



August/September 2010



First 5 San Francisco

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 parenting resources in San Francisco.

August is the time to sign up for fall enrichment and sports classes. Here are a few 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.

— Community Open Studios at Little Lane Studios, 380A Ivy Street at Octavia, (415) 934-0900

— Precita Eyes Art Center offers classes for 18months to 5 years and parent/child classes, 348 Precita Ave, (415) 285-2287

Save the Date... October 14: JCC Pre-school Preview Night, meet preschool representatives from around the City. (415) 359-2454.

Elementary School:

SFUSD schools are starting earlier this year on Monday, August 16. It is time to take those supply lists to the store, get the kids 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 13: SFUSD Public School Enrollment Fair (415) 241-6085.



Visit a San Francisco Museum or Attraction for Free!

The Check Out SF FAMILY PASS is a free pass only valid for San Francisco families with children up to age 18. Visit any SF public library and choose a FAMILY PASS to a participating attractions like Blue and Gold Fleet, Cartoon Art Museum, Exploratorium, RocketBoat at Pier 39, Wax Museum at the Fisherman's Wharf, The Walt Disney Family Museum, Zeum and more. Enjoy free entrance for 1 to 2 adults accompanied by 1 to 4 children. Passes are valid for 1 visit in 1 week and only SF families. For details and restrictions visit www.SFkids.org. Program runs now through December 31, 2010. Visit any San Francisco Public Library for a free library card.

Grandparents Day is Sunday, September 12

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 or cook something from your heritage.
- 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 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, Tues- Sat.: Tree House Toddler Exploration Indoor Zone at Randall Museum, 199 Museum Way, 10 am-5pm, (415) 554-9600. **FREE**

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

Sundays: Presidio Sports Basement offers free yoga for little ones (3-10) every Sunday. Bring your own yoga mat or a towel. 610 Old Mason Street, (415) 437-0100 **FREE**

1-6: 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**

3/10: \$1 movies at AMC Theaters and CineArts in West Portal, 10am shows only.

4 & 18: Steps Sale at Main Library, all books are \$1! 11am-3pm Held the First and third Wednesday of every month through October. www.friendsfpl.org

7 & 8: 16th Annual San Francisco Aloha Festival in the Presidio, 10am-6pm **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

10: Baby Rhyme Time at West Portal library, 8-8:45am, 190 Lenox Way, (415) 355-2886

Calendar of Events & Resources

10 & 24: Stonestown Galleria family movie night at 6pm. 8/10: *Coraline* and 8/24: *Hotel for Dogs*. (415) 564-8848 **FREE**

12: 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: \$1 book sale at the library donation center on the second Saturday of the month, 10am-2pm.

14 & 15: Nihonmachi Street Fair in Japantown, Geary at Laguna Streets. **FREE**

15: Dig Into Urban Farming at Alemany Farm, 700 Alemany Blvd. Held 1st and 3rd Sunday of the month plus all Saturdays in-between. 12-5pm <http://www.alemanyfarm.org/get-involved> **FREE**

22: 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-3pm. **FREE**

September 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 playground. Koret Family Resource Center; 1710 Scott Street, 359-2454. \$8

Every Wednesday storytime for babies and toddlers at Bookshop West Portal, 80 West Portal Ave., 10:30am (415) 564-8080. **FREE**

Every Thursday Story Hour at Paxton Gate's Curiosities for 0-5. 766 Valencia St. (415) 252-9990. **FREE**

Every Saturday: Story Time at the Sports Basement for we 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

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17,18,19: Free neighborhood days at California Academy of Sciences for Parkside, Sunset zip codes that includes; 94116, 94122. Check out http://www.calacademy.org/visit/sf_free_days.php for other zip codes in the fall. (415) 379-8000 **FREE**

18: Junior Engineer Day at Randall Museum, 199 Museum Way. The third Saturday of every odd month is Junior Engineer Day, when club members allow kids to run the huge train layout. www.ggmrc.org or (415) 554-9600 **FREE**

18 & 19: 20th 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: Sunday Streets- bike, walk and play. New route in the Western Addition, North of Panhandle and Japantown. Call 311 for more information. 10am-3pm. **FREE**

First 5 San Francisco Program Highlight

End of Shortage for New Parent Kits: First 5 California is, once again, distributing its *Kit for New Parents*. Valued at \$75, the *Kit* contains all the parenting information, advice and useful tips first-time parents need to best prepare for the joys and challenges that lie ahead.

Check out what's in the kits at www.cfc.ca.gov/kit.asp. For individuals who would like to order a kit, please call the following number(s):

- For English Kits, (800)KIDS-025
- For Spanish Kits, (800)50-NINOS

For organizations or agencies that would like to order the kits in bulk, please contact Kahala Drain at (415)934-4849 or kahala@first5sf.org.

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 12/2/10 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: 12pm – 5 pm

First Sunday of each month free:

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