



First 5 San Francisco parent education

Parent Education

February is a time to celebrate Black History month, Valentine's Day and the Year of the Rat in the Chinese calendar but it is also National Dental Health Month. March brings more celebrations and a focus on National Nutrition month. We bring you a newsletter full of tips and resources to help you make sure you are keeping your child and family healthy.

Dental Health

Each February, the American Dental Association sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. Children should visit a dentist between 1 to 2 years of age to start preventive care such as sealants and fluoride treatment.

Tooth Decay Treatment: Fluoride varnish, a dental preventive treatment, helps reduce the incidence of early childhood tooth decay. Dental health counseling for parents is another important factor in reducing childhood tooth decay, according to a study by investigators at the UCSF School of Dentistry.

According to study findings, children who did not receive any fluoride varnish were more than twice as likely to develop tooth decay as the children who were assigned to the annual fluoride varnish group. Children who did not receive fluoride varnish were nearly four times more likely to develop tooth decay as those assigned to receive it twice per year (four treatments over two years). Take advantage of your dental insurance or visit one of the providers below for prevention or treatment.

Nutrition

March is National Nutrition Month, a time for nutrition education created by the American Dietetic Association. A time to focus attention on the importance of making informed food choices a time to develop sound eating and physical activity habits. Children are looking to adults to help them make the right decisions and establish guidelines for life long habits.

Parents are frustrated by the flood of changing nutrition advice, especially as they try to make sensible dietary decisions for their families. Parents are concerned with their children's eating habits. The top three concerns for parents according to Eatingright.org include; not eating enough fruits and vegetables, picky eaters and eating too much junk food. Teaching and learning basic nutritious habits can be a challenge for the entire family. Here are a few practical tips:

- **Make mealtime family time.** Try to have at least one meal a day together. Eating together as a family can improve your children's food habits since kids tend to eat more fruits, vegetables and dairy foods at meals shared with their parents.
- **Get the family involved in meal planning and preparation.** Kids are more likely to eat foods that they have helped to prepare.
- **Be a good role model.** Parents often tell kids to eat healthy but don't follow the advice for themselves. Healthy eating is a lifestyle – not a fad.
- **Freshness and quality are key.** Opt for fresh, quality products when choosing foods. Fresher foods provide higher amounts of essential nutrients and taste better.
- **Stash healthy snacks.** Keep healthy, nutritious snacks in key places- your purse, backpack, car, diaper bags.
- **Try something new.** Set a goal to include one new food or recipe each week. Find nutritious recipes to prepare with kids. The journey for good nutrition starts in the kitchen.
- **Breakfast first!** A nutritious breakfast from the five food groups provides children with about one-fourth of their daily nutrient requirements. Kids who eat breakfast are more likely to meet these needs.
- **When children eat breakfast, it's easier for them to concentrate on learning, think clearly, and be on their best behavior.** This goes for adults too.

- **Fruit juices are valuable source of certain vitamins, minerals and phytonutrients- unique compounds found only in plants.** Read the label and make sure it is 100 percent juice to avoid extra sugars and unnatural ingredients. 100 percent fruit juice guidelines for children from MyPyramid.gov include: Infants six months of age and under: no juice, older infants (when able to drink from a cup) plus children 1-6 years: 4-6 ounces. Note: Juice should never be fed by bottle to small children for oral care. *Source: American Academy of Pediatrics*

Ongoing Free or Low-Cost Rainy Day Ideas

- **S.F. Recreation and Parks Tiny Tots programs** offer a variety of activities for children ages 9 months to 5 years old. They offer a variety of classes like dance, music, art, etc. Check with your local park or call (415) 666-7079.
- **S.F. public libraries** offer parent-child lapsits and story times. Simple stories, songs and fingerplays are a great way to introduce your baby, toddler, or preschooler to the building blocks of reading.
- **Randall Museum's Tree House Toddler Exploration Zone** offers a safe indoor climbing structure, books, and toys for toddlers and their caregivers Tuesdays through Fridays. A \$25 registration fee is necessary for a six-week session. (415) 554-9600.
- **Parents Place Drop-In Play Center.** Enjoy play, stories, movement and songs with your child or infant in the playroom. Create new friendships with other parents and children, and get support from the parent educators. Ongoing, Wednesdays, 9:30-10:45am and Thursdays, 12:00-1pm (bring a bag lunch if you'd like). (415) 359-2454 \$6 per family.
- **Every Saturday** fun youth programs like pee wee sports, arts & crafts, hip hop at the Excelsior Youth Center, 163 London Street. Ages 2 and up. (415) 452-7578. FREE

Free or Low cost Dental care in San Francisco

- Potrero Hill Health Center (415) 648-7609
- Southeast Health Center (Bayview) (415) 715-4066
- Silver Avenue Family Health Center (415) 715-0330
- Chinatown Neighborhood Health Center (415) 705-8536
- San Francisco General Hospital Oral Surgery Clinic..... (415) 206-8104
- Native American Health Center..... (415) 621-9056
- Northeast Medical Service (415) 391-9686
- South of Market Health Center (415) 626-2951
- University of the Pacific Dental Clinic..... (415) 929-6501
- University of California, San Francisco (UCSF) Dental Clinic..... (415) 476-1891

Calendar of Events & Resources



February Highlights

8: AquaTots for Kids ages 2 to 5 at Aquarium of the Bay. Stories, live animal viewing and touching, crafts, songs, and games. Kids must be accompanied by an adult. Pier 39 (415) 623-5300. \$14.95 adults, \$8 ages 3 to 11 and free for children under.

9: The Flying Angels Chinese Dance Company at North Beach Library, 2000 Mason Street at 3pm. (415) 355-5626. FREE

12: Choosing Child Care Workshop held the second Tuesday of the month from 6–8 pm. at the Children's Council, 445 Church Street. Pre-registration required: (415) 343-3300. FREE

14: Monthly Mom (and dads) and Kids movie at Presidio Theater, 2340 Chestnut Street. Movie starts at 12:45 the second Thursday of each month. Check www.jill-russo.com for the movie title. (415) 776-2388. FREE

20: Jumpstart Presents: Family Literacy Workshops at Bayview/Anna E. Waden Branch, 5075 3rd Street at 5:30-7pm. Enjoy interactive, hands-on, family-oriented workshops that teach child development, early literacy skills and fun ways to play, grow, and learn with your children. Additional workshops available that provide: dinner for the family, one book per family and affordable activities that can be done at home. For families with children ages 6 and younger. Sign-ups are required. (415) 355-5757. FREE

20: Celebrate Black History Month at the Western Addition Library, 1550 Scott Street at 3:30pm. Come along on a musical journey with storyteller Yolanda Rhodes, as she goes "Under the Nkula Tree". Children of all ages are invited to this celebration of Black History Month. (415) 355-5727. FREE

23: Chinese New Year street fair in Chinatown at 10am-4:30 pm and the parade at 5:30-8pm. FREE

March Highlights

1: Family Art Encounter: Kabuki Masks and Kanzashi celebration at the Asian Art Museum, 200 Larkin Street. Free with museum admission. Children under 12 always free. (415) 581-3500

5-7: People Like Me! Explores the dance and music of Africa, Argentina, China, Hawaii, and Hungary performers discovers how the environment shapes and inspires the people of the world. War Memorial Veterans Building, \$5. (415) 474-3914

7: SFUSD fall school assignment letters are mailed to families.

8: Summer Resource Fair at the Concourse Exhibition Center – 8th and Brannan Streets. Discover many options for summer camps, programs and classes. Held 10:00am to 3:00pm, (415) 554-9330. FREE

9: Daylight Savings Time begins. Turn your clocks ahead one hour.

10-21: Families should need to return school assignment letter at the accepted school assignment. For more information: Parents for Public Schools SF 861-7077 or UFUSD 241-6085.

14: Jr. Engineer Days at the Randall Museum, 199 Museum Way. All train enthusiast won't want to miss this special day. 10am-4pm. FREE

15: St. Patrick's Day Parade at 11:30am. 2nd and Market Street to Civic Center Plaza. FREE

23: Union Street Spring Celebration and Easter Parade in Cow Hollow. 10am-5pm. 800-310-6563. FREE

26: Parenting lecture at SF Psychotherapy Research Group & the Swedenborgian Church of SF. Topic: Mothers and Daughters by Jan Schreiber, PH.D. 561-6771. FREE

First 5 Program Highlight

The **Early Childhood Oral Health Initiative** is a \$10 million First 5 California investment that aims to **reduce tooth decay in 0 to 5-year-olds in California**. It is doing so through two well-regarded and wide-ranging projects.

1. The Insurance-based Oral Health Demonstration Project: This project has reached 9000 children in 19 demonstration sites with Access Dental and Delta Dental since 2004. The goal of the project is to increase dental access for children in rural and underserved communities.
2. The Early Childhood Oral Health Education & Training Project: Started in February 2004, this project aims to reach 75% of dental providers and 50% of primary care providers with training about early childhood oral health. In addition, the project also seeks to provide education for parents and caregivers about early childhood dental health. This effort leads to "First Smiles", a statewide initiative to address the "silent epidemic" of Early Childhood Caries affecting children ages 0-5. It is the most prevalent chronic disease of early childhood and a major cause of school absenteeism. **First Smiles website (www.first5oralhealth.org) is dedicated to providing education and training for dental, medical and early childhood educators, as well as education to parents of young children.**

A note to parents: It is important to take care of baby teeth because they are crucial for chewing, speaking & speech development, jaw development and self-esteem. Baby teeth are also placeholders for permanent teeth. If these permanent teeth develop in a mouth that is unhealthy, they are likely to become decayed as well. **You can download a helpful brochure about taking care of your child's teeth from the very beginning at: www.first5oralhealth.org/downloads/brochure_May_25_2005.pdf**

The new law (CDA sponsored AB 1433) requires that **children have a dental check-up by May 31 of their first year in public school**. Dental evaluations that have happened within the 12 months prior to school entry also meet this requirement. If a dental check-up cannot be obtained, parents may get an excuse from this requirement by filling out the form provided by the child's school. Copies of the required form are available at the child's school, at the California Department of Education Web site or www.cda.org/advocacy_&_the_law/legislation/kindergarten_oral_health_requirement/state-required_assessment_forms

For further information, please check out First Smiles website: www.first5oralhealth.org

San Francisco Free Museum Days

For budget-minded families who would like to visit museums without breaking the bank, take advantage of the free admission days at various institutions around town. Beware that the museums can get busy with lots of kids from school or day camp field trips.

Third Monday of each month free:

- The Contemporary Jewish Museum
121 Steuart Street at Mission
(415) 543-8880. Hours: 12–6pm

First Tuesday of Every month free:

- Asian Art Museum
200 Larkin St. at Fulton
(415) 581-3500. Hours: 10am–5pm
- Museum of Craft and Folk Art
51 Yerba Buena Lane (between Market & Mission)
(415) 227-4888. Hours: 11 am–6 pm
- Yerba Buena Center for the Arts
701 Mission St. at 3rd
(415) 978-2787. Hours: Noon–5pm
- San Francisco Museum of Modern Art
151 Third St. at Mission
(415) 357-4000. Hours: 11am–5:45pm
- The de Young Museum
50 Hagiwara Tea Garden Drive, Golden Gate Park
(415) 863-3330. Hours: 9:30am–5pm
- Legion of Honor
Lincoln Park in the Presidio
(415) 863-3330. Hours: 9:30am–5pm
- Conservatory of Flowers
John F. Kennedy Dr. in Golden Gate Park
(415) 666-7001. Hours: 9am–5pm
- Cartoon Art Museum
655 Mission St.
(415) 227-8666. Hours: 11am–5pm

First Wednesday of each month free:

- California Academy of Sciences, Closed until Fall 2008
875 Howard Street
(415) 312-8000. Hours: 10am–5pm
- Museo ItaloAmericano
Fort Mason Center. Building C. Hours: Noon–5pm
- Exploratorium
3601 Lyon & Bay St.
Groups of 10 or more require reservations.
(415) 361-0360. Hours: 10am–5pm
- San Francisco Zoo
Sloat Blvd. at 47th Ave.
(415) 753-7080. Hours: 10am–5pm

First Thursday of the month is free:

- The Chinese Historical Society of America
965 Clay Street.

Always Free Every Day

- Randall Museum
199 Museum Way
(415) 554-9600. Hours: 10am–5pm
- Cable Car Barn & Powerhouse Museum
1201 Mason Street @ Washington
(415) 474-1887. Hours: 10am–5pm
- Musee Mechanique
Pier 45 (Shed A at the end of Taylor Street)
(415) 346-2000. Hours: 10am–7pm
- San Francisco Fire Department Museum
655 Presidio Ave.
(415) 558-3546. Thurs-Sun. 1–4pm
- San Francisco Maritime Museum
900 Beach St.
(415) 556-3002. Hours: 9:30am–5pm

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