



NOVEMBER 2018

First 5 Kern Cost-Benefit Analysis published by award-winning CSU Bakersfield professor



Cost-Benefit Analysis project reports its findings

Among the highlights:

- F5K-funded programs have "generated benefits that doubled the value of state investments"
- F5K leadership is raising funds "consistent with the intent of Prop 10"
- Several programs under the organization's support likely "would have been otherwise unavailable without First 5 Kern funding"
- 36 of 39 studied F5K-supported programs have "become more sustainable between the last and current funding cycles"

Dr. Jianjun Wang wins Innovation & Leadership Award



CSU Bakersfield professor Dr. Jianjun Wang was recently named recipient of the CSU Faculty Innovation & Leadership Award. Dr. Wang has served as independent evaluator for First 5 Kern since 2011.

The award honors his work in "implementing innovative

The full report provides a detailed statistical analysis of First 5 Kern's effectiveness and sustainability, specifically during the years 2016-18.

[Read More](#)

practices that significantly improve student success."

[Learn More](#)

First 5 in the News

EducationDive has published a series of articles exploring the history and impact of First 5. Worth the read!

[Click to read](#)



October is SIDS Awareness Month

Safe Sleep for Your Baby

Each year in the United States, thousands of babies die suddenly and unexpectedly. Some of these deaths result from **Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death**, such as suffocation.

Breastfeeding reduces the risk of SIDS

Babies who are breastfed or are fed expressed breastmilk are at lower risk for SIDS compared with babies who were never fed breastmilk. According to research, the longer you exclusively breastfeed your baby (meaning not supplementing with formula), the lower his or her risk of SIDS.

Safe Sleep Environment

To **reduce the risk** of SIDS and other sleep-related causes of infant death:

- Always place baby on his or her back to sleep, for naps and at night.
- Share your room with baby. Keep baby close to your bed, on a separate surface designed for infants.
- Use a firm and flat sleep surface, such as a mattress in a safety-approved crib*, covered by a fitted sheet with no other bedding or soft items in the sleep area.

*A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.

Learn more about SIDS and safe infant sleep: <http://safetosleep.nichd.nih.gov>



DID YOU KNOW...

Unintentional suffocation is the leading cause of injury-related death among children under 1 year of age?

Our website, First5Kern.org features a page dedicated to providing parents with information on SIDS and Safe Sleep. Visit through the link below.

First5Kern.org/SafeSleep

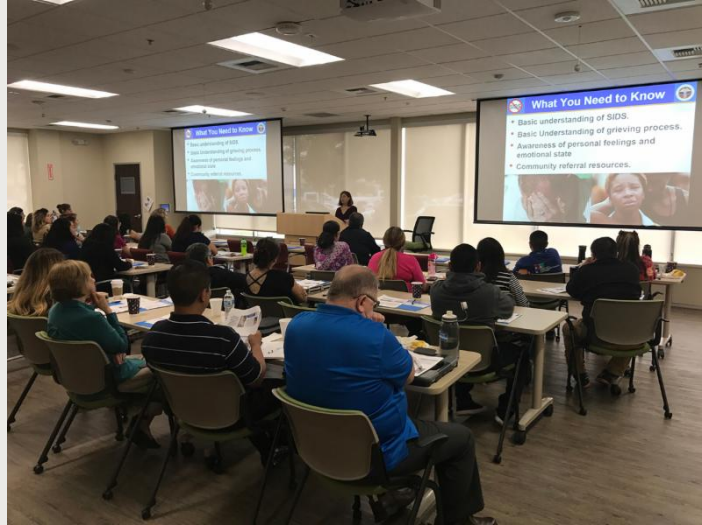
Since the National Institute of Child Health and Development began their SIDS Awareness Month campaign in 1994, SIDS-related deaths have decreased by 50%. But more can be done to educate parents on safe sleep practices and protecting their babies.

[Learn More](#)

Safe Sleep conference

The Safe Baby, Safe Child

conference was held in early October at Kern Behavioral Health and Recovery Services. The event, sponsored in part by First 5 Kern, brought healthcare professionals together to address recent data and education practices, as well as providing proper support to families who have lost children to SIDS.



Halloween Fun for the whole family

Looking for a safe, fun Halloween event to take the little ones to? We've put together a list of options around Kern County, many of which are free. Let us know if you have an event to include! [Click here](#)



Eagle Oaks Specialty Care Center Opens

A ribbon-cutting, led by David Carr, and Open House on Oct. 5 helped unveil the Eagle Oaks Specialty



DID YOU KNOW...
The [Center for Disease Control](#) recommends that everyone 6 months of age and older get a flu vaccine every season.

Children's Mobile Immunization Program

First 5 Kern and Adventist Health have teamed up to provide a Children's Mobile Immunization Program.

Care center by Valley Children's Healthcare.

The center, which offers outpatient services only, is the first of its kind in Kern County and is expected to serve more than 40,000 patients in the next decade.

[READ MORE](#)

Visit our [Community Calendars page](#) on our website to find a convenient time and location for your family. Links are available in both English and Spanish.

Kid-Friendly Recipe... Potato Broccoli Smash!

The kitchen is a great place for kids to learn from a very young age. Measuring ingredients, using utensils, following instructions, even the science between hot and cold, are all opportunities for them to learn. This is a quick, easy, and tasty recipe for your kids to try at home!

Ingredients:

- 4 cups frozen hash browns
- 2 cups frozen chopped broccoli
- 1/2 cup milk
- 3/4 teaspoon salt
- 1/2 cup shredded sharp cheddar cheese

Directions:

1. Combine hash browns and broccoli in a medium microwave safe bowl. Stir in 1/4 cup water. Cover with paper towel and microwave for 5 minutes on high.
2. Add milk and salt to potato mixture. Smash with a potato masher or fork.
3. Stir in cheese and serve hot.

Servings: 12 Serving size: 1/2 cup Prep time: 5 min. Cook time: 5 min.

*This kid-friendly recipe can be found in the book **KIDS GET COOKIN'!** published by the California Department of Public Health. Share pics of you and your kids making this recipe with us on Instagram, @First5Kern!*



Kern County Board of Supervisors declare Valley Fever Pediatric Awareness Week



DID YOU KNOW...

34% of all diagnosed cases of Valley Fever in California in 2017 occurred in Kern County - nearly 3,000 people.

The Kern County Board of Supervisors this month declared Oct. 15-19 Valley Fever Pediatric Awareness Week, in an attempt to bring more attention to this health issue in our community.

Valley Fever America's Foundation is based in Bakersfield, and is leading the charge against this disease.

[READ MORE](#)

[Learn More about Valley Fever](#)



AB 2960 signed into law

Lawmakers in Sacramento recently passed a bill that could make it easier for California parents to access early childhood education and expanded learning programs. [Supported by First 5 California](#) and others, such as Children Now and the California chapter of the American Academy of Pediatrics, it received unanimous bipartisan support in the Assembly and was signed into law in late September.

A detailed story about AB 2960, explaining its background and function, appeared in the recent First 5 California [FOCUS October newsletter](#). You will find it on page 2.



NOVEMBER

- Nov. 1 - Medically Vulnerable Care Coordination Project 8th Annual Conference
- Nov. 1 - Lamont/Arvin/Weedpatch Collaborative meeting
- Nov. 1 - Greenfield FRC Happy Feet Shoe Drive collection (donation period runs entire month of November)
- Nov. 2 - Bakersfield Adult School Fall Resource Fair
- Nov. 2 - Safe Sleep Coalition
- Nov. 3 - Kern County Child Development Conference,
- Nov. 5 - Kern County Breastfeeding Coalition meeting
- Nov. 6 - Delano Neighborhood Partnership
- Nov. 7 - Parent & Child Interactive Workshop, Bakersfield Adult School
- Nov. 8 - Kern Early Stars Consortium
- Nov. 8 - Greenfield H.E.L.P.S. Collaborative meeting
- Nov. 8 - Wasco Collaborative meeting
- Nov. 13 - Kern River Valley Collaborative meeting
- Nov. 13 - McFarland Collaborative meeting
- Nov. 14 - 34th Street Neighborhood Partnership meeting
- Nov. 14 - Indian Wells Valley Collaborative meeting
- Nov. 14 - Safe Surrender Baby meeting
- Nov. 15 - KCNC General Collaborative meeting
- Nov. 22 - THANKSGIVING
- Nov. 27 - Buttonwillow Community Collaborative meeting
- Nov. 27 - East Bakersfield Community Collaborative meeting
- Nov. 27 - South Chester Collaborative meeting
- Nov. 28 - Oildale Community Partnership meeting
- Nov. 28 - Kern County Nutrition Action Plan Collaborative meeting
- Nov. 28 - Shafter Healthy Start Collaborative meeting
- Nov. 29 - Southeast Neighborhood Collaborative meeting



***Dates subject to change; Contact individual agencies for more information*

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Connect with us

