



DECEMBER 2018

## WHAT CAN OUR CHILDREN EXPECT FROM CALIFORNIA'S NEW GOVERNOR?



The dust has finally settled on election season. Our newly elected officials are going to implement their chosen policies and paths, and many of these policies will have an immediate impact on the youngest members of our community.

Governor-elect Gavin Newsom made early childhood education a specific talking point on the campaign trail with his "cradle to career" plan, as well as his focus on the California-wide issue of preschool access.

San Francisco County - Newsom's home territory - easily leads the state in preschool enrollment among 3-4 year-olds, at 70%. By comparison, Kern County ranks 21st, at 34%. A child's preparedness for kindergarten can be strongly influenced by attending preschool, thus leaving many of our community's children unprepared to begin formal schooling.

It is estimated that there are only enough child care slots in Kern County to service 17% of those whom need it. And according to the [2017 California Child Care Portfolio](#), the number of available child care slots in Kern County has DECREASED since 2014.

This [article from EdSource details](#) the items Newsom has discussed, and also outlines potential costs of the governor-elect's ideas.

#### DID YOU KNOW...

The average annual cost of child care in Kern County: for a Licensed Child Care Center is \$12,013 for infant care, and \$8,188 for preschool care. In a Licensed Child Care Home, it's \$7,772 for infants, and \$7,337 for preschool care.

*[Statistics courtesy of the 2017 California Child Care Portfolio](#)*

## **Kern County Medically Vulnerable Care Coordination Project holds 8th annual conference**

The Medically Vulnerable Care Coordination Project (MVCCP) is a coordinated effort to link services together to help families navigate the path to specialized care for their children.

The term "medically vulnerable" may include preterm babies, an infant with special needs or the dependence on medical technology, or an child at risk because of family issues, be it socioeconomic or medical. Care for these children is often difficult to arrange, involving insurance agencies, equipment providers and doctors, hospitals and specialists.

Incorporating members of the medical profession and health care providers, this annual event is a rare opportunity to put people all in the same room at the same time to discuss streamlining such care. The 8th annual conference was held November 1 at CSU Bakersfield.



## **First 5 Kern commission meeting scheduled for Dec. 5**

The public is invited to learn more about First 5 Kern at the upcoming bi-monthly Commission Meeting, Wednesday, Dec. 5 in the Kern County Superintendent of



Schools building at 1300 17th St. in downtown Bakersfield.

We will have a guest visit from Elaine Anthony, the MCAH/SIDS coordinator for Kern County Public Health, Marc Thibault will also present on trauma-informed care, and the commission will get an update on the Help Me Grow initiative.

The First 5 Kern commission is made up of nine individuals, who determine the focus of funding through community input and strategic planning and oversee the evaluation of funded programs. The agenda for the commission meeting is posted on our website.

## Rams All-Pro Johnny Hekker stars in First 5 video

Don't *punt* on watching this cool video from Los Angeles Rams P Johnny Hekker on the importance of "Talk, Read, Sing".



Click thumbnail to watch >>>

# FIRST 5 KERN Funded Program Spotlight 2-1-1 Kern County

The screenshot shows the website for 2-1-1 Kern County, a service provided by the Community Action Partnership of Kern (CAPK). The page includes a navigation bar with links for 'About', 'Programs', '2-1-1 Kern', 'Get Involved', 'Locations', 'News', 'Employment', 'Public Info', 'Calendar', and 'Contact'. A prominent banner features the text 'To connect with services, dial 2-1-1.' with a 'LEARN MORE' button. Below this, a section titled 'Helping People... Changing Lives.' mentions that CAPK was established in 1965 and administers various programs. The main content area is a grid of 12 icons representing different services: Legal Assistance, Substance Abuse, Mental Health, Family & Family, Education, Food, Health Care, Housing, Income & Employment, Personal Needs, Seniors & Older Adults, Transportation, and Utilities. The CAPK logo is in the top left, and the '2-1-1 Kern County' logo is in the top right. At the bottom left, the 'FIRST 5 KERN' logo is displayed, along with the text 'Sponsored by First 5 Kern. Paid for by Proposition 13.'

First 5 Kern is proud to help support Community Action Partnership of Kern in the operation of 2-1-1 Kern County.

Families throughout the community can get immediate assistance with accessing programs for health and human services and support - simply by dialing 2-1-1 or visiting the website, [211KernCounty.org](http://211KernCounty.org).

A recent call to 2-1-1 highlights their impact on our community. It was from a pregnant woman who was about to lose her home. The initial purpose of her call was to proactively seek out homeless resources, but the 2-1-1 operator was instead able to get her in touch with programs that offered financial assistance for rent. She was also connected to a Maternal-Child Outreach Program as well.

Over 100,000 phone calls are fielded every year, and referral specialists are available 24 hours a day, seven days a week. CAPK has been designated by the California Public Utilities Commission as the 2-1-1 provider for our county.

The 2-1-1 program is also supported by the Kern County Public Health Services Department and the United Way of Kern County. Click [here to visit their website](#).

#### Did you know...

First 5 Kern lends financial support to over 40 programs throughout Kern County, with a focus on those that support children aged 0-5, and their families.

[SEE THE FULL LIST OF FIRST 5 KERN FUNDED PROGRAMS](#)



#### **From the Capitol: AB 2626 Amendment to the Childcare & Developmental Services Act**

Increasingly, the cost and availability of child care throughout California has come under scrutiny. This bill amendment added sections to the

Education Code, and takes aim at the eligibility requirements of subsidized child care and early learning programs throughout the state.

According to a [support letter from the First 5 Association](#), the bill both *lowers* age requirements and *raises* the minimum household income ceiling for receiving subsidized child care, among other actions.

AB 2626 passed through the Assembly and the Senate without a single "No" vote, and was signed by the Governor on Sept. 30. [Read full text of the bill](#).

**Childhood Lead  
Poisoning Prevention**

Exposure to lead can seriously harm a child's health.

**Damage to the brain and nervous system**

**Slowed growth and development**

**Learning and behavior problems**

**Hearing and speech problems**

The Kern County Public Health Services Department has been spreading the word, warning parents about lead poisoning in kids.

Children 5 and under are at a higher risk for poisoning due to behavioral, physiological and developmental factors. Learn

more about what you can do to avoid lead exposure, understand the health effects, recognize the symptoms of poisoning and seek treatment through the [Lead Poisoning Prevention page on the KC Public Health website](#).

## Kern County Child Development Conference

The annual Kern County Child Development Conference took place in early November at the Rabobank Theater and Convention Center.

With guest speakers, a vendor showcase, and breakout sessions focused on the local child care industry, the event brought in nearly 500 participants for a rare opportunity to network and learn best practices throughout the industry.

[Click here to see some pics](#) from the event, which was put together by the Early Childhood Council of Kern.



**The First5 Kern story.**

**Impact Stories**

**Parent Support:** Parent Support provides a support network when families have the greatest to turn. Sometimes parents are busy. Parents in support, stress and family crisis are common. Parent Support provides opportunities for a parent through their services and the community partners they refer to. The staff of programs including First 5 Kern provides the best possible support for parents.

**Proposition 10:** Proposition 10 allows us to have on the lives of children and families in Kern County.

**Make a Leap:** Make a Leap provides the most positive impact that comes from empowering children, parents, and families - helping them become resilient, self-sufficient, and successful participants in their communities. Participants in First 5 Kern's Make a Leap program learn confidence.

**Small Steps Child Development Center:** During the toddler years, a child should be able to walk and run long before their third birthday. Doctors could not determine why one child could not walk until receiving support, a healthy and consistent environment, and watching learning the child was walking with the majority of enrollment in the Small Steps Child Development Center. Small Steps Child Development Center is a program of the Alliance Against Family Violence and Sexual Assault.

**Black Infant Health Program:** A young mother, 22 years old and 23-week pregnant, lived with severe developmental delays. She is with the health center in a highly stressful environment - custody, becoming homeless. Staff at the Black Infant Health program contacted her parents and community partners to help her get to work. Through ongoing collaboration with the health center, the child participated in the full series of lessons. Now the family can be assured that the baby is with a healthy and vibrant child who is happy, healthy, and thriving. The Black Infant Health Program is a program of the County of Kern's Public Health Services Department.

**Make a Leap:** A mother of a toddler enrolled her child, who was terrified to go to school, into the environment of Make a Leap. The program instructor was able to help him overcome his fears by using his. Through ongoing collaboration with the health center, the child participated in the full series of lessons. Now the family can be assured that the baby is with a healthy and vibrant child who is happy, healthy, and thriving. Make a Leap is a program of the County of Kern's Public Health Services Department.

## First5Kern.org focus: Impact Stories

You know that First 5 Kern receives funding from Proposition 10, and distributes millions of dollars back into our community. But do you know what these programs actually *do*?

Each program has a story to tell, and we want to share those stories with you - to show real world examples that demonstrate how they make a difference in the lives of our neighbors. We have included an [Impact](#)

[Story from each of the programs](#) we work with on our website, First5Kern.org. Check it out!

## Kid-Friendly Recipe... Banana Nut Roll-Up

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 you to try at home with your kids! (Plus, November is National Peanut Butter Lovers Month...)



### Ingredients:

- 1 whole wheat tortilla
- 1 1/2 tablespoons peanut butter
- 1 teaspoon honey
- 1 medium banana, peeled

### Directions:

1. Warm the tortilla to soften (microwave for 15-20 seconds).
2. Spread peanut butter evenly across the tortilla.
3. Drizzle honey over the peanut butter.
4. Lay banana across the bottom half of the tortilla. Tightly roll tortilla around banana. Press gently to close roll-up.
5. Cut in half and enjoy!

Servings: 1 Serving size: 1 roll-up Prep time: 5 min. Cook time: N/A

*\*It is recommended children under one year of age do not consume honey*

*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!*

# DECEMBER



Nov. 29 - Southeast Neighborhood Partnership meeting  
Dec. 4 - Delano Neighborhood Partnership meeting  
Dec. 5 - First 5 Kern Commission Meeting  
Dec. 5 - Tobacco Free Coalition of Kern meeting  
Dec. 5 - Safe Surrender meeting  
Dec. 6 - Lamont/Arvin/Weedpatch Collaborative meeting  
Dec. 6 - South Valley Neighborhood Partnership Partner Showcase  
Dec. 6 - Richarson Collaborative meeting  
Dec. 11 - Kern River Valley Collaborative meeting  
Dec. 11 - McFarland Collaborative meeting  
Dec. 12 - 34th St. Neighborhood Partnership meeting  
Dec. 13 - Kern Early Stars Consortium meeting  
Dec. 13 - Greenfield H.E.L.P.S. Collaborative meeting  
Dec. 13 - Wasco Community Collaborative meeting  
Dec. 14 - Safe Sleep Coalition meeting  
Dec. 17 - Kern County Breastfeeding Coalition meeting  
Dec. 18 - East Bakersfield Community Collaborative meeting  
Dec. 18 - South Chester Partnership Collaborative meeting  
Dec. 19 - Safe Surrender meeting  
Dec. 27 - Medically Vulnerable Infant workgroup meeting  
Dec. 28 - Safe Sleep Coalition meeting

January

Jan. 1 - Delano Neighborhood Partnership meeting  
Jan. 3 - Lamont/Arvin/Weedpatch Collaborative meeting

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

## **About First 5 Kern**

*First 5 Kern works to strengthen and support the children of Kern County, 0 to 5 years old, and their families, by empowering providers through the integration of services with an emphasis on:*

- *Health & Wellness*
- *Parent Education & Support Services*
- *Early Childcare & Education*

