



February/March 2009



First 5 San Francisco parent education

Parent Education

February is a time to celebrate Black History month and Valentine's Day but it is also National Dental Health Month. March brings more celebrations and a focus on National Poison Prevention week. 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. A pea size amount of toothpaste with fluoride helps in prevention too. (don't swallow it though!)

Why are candy and other sugary foods bad for teeth? Sugar on the tooth surface is changed to acid within 5 minutes time. The acid acts to dissolve the tooth surface. When this happens often enough, the tooth surface breaks down.

Give Kids a Smile Day 2009:

Friday, February 6:

SF Dept. of Public Health - Southeast Health Center Dental Clinic, 9am- 3pm
2401 Keith St. (Off 3rd ST. and Armstrong-Muni Line #15)

- Dental Exams, Cleanings, Fluoride Varnish and Oral Health education
- Kids 0-5 years old, Call 575-5731 for an appointment!

Native American Health Center

160 Capp St., 2pm -5pm

- Children from 0 to 12 years old
- No previous appointment is needed - come as a walk-in
- Provide preventive services, dental health education for parents and children, visual dental exam, prophylaxis, fluoride varnish and sealants

Saturday, February 7:

Give Kids A Smile Day-UCSF, 9am-4pm
707 Parnassus Ave, San Francisco, 94143

- Provide Dental Screenings, Dental Health Education, Cleanings, Fluoride varnish, and Sealants. Contact: smilesforkids@gmail.com

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
- San Francisco Department of Public Health Dental Services (415) 554-2500 or 311

Poison Prevention and Awareness

National Poison Prevention Week: March 12-21, 2009: "Poisonings Span a Lifetime and Children Act Fast, So Do Poisons"

Poison exposure is one of the leading causes of childhood injury in America – an alarming, yet preventable statistic. In the event of a poison exposure, fast, free and confidential health care advice from trained professionals is just a phone call away 24 hours, 7 days a week, year-round. From minor incidents to emergencies, the California Poison Control System can provide immediate assistance, advice and, if necessary, a referral to the closest emergency room. In the case of an emergency, CPCS staff will call ahead to alert medical personnel of a patient's arrival, provide direct treatment advice, and monitor a patient's progress until discharged

The California Poison Control System free hotline is 1-800-222-1222 or <http://calpoison.org>.

Tips to Keep Children Safe from Poisons:

- 1) Place the California Poison Control System hotline number on or near all phones.
- 2) Do not store food products, medicine and household cleaners in the same cabinet (locked).
- 4) Always keep products in their original containers.
- 5) Beware of common household poisons: Carbon Monoxide (car exhaust), Aspirin, Acetaminophen, Methanol (windshield washer fluid), Ammonia, Cyanide (nail glue remover).
- 6) Be aware of lead in toys and product recalls from U.S. Consumer Product Safety Commission. www.cpsc.gov
- 7) Know your plants. Check the CPCS web site at www.calpoison.org, or call the hotline to find out.

- 8) Keep potentially harmful products such as cosmetics, perfume, mouthwash, cigarettes, alcohol, vitamins with iron, and over-the-counter drugs completely out of reach.
- 9) Do you work in an environment where you may bring in hazardous particles on your clothing or shoes to your home?
- 10) These tips are for grandparents, friends and babysitters homes as well.

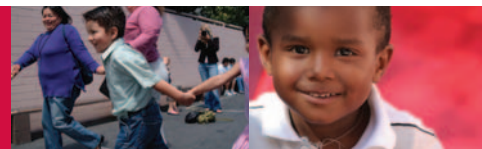
Ongoing Free or Low-Cost Rainy Day Ideas

- 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

February Highlights

- 6:** Baby/Toddler Musical Lapsits at the Mission Bay Branch Library at 4pm. (415) 355-2800 FREE
- 6:** Give Kids a Smile Day- free check ups for youth; see our article on dental care for locations and times. FREE
- 7:** Celebrate African American History Month with Yolanda Rhodes – An interactive performance of story, rhythm, music, and movement. For children of all ages. Excelsior Branch Library, 11:30 am, 4400 Mission Street, (415) 255-2668 FREE
- 7:** Golden Gate Model Railroad Exhibit and Meet the Animals every Saturday at 11am-4pm. Randall Museum, 199 Museum Way, (415) 554-9600 FREE
- 10:** 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

Calendar of Events & Resources



10: Dog Talk – Meet Roofus the Friendly Dog and his friend, Kathy Brody, from the San Francisco SPCA. Learn about dogs and how to be safe around them. For children ages 3 and older. Ingleside Branch Library, 4:30 pm, 1649 Ocean Ave. (415) 355-2898

14: Pop-up Valentines. Create a sparkly one-of-a-kind pop-up Valentine's Day card for someone you love. \$4 per child/\$6 per parent-child combo. Randall Museum, 199 Museum Way, (415) 554-9600

14: Baby loves Disco Valentine's Ball for ages 6 months– 7 years and their adult at Ruby Skye, 2-5pm. \$15/advance, 420 Mason St. www.babylovesdisco.com

15: Children's story time and family walk at the SF Botanical Garden at Strybing Arboretum, Golden Gate Park at 10:30 – 11:30am (415) 661- 1316 FREE

16: Chinese New Year Festival, Year of the Ox, at Bay Kids Museum, 10am-4pm Fort Baker, 557 McReynolds Rd, Sausalito, (415) 339-3900

24: No More Diapers! Tips and resources for helping your child achieve this important milestone of independence at Parents Place, 1210 Scott St., 6:00 – 7:30pm. \$30. (415) 359-2454

28: Celebrate African American History Month: Folklore and Fun – Come listen to traditional folklore and create your own masterpieces in celebration of African American History. For children of all ages at 2pm at Ocean View Branch Library, 345 Randolph St. (415) 355-5615 FREE

28: Story Time at the Sports Basement (every Saturday) for wee ones 3 and under at 10am, 1590 Bryant St. (415) 575-3000 FREE

March Highlights

7: Stories play time (Birth-3 years every Saturday) at the SFLGBT Center at 9:30-10:30am, 1800 Market. (415) 999-1448 FREE

8: Bubble-icious-ness and craziness with the Bubble Lady at the Buddy Club, The Randall Museum Theatre, 199 Museum Way. \$7 per person (under 2 yrs. old free), 11am-Noon, (510) 236- SHOW

24-27: 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. Herbst Theater, (415) 474-3914

13: SFUSD fall 2009-2010 school assignment letters are mailed to families who applied. To accept the assignment you must register your child by March 27, 2009. (415) 241-6085

14: 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

8: Daylight Saving Time begins. Turn your clocks ahead one hour.

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

First 5 San Francisco 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: noon–6 p.m.

First Tuesday of each month free:

- Asian Art Museum, 200 Larkin St. at Fulton, (415) 581-3500. Hours: 10 a.m.–5 p.m.
- 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- 5 pm
- San Francisco Museum of Modern Art, 151 Third St. at Mission, (415) 357-4000, Hours: 11am–5:45 pm
- The de Young Museum, 50 Hagiwara Tea Garden Drive, Golden Gate Park, (415) 863-3330. Hours: 9:30 am–5 pm
- Legion of Honor, Lincoln Park in the Presidio, (415) 863-3330. Hours: 9:30 a.m.–5 p.m.
- Conservatory of Flowers, John F. Kennedy Dr. in Golden Gate Park, (415) 666-7001. Hours: 9 am– 4:30 pm
- Cartoon Art Museum, 655 Mission St., (415) 227-8666. Hours: 11 am–5 pm

First Wednesday of each month free:

- Bay Area Discovery Museum, 557 McReynolds Rd., Sausalito, (415) 339-3900. Hours: 9am-4pm
- Museo ItaloAmericano, Fort Mason Center. Building C. Hours: noon–5 pm
- Exploratorium, 3601 Lyon & Bay St., (415) 361-0360. Groups of 10 or more require reservations. Hours: 10 am–5 pm
- San Francisco Zoo, Sloat Blvd. at 47th Ave. (415) 753-7080. Hours: 10 am–5 pm

Third Wednesday of each month free:

- Academy of Sciences, Golden Gate Park, 55 Music Concourse Dr. (415) 379-8000 9:30 am-5 pm

First Thursday of each month free:

- The Chinese Historical Society of America, 965 Clay Street.

First Sunday of each month free:

- Hyde Street Pier National Historic Landmark Vessels, 561-5000

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