



June/July 2008



First 5 San Francisco parent education

Parent Education

Summer is the time to get outside and enjoy the weather before the August 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 safe and prepared for summer fun.

June is Home Safety Month

There are so many things in your home to protect your children from. Accidents kill one million children each year around the world and permanently disable many more. And almost all of these injuries are preventable. Here are a few considerations to be prepared:

- Childproofing needs to happen at all of ages. Make sure the homes you visit, like grandmas, is prepared for the next level your child is at.
- Find tips on keeping your baby safe from BabyCenter.com. Find everything from childproofing, car seat safety, first aid, home safety, and much more.
- Fire safety - practice making an escape route. Take your children to a firehouse so they can see a firefighter in a mask so they aren't scared in the event of fire rescue.
- Check the smoke alarms in the house in March and October when we change our clocks for daylight savings time. Do you have one in every bedroom?
- Take a CPR or first aid class! They have made CPR very simplified over the years. It has been updated so you don't have to remember as many steps.
- [Safe Kids.org](http://SafeKids.org) is dedicated solely to preventing unintentional childhood injury. It focuses on one specific problem: more children 1 to 14 die from accidents, such as motor vehicle crashes, fires, drowning, poisoning and falls than any other cause.
- Drowning is the second most common cause of death from injuries among kids under the age of 14. Drowning can happen so fast — sometimes in less than 2 minutes after a person's head goes under the water. Remove all water from containers, such as pails and 5-gallon buckets, immediately after use. To prevent drowning in toilets, young children should not be left alone in the bathroom, and unsupervised access to the bathroom should be prevented.

July is Ultraviolet (UV) Safety Month

We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer.

Most children rack up between 50% and 80% of their lifetime sun exposure before age 18, so it's important that parents teach their children how to enjoy fun in the sun safely. With the right precautions, you can greatly reduce your child's chance of developing skin cancer. Even on cloudy, cool, or overcast days, UV rays travel through the clouds and reflect off sand, water, and even concrete.

- Avoid being in the sun for prolonged times when it's highest overhead and therefore the strongest (normally from 10:00 AM until 4:00 PM).
- Use Sunscreen Consistently: For kids aged 6 months and older, select a SPF of 15 or higher to prevent both sunburn and tanning. Choose a sunscreen that states on the label that it protects against both UVA and UVB rays (referred to as "broad-spectrum" sunscreen). To avoid possible skin allergy, avoid sunscreens with PABA, and if your child has sensitive skin, look for a product with the active ingredient titanium dioxide (a chemical-free block). Apply sunscreen about 30 minutes before going outside and don't forget the lips, hands, ears feet and under swim suit straps and waistbands. The American Academy of Dermatology recommends that all children - regardless of their skin tone - wear sunscreen with an SPF of 15 or higher. Although dark skin has more protective melanin and tans more easily than it burns, remember that tanning is also a sign of sun damage.
- Shades Are Cool! And they protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- One of the best ways to protect your family from the sun is to cover up and shield skin. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see your hand through them. Wear a hat or hang out in the shade. Because infants have thinner skin and

underdeveloped melanin, their skin burns more easily than that of older kids.

- Parents, help your children play it safe in the sun and protect your own skin as well. You're an important role model.

Sources for more information: KidsHealth.org, National Cancer Institute 1-800-4-CANCER or Center for Disease Control and Prevention.

Ongoing Free or Low-Cost Ideas

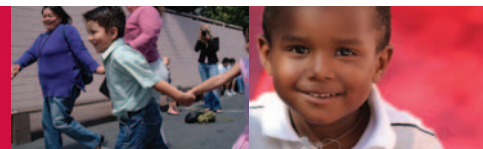
- S.F. public libraries offer parent-child lapsits and story times. Simple stories, songs and fingerplays are a great way to introduce your baby, toddler, or preschooler to the building blocks of reading. **FREE**
- Parents Place Drop-In Play Center. Enjoy play, stories, movement and songs with your 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**
- Noe Strolls offers a variety of strolls for all fitness levels. Groups of parents/caregivers meet weekly at a variety of locations in the City. Weekly welcome strolls meet at the Holey Bagel, 3872 24th Street, on Thursdays at 11am. For exact locations and groups visit www.noestrolls.com. **FREE**
- Stroller Walks in Golden Gate Park. Guided historical walks for infants and caregivers on the first and third Wednesdays of the month at 10am. (415) 263-0991 **FREE**
- Free Concerts and Shows at Yerba Buena Gardens Festival throughout the summer. Mission Street, between 3rd and 4th Street. www.ybfg.org/index.php **FREE**

June Highlights

7 & 8: Fiesta Filipina 2008 at Civic Center Plaza celebrates Philippine Independence Day, 10am-6pm, 1-866- 9-FIESTA. **FREE**

7: Time for Dance Kaiso! Featuring Caribbean drumming, dance and song. For children of all ages. Space is limited. For reservations: 355-2822. Potrero Hill Neighborhood House, 953 De Haro Street at 12:30pm. **FREE**

Calendar of Events & Resources



10: Father's Day Gift Crafting at Bayview Branch Library. A drop in activity 10am-6pm. Bayview/ Anna E. Waden Branch Library, 5075 Third Street at Revere. **FREE**

10: Spanish Bilingual Sing-Along for ages 5 and younger at LGBT Community Center at 10:30am, 1800 Market Street. **FREE**

14: SF Public Library Summer Reading Program. All children can register to log hours and win prizes. Join at your favorite library. Held June through August. **FREE**

17: San Francisco Baby Boogie is a freestyle dance jam for babies (0-24 months) and their caregivers. Meets the third Tuesday of the month at 1:30-2:45pm. The Baby Boogie, 321 Divisadero St. 626-5638

18: Special Needs: Advocating for Yourself and Your Child/Navigating Education Laws. This seminar provides an outline of the special education laws relevant to all children with special needs in the public education system. Koret Family Resource Center, 1710 Scott Street. 6-7:30pm. \$30 per person. 359-2454.

21 & 22: Juneteenth Festival 2008 is an African-American community celebration with food, arts and crafts, entertainment, and a health and job fair at Civic Center Plaza. www.sfjunteenth.org **FREE**

21: Randall Museum Activity: Making Father's Day stationary, 1- 4pm, 199 Museum Way, 554-9600. \$3 per child/ \$5 per parent-child combo,

22: Happy Father's Day! Take dad or someone special to Golden Gate Park and rent a paddle boat, ride the carousel, see the buffalos or ride bikes in the closed off street on JFK Drive.

July Highlights

4th: Music Festival & Fireworks Spectacular on the waterfront all day starting at 1pm with fireworks at 9:30pm. The fireworks can be seen from any point between Aquatic Park and PIER 39 or a high point in the City. **FREE**

11: Friday Family Nights at Presidio YMCA Letterman Pool, 1151 Gorgas Avenue, 447-9680. \$10 per member family/ \$25 non member families.

18: Friends of the SF Library \$1 Book Sale. 1,000s of books in all categories. Held at 11am-2pm on the steps of the Main Library, 100 Larkin Street at Grove Street.

19: Museum of the African Diaspora Family Program with fun activities. Held at 11am-2pm at 685 Mission Street at Third Street. **FREE** after museum admission.

19: Sun, Wind, Water Day at Randall Museum. 199 Museum Way. **FREE**

First 5 San Francisco Program Highlight

First 5 San Francisco funds the Healthy Kids program administered by San Francisco Health Plan. Healthy Kids covers children who are uninsured under 19 years of age regardless of immigration status. Healthy Kids also covers children who are not eligible for no-cost, full-scope Medi-Cal or the Healthy Families Program within the income guidelines, at or below 300% of the Federal Poverty Level, at an affordable cost. The program provides Health care services offered by local doctors, clinics, pharmacies, and hospitals. This includes St. Luke's Integrated Medical Group (including St. Luke's Hospital), Community Health Network (including San Francisco General Hospital), Chinese Community Health Association (including Chinese Hospital), Northeast Medical Services, UCSF Medical Group (including UCSF Medical Center) and Kaiser Permanente.

For further information, please contact San Francisco Health Plan at (888) 558-5858.

First 5 Sponsored Organizational Highlight

Childcare Health Project, San Francisco Department of Public Health, Maternal & Child Health Section

Supported by First 5 San Francisco, Childcare Health Project provides the services below to licensed childcare sites, First 5 School Readiness Family Resource Centers and homeless shelters by a team of registered nurses and health advocates.

- Assist childcare sites with dental, vision, hearing and developmental screenings.
- Assess and identify children who may have special needs
- Refer childcare providers and families to appropriate health resources
- Provide training and education on various health topics
- Provide consultation to address health and safety practices

The mission of the project is to enhance the health and safety of children from birth to age 5 in San Francisco childcare settings. For further information, please contact Childcare Health Project at 1-800-300-9950.

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:

- 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
- San Francisco Botanical Garden, 1199 9th Ave (at Lincoln Way), 661-1316. Hours: Mon-Fri 8am-4:30pm, Sat-Sun and holidays 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
- The Marine Mammal Center
1065 Fort Cronkite, Marin Headlands. Daily
10am-4pm

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