



# First 5 San Francisco parent education

## Parent Education: The Road to a Child Care and Education

Spring is the time to get outside and enjoy the weather before the summer fog comes rolling in. We bring you a newsletter full of tips and resources to help you make sure you are keeping your child and family healthy and prepared for summer fun.

### Center for Screen-Time Awareness – TV Turnoff Week April 21-27

*Did you know that most kids under 6 spend more than 2 hours a day sitting in front of a TV or computer screen?* That may not sound like a lot of time, but it has a big impact on their health and development. And it sets the stage for spending even more time with media (TV, movies, websites, video games, music and books) as they grow up. But media is fun and parents and kids love it. So what's a parent to do? Here are some tips:

- *Set media time limits and stick to them.* Limit your child's screen time to no more than 1 to 2 hours per day. Children younger than 2 should watch as little TV/videos as possible – in fact, the American Academy of Pediatrics recommends no television at all for kids younger than 2.
- *Don't let your kids have a TV or computer in their bedroom.*
- *Help your child understand the difference between fantasy and reality.* Kids under the age of 7 don't always know what's real and what's fake. So unless you're watching the news, explain that what they see on TV or in movies isn't real. And because children often copy their favorite media characters, remind them that they can't do things that cartoon characters or superheroes can do without getting hurt. Point out that violence isn't a good way to solve problems.

Use [www.commonssensemedia.org](http://www.commonssensemedia.org) to choose media that is age-appropriate and fun.

### Summer Camp Fun

Looking for summer activities can be overwhelming. There are many to choose from at a variety of costs, dates and times. There are many fun summer camps for children 4- to 5-years-old. You can check out [www.SFkids.org](http://www.SFkids.org) for a comprehensive list as well as summer classes and family activities. The search feature allows you to search by age groups as well. Here are a few camp samples for young ones. Most camps offer some kind of scholarships – don't be shy about asking!

- Acrosports – 639 Frederick Street (415) 665-2276
- American Gymnastics Club – 2520 Judah Street (415) 731-1400
- Buena Vista Child Care – 2641 25th Street (415) 285-0221
- Destination Art – 900 Filbert Street (415) 350-4396
- Jamboodas – Various locations (415) 425-0372
- KidsOutdoorClub – Various locations (415) 407-0813
- ONE Martial Arts – 850 Taraval Street (415) 731-9988
- San Francisco Recreation and Parks – (415) 831-2700
- San Francisco Zoo – One Zoo Road (415) 753-7080
- Tree Frog Treks – 2112 Hayes Street (415) 876-3764

## Special Needs Support

What are special needs? All children develop at different rates and in different ways. But some children are born with special needs. These special needs affect how a child grows and develops. Some children have developmental delays or difficulties right after birth. Other children may be delayed a little later.

Don't wait to get a child help! The best time to help a child is from birth to age 3. If you think your child has special needs, ask for help right away. Don't wait until the child starts school. Get help as soon as you can, even if the child is still a baby or very little. That way the child can get the right support. It can make a big difference as a child grows. It may prevent more serious problems later on.

What are some signs of delay? Children may have differences in the way they develop or act. Some ways of acting may just be a child's personality. Others are cause for concern. Here are some signs to look for:

General Behavior:

- By 6 months of age, does not like being held or talked to.
- Does not like being soothed and comforted.
- Does not pay attention. Does not stay with a task for as long as other children of the same age do.
- Does not make, or rarely makes, eye contact with others.
- Does not like being touched.
- Acts extremely shy or withdrawn.
- Gets very upset when trying to do simple tasks that most children of the same age can do.
- May often try to harm other children, animals, or objects.

Source: First 5 California: Special Needs Tip, Your Child's Healthy Development. For more information visit: [http://www.cfcf.ca.gov/Help/special\\_needs.asp](http://www.cfcf.ca.gov/Help/special_needs.asp)

### Resources for diagnostic evaluations and screenings, counseling, treatment services, case management, referrals, transportation and support for families.

- San Francisco Department of Public Health, Women and Children Health Referral Line at 1-800-300-9950
- Family Services Agency of San Francisco [www.fsasf.org](http://www.fsasf.org) .....(415) 474-7310
- Hearing and Speech Center of Northern California [www.hearingspeech.org](http://www.hearingspeech.org) .....(415) 921-7658
- LightHouse for the Blind and Visually Impaired [www.lighthouse-sf.org/index.php](http://www.lighthouse-sf.org/index.php) ....(415) 431-1481
- Support for Families of Children with Disabilities [www.supportforfamilies.org](http://www.supportforfamilies.org).....(415) 920-5040
- High Risk Infant Interagency Council (HRIIC) [www.hriic.org](http://www.hriic.org).....(415) 206-7743
- UCSF/SFGH – Multidisciplinary Developmental Assessment Center .....(415) 206-4444
- Child Care Inclusion Challenge Project .....(415) 920-5040
- Open Gate.....(415) 469-4518

- San Francisco Unified School District Special Education Services .....(415) 355-7735

### 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. FREE
- 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 playground. 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

### April Highlights

- 5:** New Recreation and Parks programs begin like dance, swim lessons, Tot Gym, Fit Parent, Playful Tot, Tot Music. Low-cost or free classes – <http://sfreonline.org>
- 8:** 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 Moms (and Dads) and Kids movie at Presidio Theater, 2340 Chestnut Street. Movie starts at 12:45 the second Thursday of each month. Check [www.jillrusso.com](http://www.jillrusso.com) for the movie title. (415) 776-2388 FREE
- 19 & 20:** Annual Cherry Blossom Festival in Japantown. Parade is on Sunday at 1pm. FREE
- 19:** Walk & Roll is an event for all ages. You are invited to walk or use your wheels – bikes, wheelchairs, skates, scooters, strollers etc. – to complete circuits of the Golden Gate Park Music Concourse. Music, games, food, a karaoke contest and lots of prizes! Walk & Roll is also an opportunity for members of the greater community to try a slalom course in a wheelchair as part of our Rolling Relay Challenge! There is no cost involved, and lunch is provided. Support for Families with Disabilities (415) 282-7494 or [www.supportforfamilies.org](http://www.supportforfamilies.org) FREE
- 12 & 13:** The San Francisco Baby Fair offers workshops for new and expectant parents, exhibits local resources, and products geared toward families and babies. Held at 10am-3pm at Fort Mason Conference Center in the Marina. [www.maternityxchange.com](http://www.maternityxchange.com). FREE.

# Calendar of Events & Resources



**17:** Infant/Toddler Lapsit (Bilingual: Spanish/English), Mission Library at 10:10am, 300 Bartlett St. (at 24th St.) For ages birth-3. (415) 355-2800

**22:** Earth Day Stroll – An Earth Day adventure for the whole family at Crissy Field, 10am-2pm. (415) 561-7690. FREE

**26:** Bug Day at Randall Museum, 199 Museum Way, is a fun day of “bug” activities for families. 10am-2pm. (415) 554-9600. FREE

**29:** Preschool Sing Along with Tim Cain at Ortega Library at 11am, 3223 Ortega St. at 39th Ave. (415) 355-5700 FREE

**23-29:** National TV-Turnoff Week. FREE

**28:** Parent ACTION deadline. A small grant program which aims to develop parent leadership through a gradual process, promote awareness on parent-child interactions and child development, and build community with parent led efforts. There are two types Parent ACTION grants available for 2008-2009 grant year. Applications are due by 5pm on April 28, 2008. For details, please check our website: [http://www.first5sf.org/funding\\_opportunities.htm](http://www.first5sf.org/funding_opportunities.htm)

## May Highlights

**4:** SEE ME” is a free event where families from all over the city come together to celebrate with their young children with music, arts and other hands-on activities. This year, the focus will be on “Let’s Go: Go outdoors and stay healthy” since it is such an important theme for young children. Various community based organizations as well as private organizations come together to provide healthy play-based activities such as making your own book; learning to make your own rocket; seeing live animals; trying a quick sports activity, etc. All of these are healthy activities for children’s development, and for parents and children to have positive relationships with each other. The event is also a place to learn about high quality resources that are available to young children in the city such as quality child care, parent education, resources on children with special needs, etc.

The event is at Civic Center Plaza (now Joseph L. Alioto Performing Arts Plaza) on Polk Street between McAllister and Grove Street. It is right near the Civic Center BART Station, and easily accessible by bus. 11am-3pm. For more information: (415) 554-8966 FREE

**5-9:** Teacher Appreciation Day Week – let your child’s teacher know how much you appreciate their dedication to education and attention to your child. It could be as easy as saying thank you!

**10:** Make a Mother’s Day card at Randall Museum at 1pm. \$3/child or \$5 child/adult combo.

**11:** KFOG Kaboom firework display on the Embarcadero waterfront at 9pm. FREE

**13:** Mothers Day – Say thanks and show them some love to all mothers, step moms, grandmothers, foster mothers and moms-to-be.

**15:** No More Diapers! (Toilet Training) at Parents Place at 5:30pm. (415) 359-2454 \$25

**17:** Junior Engineer Day at Randall Museum, 10am-4pm (415) 554-9600 FREE

**25:** Carnival Festival and Parade in the Mission District- FREE

## First 5 San Francisco Program Highlight

Parent ACTION is a small grant program that aims to develop parent leadership through a gradual process, promote awareness of parent-child interactions and child development, and build community with parent-led efforts. There are two types Parent ACTION grants available for 2008-2009 grant year. Applications are due by 5pm on April 28, 2008. For details, please check our website: [http://www.first5sf.org/funding\\_opportunities.htm](http://www.first5sf.org/funding_opportunities.htm)

- The Starter Grant is for organizations (such as preschools, elementary school Kindergarten classrooms, community-based organizations, Rec. and Park sites, churches, etc.) who are interested in forming and/or maintaining parent groups and helping parents with children 0-5 years of age develop their own leadership skills.
- The Regular grant is for individual parent groups (with children 0-5 years old) that may or may not be associated with organizations to initiate or maintain their parent-led projects. This program is more demanding with its requirements but also may be more fulfilling for groups that are willing to take on the additional requirements.

Starter grant Q&A session:  
Thursday, April 10th 12 to 2pm  
First 5 San Francisco Office  
1390 Market St. Ste. 318, SF CA 94102

Regular grant Q&A session:  
Saturday, April 12th 1 to 3pm  
Mission Recreation Center  
745 Treat St. SF, CA 94110

**First 5 Sponsored Organizational Highlight Support for Families of Children with Disabilities (SFCD)** is a parent-run San Francisco-based nonprofit organization founded in 1982. The organization supports families of children with any kind of disability or special health care need as they face challenges. Services include phone –line support, support groups, educational workshops and clinics, etc.

**The Open Gate Family Resource Center** is a collaborative effort to provide a centralized “one-stop” resource center for children and youth with disabilities, their families, and the community at large. Members include: the San Francisco Unified School District Special Education Intake Unit, Community Mental Health, Community Alliance for Special Education (CASE), Community Advisory Committee for Special Education, and the KIDS Project. Families are encouraged to call, e-mail, or drop in to the Open Gate Family Resource Center to talk with Support for Families trained staff to get information and referrals addressing their child’s needs. Because they are parents themselves, the staff have experience dealing with systems and providing information and peer support. Assistance is available in English, Spanish, Cantonese, and Mandarin.

Open Gate, 2601 Mission St. #300  
San Francisco, CA 94110  
Monday, Wednesday, Friday: 9:30am- 4:30pm and  
Tuesday, Thursday: 12:30- 8:30pm  
For more information: (415) 920-5040 or  
[info@supportforfamilies.org](mailto:info@supportforfamilies.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–6pm
- ♦ 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: 10am–4:30pm
- ♦ Cartoon Art Museum  
655 Mission St. (415) 227-8666

### First Wednesday of each month free:

- ♦ California Academy of Sciences  
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–5:45pm
- ♦ 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: 11am–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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