



December 2008/January 2009



# First 5 San Francisco parent education

## Parent Education

December and January are wonderful months full of magic and fun for families and friends. Make sure to take the time to spend quality time with your family and take time for yourself. Celebrate the end of the year in a healthy, relaxing way and focus on the gift of your family in the new year.

## Keeping Kids and Families Healthy

Hand washing is the first line of defense against the spread of infectious disease. It's never too early to teach children about proper habits and hand washing techniques. According to a recent hand washing study, children as young as three can grasp the importance and the techniques of proper hand washing. Arm children with hand washing knowledge. Teach them about germs, when to wash, and how to wash- soap, water, rubbing together or a alcohol- based cleaner. Adults should lead by example. Children pay attention to adult behavior. Be sure you practice good hand washing hygiene and kids will follow.

National Hand Washing Awareness Week, December 7-13, 2008. Kids, and adults, need to know to wash your hands when they are dirty, and before eating.

### Healthy Tips to Handwashing:

- After sneezing or coughing (if you covered your nose or mouth with your hand), encourage them to use a tissue and toss it or do use their elbow crease and not their hand.
- After playing with animals including walking the dog.
- After playing on the playground.
- Before, during and after you prepare snacks and meals.
- Before you eat, and after you use the bathroom.
- How long to wash? Sing Happy Birthday (twice) while they are washing their hands.

## Flu Bugs – YUCK!

Getting sick is not fun for anyone in your family. Influenza (flu) activity peaks most often in February but starts in November. Symptoms of flu include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Nausea, vomiting, and diarrhea also can occur, but are much more common in children than adults.

Flu viruses are thought to spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. People with influenza can potentially infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

### Prevention Tips:

- Clean frequently touched surfaces, toys, and commonly shared items at least daily and when visibly soiled.
- Germs can be found on shopping carts, door handles, tables, and other hard surfaces.
- Parents should keep children home and away from the child care setting until the children have been without fever for 24 hours, to prevent spreading illness to others.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Kids need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.

For more information: [www.sfdcpc.org/healthygabit.html](http://www.sfdcpc.org/healthygabit.html) - Communicable Disease Control and Prevention from SF Department of Public Health

## Eating Healthy

To help children eat healthier, First 5 California published a free mini cookbook with easy, inexpensive and delicious recipes developed by nutritionist and popular Latina TV personality Chef LaLa. The bilingual booklet also includes important nutrition tips for families with young children, such as healthy portion sizes and how to read nutrition labels.

*Yummy for Your Tummy* is available for free to all Californians by calling 1-800-KIDS-025 or visiting [www.first5california.com](http://www.first5california.com). Soon the booklet also will be available at Albertsons stores in California. Get a FREE copy of "Yummy for Your Tummy" – a mini cookbook with quick and easy recipes by Chef LaLa!

To order, call 1-800-KIDS-025 or visit [first5california.com](http://first5california.com).

## Get Ready for Kindergarten!

Children who will be 5 years old by December 2, 2009 are eligible to attend public school next fall. Families interested in public, parochial, or independent schools should call the schools they are interested in to find out the schools' tour and open house schedules.

"Get Ready for Kindergarten!" workshops will offer valuable information and SFUSD kindergarten application instructions. Workshops will be held December, 2, 9, 11, 18 and January 7. All workshops feature free dinner and child care, as well as Chinese and Spanish translations. You can turn in applications at these workshops too. Check online for the locations or call 861-7077.

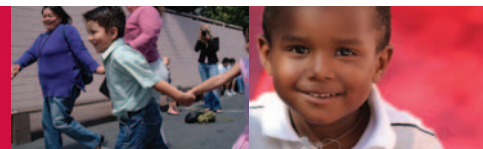
Chinese: [http://www.first5sf.org/community/get\\_ready\\_chi.pdf](http://www.first5sf.org/community/get_ready_chi.pdf)  
English: [http://www.first5sf.org/community/get\\_ready\\_eng.pdf](http://www.first5sf.org/community/get_ready_eng.pdf)  
Spanish: [http://www.first5sf.org/community/get\\_ready\\_spa.pdf](http://www.first5sf.org/community/get_ready_spa.pdf)

Parents who would like to speak to a parent ambassador at a prospective public school should contact Parents for Public School (PPS) at 861-7077. Applications for the San Francisco Unified School District 2009-10 school year can be submitted through January 9, 2009. For more information, contact the district's Educational Placement Center at 241-6085 or [www.sfusd.edu](http://www.sfusd.edu).

## Ongoing Free or Low-Cost Rainy Day 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](http://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**
- Swimming at S.F. Recreation and Parks pools - \$1.

# Calendar of Events & Resources



## December Highlights

- 4:** A Christmas Carol at the Main Library, 100 Larkin Street, 557-4554 at 10:30am. **FREE**
- 5:** Holiday tree lighting ceremony in the Presidio (corner of Lincoln Blvd and Funston at the Main Post) Light refreshments will follow at the Presidio Fire Station. 5:30-6:30pm **FREE**

**6:** Family holiday event at Crissy Field Center. Make a holiday gift at 10am. \$1 - \$5

**6:** Union Street Fantasy of Lights month long festivities kickoff. Santa arrives at 5pm. 3 - 6 pm

**6:** Holiday Crafts Day at Randall Museum, 199 Museum Way 10am-3pm **FREE**

**9:** What to Expect in Kindergarten Workshop at Tenderloin Community School, 627 Turk Street, 5-7pm. **FREE**

**13:** Parol Lantern Festival and Parade. The Filipino community gathers for a festive celebration of holiday spirit, hope, unity and pride to the glow of hundreds of lights from colorful hand-crafted parol lanterns at Yerba Buena Gardens, 5-8 pm. **FREE**

**10:** 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: 343-3300. **FREE**

**11:** What to Expect in Kindergarten Workshop at Jose Ortega Elementary School, 400 Sargent Street, 5-7pm. **FREE**

**13:** The Nutcracker puppet show at Ortega Branch Library, 3223 Ortega Street (at 39th), 3pm. **FREE**

**18:** Family Kwanzaa Family Night at the Bayview Branch Library, 5075 3rd Street (at Revere) at 6-8 pm. **FREE**

**30:** Japanese New Year Bell Ringing Ceremony at Asian Art Museum, 200 Larkin Street at 11 am. Youth 12 and under are always. 581-3500 **FREE**

**31:** New Year's Eve Firework celebration over the Bay. View from The Embarcadero Waterfront at midnight. **FREE**

## January Highlights

**7:** What to Expect in Kindergarten Workshop at Malcom X Academy, 350 Harbor Rd. @ Middle Point Rd. 4-7pm. **FREE**

**9:** SFUSD Fall 2009-2010 Enrollment Deadline!

**9:** Mother and Baby Support Group at Natural Resources, 1367 Valencia Street, every Friday at 11:30am. 550-2611 \$15

**11:** Family Appreciation Day, 11 am-4 pm. **FREE**

Mayor Gavin Newsom invites you to celebrate San Francisco's wonderful families with a day of FREE fun everyone can enjoy! Many of the City museums and organizations will open their doors

to San Francisco families. Adults must accompany children 0-18 years old and provide proof they live in San Francisco. For more details: [www.SFKids.org](http://www.SFKids.org) or call 554-8990.

**12:** Los Tamborcitos Spanish Music Class at Parque Niños Unidos at 23rd and Folsom at 10am. **FREE**

**19:** Sea Lions arrive at Pier 39, noon- 4 pm. **FREE**

**21:** Golden Gate Model Railroad Exhibit at Randall Museum 11 am-4 pm. 554-9600

## First 5 Program Highlight

First 5 San Francisco supports the School Readiness Initiative targeting six San Francisco neighborhoods with low performing schools to provide early intervention to children at-risk for later school failure. From 2007 to 2008, a total of 3,529 children and parents/caregivers from these neighborhoods participated in educational workshops for parents and caregivers; individual and group pre-kindergarten enrollment meetings for parents and caregivers; early literacy workshops; and community events that brought together multiple kindergarten readiness resources for families. The School Readiness Parent/Caregiver Survey showed that 97% of parents/caregivers who participated in SRI activities knew more accessing the services they needed for their children, were more aware of their child's developmental milestones, and were more knowledgeable about playing in positive ways with their children. The School Readiness Initiative also offered **Kids in Transition (KIT)** kindergarten orientation summer camp to children enrolled in six targeted low performing schools. In summer 2006, 196 children participated in KIT Camp; 192 children participated in summer 2007. The experience helped them become comfortable in a kindergarten classroom environment.

The below Family Resource Centers are carrying out the School Readiness Initiative with First 5 funding in their neighborhoods. For further information, please contact the sites directly.

**Good Samaritan Family Resource Center/Mission**  
(415) 401-4246

**Instituto Familiar de la Raza/Mission**  
(415)229-0566

**South of Market Child Care, Inc./South of Market**  
(415) 820-3500

**Excelsior Family Connections/Excelsior**  
(415) 333-3845

**Potrero Hill Family Resource Center/Potrero Hill**  
(415) 749-5600

**Urban Services YMCA - WA Family Resource Center/ Western Addition**  
(415) 202-9770

**Parent University - Edgewood/Bayview**  
(415) 682-3281

## 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 am-5 pm
- 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 am-5 pm
- 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, 339-3900, Hours: 9 am-4 pm
- Museo ItaloAmericano, Fort Mason Center. Building C. Hours: noon-5 pm
- Exploratorium, 3601 Lyon & Bay St., 361-0360. Groups of 10 or more require reservations. Hours: 10 am-5 pm
- San Francisco Zoo, Sloat Blvd. at 47th Ave. 753-7080. Hours: 10 am-5 pm

### 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 each month free:

- The Chinese Historical Society of America, 965 Clay Street.

### Always Free Every Day!

- Randall Museum, 199 Museum Way, (415) 554-9600. Hours: 10 a.m.-5 p.m.
- San Francisco Botanical Garden, 1199 9th Ave (at Lincoln Way), 661-1316. Hours: Mon-Fri 8am-
- Cable Car Barn & Powerhouse Museum, 1201 Mason Street at Washington, (415) 474-1887. Hours: 10 am-5 pm
- Musee Mecanique, Pier 45 (Shed A at the end of Taylor Street), (415) 346-2000. Hours: 10 am-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), 561-7690

Funded by:



In collaboration with:

