



December 2007/January 2008



First 5 San Francisco

parent education

Parent Education: The Road to a Child Care and Education

December and January are wonderful months full of magic and fun for families and friends. Make sure to spend quality time with your family and take time for yourself. Make a new year's resolution to help your child be the healthiest they can be.

Healthy Kids and Families

From Thanksgiving through New Year's, children are offered one yummy holiday treat after another. Parents face a major task. How can their kids enjoy parties and celebrations and still maintain healthy eating habits? If the weather is poor outside, how can kids burn off those extra calories? What are realistic food portions? It's a constant challenge and many parents are seeking advice and becoming aware of childhood health dangers.

A child's odds of becoming obese increase by 60 percent with each additional daily serving of sugar-sweetened drinks. This was the conclusion of a recent study from the Department of Medicine at Children's Hospital in Boston and the Harvard School of Public Health. As the percentage of overweight and obese children continues to climb, so does the incidence of type 2 diabetes, hypertension, cardiovascular disease, and psychosocial disorders among these children.

Parents are part of the solution! All you need is the proper attitude and strategies that work to keep your child's calories-in (eating), calories-out (exercising) equation balanced.

1. Snack smart — snack to supplement meals so that you refuel about every three hours. Waiting too long between meals/snacks sets us up for overeating later. Eat preventively!
2. Reward children for positive behaviors. Rewards should not be food-oriented. Instead, try a pat-on-the-back, verbal encouragement, small rewards, and collecting small rewards for a larger reward. For example, having a friend over, individual time with the parent, special exercise trip (hiking, bicycle ride, picnic, etc.) and more.
3. Bring snacks from home or buy them in grocery stores to increase the likelihood of choosing healthy snacks.
4. Create outings that include walking, going to the park, biking. Give gifts that include physical activity. Simple gifts can include jump ropes, hula hoops, sidewalk chalk to make hopscotch or four square, a variety of balls or a kid's yoga video.
5. While you're at it, ditch the caffeine as well. Caffeine doesn't belong in a child's diet. Since it's a stimulant, it can interfere with your child's concentration and ability to sleep well.

Healthy Food Choices: 2 to 5 Years

The following suggestions for healthy food choices are based on the Dietary Guidelines for Americans developed through research by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture. The number of servings and serving sizes below are intended for children between 2 and 5 years old.

Breads, cereals, rice, and pasta (4-5 or more servings):

½ - 1 slice whole-grain bread, ½ bagel, ½ - ¾ cup unsweetened breakfast cereal, ¼ - ½ cup cooked pasta or rice or 2-5 whole-grain crackers. Other good choices: cornbread, English muffins, rice cakes.

Vegetables (2 or more servings):

¼ - ½ cup cooked vegetables 1/3 - ½ cup raw vegetables. Good choices: asparagus, beets, broccoli, carrots, cauliflower, corn, green and red peppers, green beans, kale, peas, potato, pumpkin, squash, sweet potato, tomato, vegetable juices, zucchini.

Fruit (2 or more servings):

¼ - 1 piece of fruit, ¼ - ½ cup cooked fruit, ½ cup juice. Good choices: apples, applesauce, apricots, bananas, cantaloupe, 100% fruit juices, grapefruit, kiwifruit, nectarines, oranges, peaches, plums, strawberries, watermelon.

Dairy products (3-4 servings):

¾ cup milk, ½ - ¾ ounce low-fat cheese, ½ - ¾ cup low-fat yogurt. Other good choices: low-fat cottage cheese, custard.

Meat, fish, poultry, and legumes (2 or 3 servings):

1-2 ounces lean meat, fish, poultry, or tofu, 1 egg, ¼ cup cooked dried beans, 1-2 tbsp peanut butter. Other good choices: shellfish, dried peas, lentils, reduced-fat cold cuts.

Fiber becomes important in your child's diet after age 3. Dietary fiber may play a role in reducing the chances of heart disease and cancer later in life. If you follow the suggestions on fruit and vegetables servings each day, and whole-grain breads and cereals, you'll be well on the way toward helping your child develop good eating habits he'll continue through his life.

Making sure your toddler or preschooler gets enough calcium should be another priority. Sufficient calcium now can mean stronger, healthier bones for your child later. Children ages 1 to 3 require 500 milligrams of calcium each day; from age 4 to age 8, the requirement is 800 milligrams each day.

Healthy Activity Resources

YMCA of San Francisco - There are many branches and all offer a variety of classes from swimming and dance to martial arts, basketball and more. To find a branch in your neighborhood, call 777-6915. Scholarships are available at all branches.

Noe Strolls - a place for parents and strollers to get out and meet other parents with their infants and toddlers. Groups meet at playgrounds and throughout the City. www.noestrolls.com. FREE.

SF Rec and Park Programs - many parks offer swimming (6 months – 5 years), variety of dance classes, Tiny Tots and Kids gym, soccer, basketball, parent/tot fitness and more for ages 9 months and up. www.parks.sfgov.org or 831-2700.

American Gymnastics - (18 months - 5 years), 2520 Judah Street, \$12 drop in fun. 665-2276

JCCSF - offers swimming in a warm pool and classes for little ones. 3200 California Street 292-1200

SFkids.org an online San Francisco family resource guide offering a great deal of sports and fitness classes and activities for the entire family. www.SFkids.org.

Kindergarten School Tours and Enrollment Information

Children who will be 5 years old by December 2, 2008 are eligible to attend public school next year. Families interested in public, parochial, or independent schools should call the schools they are interested in to find out the schools' tour schedules. Parents who would like to speak to a parent ambassador for a prospective school should contact Parents for Public School (PPS) at 468-7077. Applications for the San Francisco Unified School District 2008-09 school year can be submitted through January 11, 2008. Take your paperwork to 555 Franklin Street or a local school to submit. The public schools are not in session December 17-January 1. Don't forget to bring the required documents listed on the application. For more information, contact the district's Educational Placement Center at 241-6085 or visit the enrollment page on the SFUSD website: www.sfusd.edu.

This year, First 5 SF, SFUSD EPC and Parents for Public School are hosting free "mini-enrollment" events to help parents with the enrollment process and parents may also drop off the applications right there. Details can be found at: <http://www.ppsf.org/html/events.html#kinder>.

- Meet principals, teachers, and parents from different schools!
- Hear from teachers about how to prepare for kindergarten!
- Get help with your child's application from enrollment counselors!
- Turn in your child's application and avoid a trip downtown!

Translation in Spanish and Cantonese available at each event. Free dinner and childcare! Contact 750-8535 to register for childcare.

Date: Thursday, December 6, 2007

Time: 6:00pm-8:00pm

Location: Guadalupe Elementary
859 Prague @Cordova St.

Street parking only; MUNI: 43, 9X, 9AX, 9BX, 54

Calendar of Events & Resources



Ongoing Free or Low-Cost Rainy Day Ideas

- S.F. Recreation and Parks Tiny Tots programs offer a variety of activities for children ages 9 months to 5 years old. Check with your local park or call (415) 666-7079.
- 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.
- Randall Museum's Tree House Toddler Exploration Zone offers a safe indoor climbing structure, books, and toys for toddlers and their caregivers Tuesdays through Fridays. A \$25 registration fee is necessary for a six-week session. (415) 554-9600.

December Highlights

2-8: National Hand Washing Awareness Week. Wash your hands when they are dirty, and before eating. Do not cough into your hands, do not sneeze into your hands and above all, do not put your fingers in your eyes, nose or mouth.

6-7: ODC Velveteen Rabbit Show, Yerba Buena, 700 Howard Street (at 3rd Street). All seats \$10 for 11am weekday performances.

8: 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

11: 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

14: Holiday Lights and Sights Parade at Fisherman's Wharf at 6 p.m. 673-3530. FREE

15: Family Story time in Spanish at the Mission Branch Library, 300 Bartlett Street (at 24th St.) at 11:30 am. FREE

17: 'Twas the Night Before Christmas puppet show at Presidio Branch Library, 3150 Sacramento Street (at Baker), 10:15 am. FREE

20: 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 a.m. Youth 12 and under are always FREE. 581-3500

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

January Highlights

13: Family Appreciation Day- 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 or call 3-1-1.

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

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

31: Preschool Storytime for ages 3-5 at Mission Bay Branch Library, 960 4th Street (at Berry), 11 am. FREE

First 5 San Francisco Program Highlight

First 5 San Francisco's School Readiness Initiative plans to provide health screenings and information at family resource centers and the neighborhoods they serve. Through a grant to the Department of Public Health, First 5 San Francisco funding will sponsor dental, vision, hearing and obesity screening and health education at Instituto Familiar de la Raza and Good Samaritan Family Resource Center in the Mission, Potrero Hill Family Resource Center, Excelsior Family Connections, South of Market Child Care and the YMCA Western Addition Family Resource Center. Department of Public Health and Family Resource Center staff members are currently planning these activities. These screening activities are also funded at Preschool for All sites and targeted child care centers and homeless shelters through First 5 San Francisco and Human Service Agency support.

For further information, please contact First 5 San Francisco at 934-4849.

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:

- California Academy of Sciences
875 Howard Street
(415) 312-8000. Hours: 10am-5pm
- 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
- Cable Car Barn & Powerhouse Museum
1201 Mason Street @ Washington
(415) 474-1887. Hours: 10am-5pm
- Musée Mécanique
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
- San Francisco Maritime Museum
900 Beach St.
(415) 556-3002. Hours: 9:30am-5pm

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