



April/May 2009



First 5 San Francisco

parent education

Parent Education

April is Autism Awareness Month

Autism is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others. Autism is defined by a certain set of behaviors and is a "spectrum disorder" that affects individuals differently and to varying degrees. There is no known single cause for autism, but increased awareness and funding can help families today. Know the signs. Early identification can change lives. Autism is treatable. Children do not "outgrow" autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes.

Here are some signs to look for in the children in your life:

- Lack of or delay in spoken language
- Repetitive use of language and/or motor mannerisms (e.g., hand-flapping, twirling objects)
- Little or no eye contact
- Lack of interest in peer relationships
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects

If you have concerns call your doctor or see one of the resources on this page.

May is Asthma Awareness Month

Asthma is a serious, sometimes life-threatening respiratory disease that affects the quality of life for millions of Americans. Although there is no cure for asthma yet, asthma can be controlled through medical treatment and management of environmental triggers. EPA is committed to educating all Americans about asthma so that everyone knows what asthma is, how the environment can affect asthma patients and how to manage environmental asthma triggers.

Triggers are things that can cause asthma symptoms, an episode or attack or make asthma worse. People with asthma may have just one trigger, or they may find that several things act as triggers. Common asthma triggers are:

- Secondhand Smoke (www.epa.gov/asthma/shs.html) - a mixture of smoke from the burning end of a cigarette, pipe or cigar and the smoke exhaled by the smoker that is often found in homes and cars where smoking is allowed.
- Cockroaches and Other Pests (www.epa.gov/asthma/pests.html) - Cockroach body parts, secretions and droppings, and the urine, droppings and saliva of pests, such as rodents, are often found in areas where food and water are present.
- Pets and Dust (www.epa.gov/asthma/dustmites.html) - Pets' skin flakes, urine

and saliva can be found in homes where pets are allowed inside. Dust in the home in mattresses and bedding materials, carpets, upholstered furniture, stuffed toys and curtains.

- Molds (www.epa.gov/asthma/molds.html) - can grow indoors when mold spores land on wet or damp surfaces. In the home, mold is most commonly found in the bathroom, kitchen and basement.
- Outdoor Air Pollution
- Cold viruses (www.cdc.gov/flu/protect/covercough.htm)

Be sure to work with your doctor to identify your child's triggers. Then take steps to control these triggers.

Health Support Resources in San Francisco

The following resources ensure that all children with special needs in San Francisco, between the ages of birth through five, receive services in a timely and coordinated manner, through interagency collaboration. Most services are free or have financial assistance.

- **San Francisco Department of Public Health, Women and Children Health Referral Line**
800-300-9950
- **Family Services Agency of San Francisco**
www.fsasf.org
(415) 474-7310
- **Support for Families of Children with Disabilities**- free for families of children with any kind of disability or special health care need. Spanish, Mandarin, Cantonese
www.supportforfamilies.org
(415) 920-5040
- **High Risk Infant Interagency Council (HRIIC)**
English, Spanish
www.hriic.org
(415) 206-7743
- **UCSF/SFGH** - Multidisciplinary Developmental Assessment Center. English, Spanish, Greek, and American Sign Language.
(415) 206-4444
- **Child Care Inclusion Challenge Project**
(415) 920-5040
- **Open Gate**- provide San Francisco's children and youth who have disabilities, and their families, with comprehensive, efficient, and individually appropriate information, education, and advocacy.
(415) 469-4518
- **San Francisco Unified School District Special Education Services**
(415) 355-7735
- **American Lung Association** - Offers information about childhood asthma
(650) 994-5864

- **Breathe California of the Bay Area**
(408) 998-5865
- **San Francisco Asthma Task Force**
(650) 994-5868

Summer Camp Fun

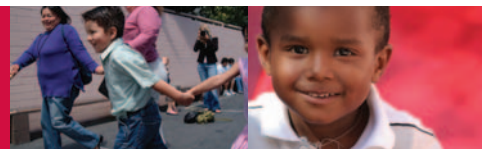
Looking for summer activities can be overwhelming. There are many to choose from at a variety of costs, dates and times. There are many fun summer camps for children 4- to 5-years-old. You can check out www.SFKids.org for a comprehensive list as well as summer classes and family activities. The search 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** - 564 Monterey Street
(415) 425-0372
- **Kids Outdoor Club** - 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

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.

Calendar of Events & Resources



- 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**

April Highlights

4: Pre- and Post-Natal Yoga at St. Luke's/CPMC Hospital, held every Saturdays, 3555 Cesar Chavez St, (415) 285-5170. **FREE**

14: 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**

10: Stroller Strides meets every Monday, Wednesday, and Friday for fun and fitness at the Warming Hut at Crissy Field at 9:30am. (800) 650-1406 \$15

11/12 & 18/19: Annual Cherry Blossom Festival in Japantown. Parade is on Sunday April 19 at 1pm. **FREE**

12: 18th Annual Union Street Spring Celebration and Easter Parade, Union Street at Gough. 10am-5pm **FREE**

19: 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**

18 & 19: Maternity Xchange- Presidio Sports Basement, 610 Old Mason St.(across from Crissy Field).

18: Eco-Fun: Earth-Friendly Activities at KidSpace in SF LGBT Center, 1800 Market Street at Octavia. For ages 3-5. (415) 865-5639 **FREE**

18: PartyKidz Dance Party at Club 525, 525 Howard Street. 1 – 5pm. \$10 all ages, under 1 free.

18: YMCA Healthy Kids Day at Crissy Field, Mason Street at Halleck. 10 – 3pm (415) 447-9692 **FREE**

18/19: Earth Day festivities at California Academy of Sciences (415) 379-8000.

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

25-26: Center for Screen-Time Awareness – TV Turnoff Week! www.commonssensemedia.org

25: Madeline and the Gypsies at Young Performers Theatre, Marina Boulevard and Buchanan. April 25-May 17. (415) 346-5550

26: Glen Park Festival, Diamond Street and Bosworth/Cheney Streets. (415) 835-2112 **FREE**

26: The Sippy Cups at Bimbo's 365 Club, 1025 Columbus Ave., \$17

May Highlights

* California Academy of Sciences Neighborhood Free Day. Each visiting adult must prove residency by showing a driver's license or a utility bill. Only residents from the zip codes invited on the designated dates will be admitted free of charge. Information about Neighborhood Free Days is available at www.calacademy.org and at (415) 379-8000. **FREE**

3: SEE ME, a day of fun for young children with music, arts and other hands-on activities. Civic Center Plaza on Polk Street between McAllister and Grove Street. 11am-3pm. (415) 554-8966 **FREE**

3: 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, 99 Marina Blvd. www.maternityxchange.com. \$5 each or 2 for \$8 (children 18 under are free)

3-9: 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!

First 5 San Francisco Program Highlight

Sunday, May, 3 2009: 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 "SEE ME Kids Bridging Community". A FREE family event with all day stage performances, hands on arts & crafts activities; live animals; story telling; jumpers. Meet various community organizations. The event is at Civic Center Plaza (now Joseph L. Alioto Performing Arts Plaza) on Polk Street between McAllister and Grove Street. Near Civic Center BART Station, and easily accessible by bus. 11am-3pm. For more information: (415) 554-8966 **FREE**

First 5 San Francisco is issuing a new round of Parent ACTION RFPs (Request for Proposals)!

Parent ACTION is a parent small grants program that provides parent groups with up to two years of funding and technical support to design and implement projects that best address their needs or needs they have observed within their community. As parents implement their projects they develop new leadership skills and new supportive connections with providers and other parents.

To download the RFPs, please visit First 5 San Francisco's website: www.first5sf.org or call Elaine Wang at 415-554-8966.

Deadline is May 27, 2009 for submission.

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 (SF residents only), 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. Hours: 12 noon–5 pm

First Sunday of each month free:

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

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