 12/1-1/6 Holiday Lights at CALM (\$12 adults, \$10 seniors
and teens, \$6 children ages 3-12)
- 12/2 Lamont Christmas Parade, 11am
- 12/5 Arvin Christmas Parade, 7pm
- 12/6 First 5 Kern, Children and Families Commission, 12/6, 2pm
- 12/7 Bakersfield Christmas Parade, 6:30pm



Good Neighbor Festival 2017



Happy Thanksgiving



Special dates are provided to encourage families and agencies to embrace fun learning opportunities. For ideas about activities and more visit First 5 Kern on Pinterest. *First5Kern*. Events known post publication are posted to Facebook: *First5Kern*.



STATE NEWS


Covered California:

Open Enrollment and Financial Help

Covered California's open enrollment has begun for those who need health insurance. Covered California is the only place where individuals can get financial assistance to help pay for their health insurance. Qualifying worksheet: <http://first5kern.org/parents-caregivers/>

In 2016 nearly nine out of 10 enrollees qualified for financial help. Almost 60% of subsidy-eligible enrollees will again have access for less than \$100 per month, and 74% will purchase coverage for less than \$10 per month.

Medi-Cal (free or low-cost health coverage for low-income Californians) is also health coverage, and qualified applicants can receive health care free or at a lower cost. The CoveredCA.com application determines qualification.


Resource materials for service providers: <http://hbex.coveredca.com/toolkit/collateral.shtml> 

FIRST 5 CALIFORNIA NEWS

Wildfire Aid for Families with Babies and Young Children, Sought by First 5

First 5 Association and First 5 California leaders together have announced they are "stepping up to aid impacted families with babies and young children."

Association Executive Director Moira Kenney, PhD and First 5 California Executive Director Camille Maben, graciously request for support of a children's relief fund. Recovery services, e.g., mental health supports for evacuated families, supplies for damaged family child care homes and preschools, family programs that support children affected by fires, and temporary child care supports are needed. <http://first5kern.org/wp-content/uploads/sites/21/2014/08/CA-Wildfire-Fund-Letter.pdf>


The devastating fires have families, schools, and child care providers without the basic necessities they need to care for our youngest children. A 'Generosity' site has been established for donations to support First 5 counties affected: <https://www.generosity.com/emergencies-fundraising/first-5-wildfire-recovery-effort> 

First 5 Kern is thankful for... community!

Blue Ribbon Commission Hearing: Early Childhood Education


The California State Speaker's Blue Ribbon Commission on Early Childhood Education is a policy-driven body tasked with developing strategic solutions to improve outcomes for some of California's youngest learners and their families. The group's next hearing is November 17, 2017, in Sacramento.

The Commission's topics of interest are: early brain development; increased access for children and families, eligibility standards in state child care and early education, provider reimbursement, rate reform, universal early learning, and supporting California's growing workforce.

The Assembly is using this group as a platform to discuss ways to improve the early learning system in California and put the ideas into action to inform future policy and budget actions. There is currently no representation on the Committee from Kern County. For more information about this Committee, including the live streaming of the hearing: <https://speaker.asmdc.org/blue-ribbon-commission-early-childhood-education> 

First 5 Help Me Grow Fact Sheet


The First 5 Association has developed a new Help Me Grow (HMG) fact sheet illustrating the challenge California is facing with early identification and service referrals. The reference tool explains why HMG is the solution and includes graphics and statistics on early identification and intervention in California; explains how First 5 HMG can improve our broken system; and calls on state leadership to take action to ensure every young child receives timely, periodic developmental, and behavioral screening.

In Kern County, HMG is in the beginning phases as a referral system connecting parents to family resource centers, special education local plans, and agencies who conduct their 'Ages and States Questionnaire – 3' assessment to identify developmental delays in children, one month to age five. <https://app.box.com/s/yvfv2moos2250fmw3d68dvx9uxeui2mra/file/240255426297> 

NATIONAL NEWS

New Report:

Long-Term Effects of Home Visiting

A new federal report is available for home visiting. Titled 'Mother and Infant Home Visiting Program Evaluation, Long-Term Follow-Up, 2016-2021', it summarizes existing studies' evidence on the long-term impact of early childhood home visiting, including Healthy Families America, Nurse-Family Partnership, and Parents as Teachers. <https://www.acf.hhs.gov/opre/resource/evidence-long-term-effects-home-visiting-programs-laying-the-groundwork-long-term-follow-up> 



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