



June/July 2010



First 5 San Francisco parent education

Summer Safety

Summer reminds us to teach kids about sun and heat protection, safety around water and poisonous plants.

UVA & UVB protection: Protect your children's eyes - and this important because according to VSP Vision Care, parents are more than twice as likely to wear sunglasses as have their children wear sunglasses. So put sunglasses on your children or shade their eyes.

Water Safety: Never take your eyes off young children in the bathtub or around other bodies of water. Be sure to use life jackets on boats or playing near a river, lake, or the ocean. Teach children never to swim alone or without adult supervision. Sign up for swim lessons. SF Rec and Park offer classes starting at \$2 per class.

Poison Oak: Mild rashes from poison oak plants can be treated at home and mostly cause discomfort from itching, burning, or blistering. Severe, widespread rashes require medical treatment. Poison oak is found all around the Bay Area in wooded areas. Be sure you and your child are aware what the plants look like. Teach them that "leaves of three let them be".

SFUSD New Assignment System

If you will be applying for school next year be sure to understand how the SF Unified School District application process works. The new assignment system adopted this spring is not that different from the current system. The most important thing to remember is turn in your paperwork on time!

1. You still need to submit an application, even for your attendance area school.
2. You still should tour schools because you can list schools other than your attendance area school.

No one is guaranteed a space at their attendance area school. Plus, in areas that have more applicants than space available it will be important to have the option of being assigned to a school of your choice rather than have the choice made for you.

The main differences in the new system are that

1. there will be a stronger attendance area preference;
2. in order to help diversity, schools preference is based on address (those who live in CTIP 1- Census Tract Integration Preference- 1 areas will have preference), rather than basing preference on a Diversity Index. For more information call 241-6085 or visit SFUSD.edu or contact Parents for Public Schools, ppsf.org.

Kindergarten Readiness

Sending your child off to school in August is a big milestone. This summer you can start preparing your child by reading to them daily and helping them recognize letters, shapes, colors, counting 10 items and writing their first name. Socially helping them to learn to express empathy and relating to adults. Don't forget working with small manipulative (legos, puzzles) and coordination (galloping, jumping, balance). Learning self-care by paying attention, control impulses, following directions, playing cooperatively, as well as take care of their jackets, lunch and how to put things away. Be sure they have their immunizations and see if your school has any summer play dates so families can meet each other before school starts. Attend the back to school picnics if your school offers one.

Suggestions to help with this is attending an enrichment class- art, tumbling, dance, and sports as well as visiting the library to check out books, listen to story times which are all free. Enroll in the public library summer reading program. "Water Your Imagination - Summer Reading Club" for children ages birth to 13. Sign up at any neighborhood San Francisco Library Branch or bookmobile. There will also be lots of weekly programs and activities. Reading club is held June 5 - July 31.

Summer 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 3- 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.

June Fun Highlights

First and third Sunday of the month: 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**

Daily: Tree House Toddler Exploration Indoor Zone at Randall Museum, 199 Museum Way, 10 am-5pm, (415) 554-9600. **FREE**

Kids Days at Stern Grove: June 22, 23, 24 African Drumming and Dance, June 29, 30, July 1 Presto! Interactive Opera, July 13, 14, 15: Salsa and Merengue Dancing, 19th Ave. and Sloat Blvd. Pre-registration required for ages 4-13. sterngrove.org/kidsday.html. **FREE**

4,5,6: Free neighborhood days at California Academy of Sciences for zip codes that includes; 94110, 94114 (415) 379-8000 **FREE**

5: Sign up for the SF Public Library Summer Reading Program for all ages. "Water Your Imagination - Summer Reading Club" for children ages birth to 13. Sign up at any neighborhood San Francisco Library Branch or bookmobile. Held June 5 - July 31. **FREE**

5, 6: The Union Street Eco-Urban Festival is one of San Francisco's largest free annual events! Enjoy arts and crafts, entertainment and more.

6: The San Francisco Birth & 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 Center, 99 Marina Blvd. www.birthandbabyfair.com. \$5 or 2 for \$8, children free.

7+: 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

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**

9: "Ask the Expert" Q&A session with Dr. Tatiana Goldstein, a pediatrician, will be available to answer questions and discuss child-related issues, 2 - 3 pm, Parents Place, 1710 Scott Street. (415) 359-2454 **FREE**

10: Monthly Moms (and Dads) and Kids movie at Presidio Theater, 2340 Chestnut Street. Movie starts at 12:45pm the second Thursday of each month. Check www.jillrusso.com for the movie title. (415) 776-2388 **FREE**

11,12,13: neighborhood days at California Academy of Sciences for zip codes that include; 94108, 94109, 94123, 94133. (415) 379-8000 **FREE**

12,13: Fiesta Filipina at Civic Center Plaza, McAllister at Polk at 10am-6pm www.fiestafilipinausa.net

Calendar of Events & Resources



12,13: North Beach Festival Vallejo at Columbus at 10-6pm. www.sfnorthbeach.org **FREE**

13: Haight Ashbury Street Festival, Haight Street at Cole at 11am-5:30pm. www.haightashburystreetfair.org **FREE**

16: Steps Sale at Main Library. All books \$1. Held first and third Wednesday of every month (April through October). 100 Larkin Street at Grove.

20: Sunday Streets in the Mission. Ride your bikes, walk or participate in the events. Call 311 for more information. 10am-2pm. **FREE**

19, 20 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.sfjuneteenth.org **FREE**

20: 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**

20: Happy Father's day! Target Family Day – celebrate father's day at SF Museum of Modern Art. (415) 357-4000. **FREE**

July Fun Highlights

Every Wednesday (9:30-10:45 am)/Thursday (Noon- 1pm): Drop-In Play (Up to 4 years old) - meet and play with other children and parents at Parents Place playroom. Koret Family Resource Center; 1710 Scott Street, 359-2454. \$8

Every Tuesday/Thursday: New Family Forum at Newborn Connections, 3698 California St., 600-BABY. **FREE**

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

Weekly: Pump It Up, 201 Mendell St., Drop-in jumpy times are Mondays and Fridays, 10:30am-12pm, and Wednesdays, 3:30pm-5pm. (415) 375-9596. \$6-\$10

4: 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**

8: The Terrific Twos: Tantrum Taming, Toileting and More! At Parents Place at 5:30pm, 1710 Scott Street. (415) 359-2454 \$35

11: Sunday Streets in the Mission. Ride your bikes, walk or participate in the events. Call 311 for more information. 10am-2pm. **FREE**

13: Monthly Moms (and Dads) and Kids movie at Presidio Theater, 2340 Chestnut Street. Movie starts at 12:45pm the second Thursday of each month. Check www.jillrusso.com for the movie title. (415) 776-2388 **FREE**

14, 15, 16: Kids Days take place at Stern Grove for ages 4 and up. Pre-registration <http://www.sterngrove.org/kidsdays.html>

First 5 San Francisco Program Highlight

Are you or someone you know seeking a preschool placement for a 4-year-old?: Preschool For All (PFA) can help! City-resident children who turn 4-years-old by 12/2/09 are eligible for reduced-fee or no-cost enrollments at PFA participating sites across San Francisco. There are still some openings available – call today for more information! The PFA Parent Info line can help San Francisco parents with children aged 2.5-4 find preschools that meet their needs, and provide valuable information about how to access services of all kinds. **PFA Parent Info Line is staffed during business hours, 8:30 a.m. – 5:30 p.m., M-F: (415) 354-3873.**

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.

First Tuesday of each month free:

-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 Gallery, 701 Mission St. at 3rd, (415) 978-2787. Hours: noon- 8 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: 10 am– 4:30 pm

-Cartoon Art Museum, 655 Mission St., (415) 227-8666. Hours: 11 am–5 pm (pay-what-you-wish day).

First Wednesday of each month free:

- Bay Area Discovery Museum, 557 McReynolds Rd., Sausalito, (415) 339-3900. Hours: 9am-4pm

-Exploratorium, 3601 Lyon & Bay St., (415) 361-0360. 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 – 5 pm

Every Sunday of each month free:

-Asian Art Museum, 200 Larkin St. at Fulton, (415) 581-3500. Hours: 10 am–5 pm

First Sunday of each month free:

- Hyde Street Pier National Historic Landmark Vessels, (415) 561-5000
- Coyote Point Museum, 1651 Coyote Point Dr., San Mateo. (650)342-7755. 12pm–5pm.

Always Free Every Day!

- Randall Museum, 199 Museum Way, (415) 554-9600. Hours: 10 am–5 pm
- San Francisco Botanical Garden, 1199 9th Ave (at Lincoln Way), (415) 661-1316. Hours: Mon–Fri 8am – 4:30 pm
- Cable Car Barn & Powerhouse Museum, 1201 Mason Street at Washington, (415) 474-1887. Hours: 10 am– 5pm
- Musee Mecanique, Pier 45 (Shed A at the end of Taylor Street), (415) 346-2000. Hours: 10am –7 pm
- San Francisco Fire Department Museum, 655 Presidio Ave., (415) 558-3546, Thursday through Sunday, 1-4 pm
- The Crissy Field Center, 603 Mason Street (Presidio), (415) 561-7690
- Museo ItaloAmericano, Fort Mason Center. Building C. (415) 673-2200. Hours: noon–5 pm

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