



August/September 2009



First 5 San Francisco

parent education

Parent Education

Fall Brings Changes

Fall is a transition period for all ages. Changes happen for all when starting a new childcare provider, a new preschool or kindergarten as well as the parents transitioning too. Here are a variety of resources for each level of back to school options.

Early Childhood

The Children's Council SF offers a variety of support workshops including "Choosing Childcare" a free workshop at 445 Church Street (between 16th and 17th). They are held from 6 to 8 pm on the second Tuesday of each month. Information/workshop registration: (415) 343-3300. This is a one stop place to find information on childcare locations and resources in San Francisco.

August is the time to sign up for fall classes. Here are two free or reasonably priced classes to choose from.

- City College Child Observation classes for infants through Kinder call (415) 561-1921.
- Recreation and Park Tots classes (415) 831-2700 or www.sfreconline.org.

Save the Date... October 21: JCC Preschool Preview Night, meet preschool representatives from around the City. (415) 359-2454.

Elementary School

Seems hard to believe that it's almost time for school to start, but it's true. It is time to take those supply lists to the store, get the kids need school clothes, and figure out how to make sure everyone has a great school year ahead. A few tips to get your year started.

- Get your kids to school on time, fed and ready to learn!
- Set up a quiet place and a regular time for homework and reading time.
- Most children at this age need at least 10 to 12 hours of sleep each night.
- Return the lunch form (even if you don't qualify for free or reduced price lunch)
- Return emergency card & medication forms and update throughout the year.
- Attend Back to School Night – meet your child's teacher
- Be sure to join your parent organization and Parents for Public Schools (PPS) (415) 861-7077

Save the Date... November 7: SFUSD Public School Enrollment Fair (415) 241-6085.

Grandparents Day is Sunday, September 13

Grandparents are caregivers, foster parents, volunteers in the classrooms and on the school yard, they teach youth classes, offer library support, story telling, historians and good friendship. Grandparents are our heritage and are essential members of our families and communities. That is why a special day, National Grandparent's Day, is set aside every year to honor them.

Here are a few ideas to help you honor someone special:

- Write about a favorite memory the two of you share.
- Draw a picture or write a story about your family or a special time.
- Create scrapbook or memory book pages.
- Create a poem.
- Videotape an interview.
- Plant a tree together.
- Spend time story-telling time, allowing grandparents to relate stories of their past, enlightening children as to how it was to grow up "back in the old days."

Along with Grandparents Day, we should not forget shut-ins and those in nursing homes who are unable to be with their families or have no families through cards, community projects and visitation at times other than just holidays. Additional support for grandparents includes The Edgewood Center Kinship Program, a support and advocacy group for grandparents who are raising their grandchildren. (415) 865-3000.

August Highlights

3-18: \$1 rated G or PG movies every Monday and Tuesday at CineArts at the Empire in West Portal at 10am.

1-15: DCYF offers a free summer lunch program for children under age 18. The lunches are available every day at 80 different sites. Specific locations and hours can be found by calling 311. **FREE**

5: Steps Sale at Main Library, all books are \$1! 11am-3pm Held the First and third Wednesday of every month through October.

8: Chinatown Lion Dances, marches from the Gate on Grant and Bush Streets to Columbus Street. 4pm each Saturday (415) 982-6306 **FREE**

8: SF Public Library Summer Reading Program ends. All children who registered should turn in log sheets to win prizes. **FREE**

8/9: Nihonmachi Street Fair in Japantown, Geary at Laguna Streets. **FREE**

9: Sunday Streets Bike, walk and play next to the Pacific Ocean. Travel from Golden Gate Park to the San Francisco Zoo, along Ocean Beach. Call 311 for more information. 10am-2pm. **FREE**

8: 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

15: Saturday Family Programs at Excelsior Youth Center, 163 London Street (415) 452-7561. **FREE**

16: SF Mime Troup 50th Anniversary at Yerba Buena Gardens, 4th Street at Mission Street. 2-4pm **FREE**

18: Stonestown Galleria Movies at the Mall presents *Monsters, Inc.* 7-8:30pm, 3251 20th Avenue. **FREE**

20: Mother and Baby Support Group at Natural Resources, 1367 Valencia Street. The group meets every Thursday at 11am. Bring your babies. \$10-\$15. www.naturalresources-sf.com

24: SFUSD schools starts. All enrolled families should receive a letter from the school with school information mid August. Call your enrolled school if you need more information.

September Highlights

6: Sunday Streets Bike, walk and play next to the Pacific Ocean. Travel from Golden Gate Park to the San Francisco Zoo, along Ocean Beach. Call 311 for more information. 10am-2pm. **FREE**

11/12/13: Free neighborhood days at California Academy of Sciences for Sunset, Parkside, Stonestown, Lakeshore, St. Francis Woods zip codes that includes; 94122, 94116, 94127, 94132. (415) 379-8000 **FREE**

12: Viva las Americas at Pier 39 celebrates Hispanic Heritage Month, 1-5pm. **FREE**

19/20: 19th Annual Autumn Moon Festival Street Fair, 11am-6pm. Grant Avenue will become a pedestrian-only bazaar with live entertainment between California and Broadway. www.moonfestival.org. (415) 982-6306 **FREE**

19/20: Family Kite Day at the Marina Green 11am-6pm <http://www.fdkf.org> **FREE**

18/19/20: Free neighborhood days at California Academy of Sciences for Castro, Noe Valley, Diamond Heights, Miraloma Park, Cole Valley, Haight zip codes that includes; 94117, 94114, 94131. (415) 379-8000 **FREE**

Calendar of Events & Resources



First 5 San Francisco Program Highlight

First 5 San Francisco, The Department of Children Youth and Their Families (DCYF) and the San Francisco Human Services Agency- Family and Children Services (H.S.A.-FCS) are jointly committed to ensuring that all San Francisco children and their families have access to family support services provided at Family Resource Centers. In order to reach this goal, First 5 San Francisco, DCYF, and H.S.A.-FCS have allocated up to \$8,829,126 annually to jointly fund Family Resource Centers.

Goal of the funding of Family Resource Centers include:

- 1) Provide families with access to services & opportunities
- 2) Build parent knowledge and skills
- 3) Provide intensive support services for families in need
- 4) Promote community development

Agencies recommended for a grant:

| Neighborhood | Agency |
|------------------------------|-----------------------------------------------|
| Bay View Hunter's Point | YMCA TLC |
| Mission | Instituto Familiar de la Raza |
| Mission | Good Samaritan FRC |
| OMI | YMCA – OMI |
| Chinatown & Surrounding Area | APA Family Support Services |
| Chinatown & Surrounding Area | Wu Yee Children's Services |
| Excelsior | Excelsior Family Connections |
| Portola | Portola Family Connections |
| Potrero Hill | Economic Opportunity Council |
| SOMA | South of Market Child Care, Inc. |
| Sunset | Sunset Beacon |
| Tenderloin | Glide Foundation w/ Tenderloin Housing Clinic |
| Western Addition | YMCA – Western Addition |
| Richmond | Gum Moon Residence Hall |

| Population | Agency |
|---------------------------------|-------------------------------------------------------|
| Exposed to Violence | SF Child Abuse Prevention Center w/ Huckleberry House |
| Homeless / Under-housed | Compass Community Services |
| Homeless / Under-housed / Other | Homeless Prenatal Program |
| Immigrant Families | APA Family Support Services |
| Immigrant Families | Instituto Familiar de la Raza |
| LGBTQ | Our Family Coalition |
| Parenting Teens | Family Service Agency |
| Special Needs | Support for Families of Children with Disabilities |

Families who are interested in services provided by Family Resource Centers are encouraged to contact the FRCs directly or contact First 5 San Francisco at 415-934-4849 for further information.

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 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–4:30 pm
- Cartoon Art Museum
655 Mission St.
(415) 227-8666. Hours: 11am–5pm

First Wednesday of each month free:

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

Third Wednesday of each month free:

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

First Thursday of the month is free:

- The Chinese Historical Society of America
965 Clay Street

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: 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 Crissy Field Center, 603 Mason Street
(Presidio), (415) 561-7690
- Museo ItaloAmericano, Fort Mason Center.
Building C. (415) 673-2200. Hours: noon–5 pm

Funded by:



In collaboration with:

