



Family Resources Program

Program funded by FIRST 5 Santa Clara County
Managed by West Valley Community Services



eNewsletter for Families

Regular news and information for families living in
Cupertino, Saratoga, Monte Sereno, West San Jose, Los Gatos and the mountain region.

Volume 18: April 9, 2009

April is the month of the young child. There are lots of events and activities going on for young children in the early spring time. In addition to popular egg hunts, there are various programs held at local libraries and in the communities to celebrate the month of young child. Check them out on our Family Events calendar.

April is also Autism Awareness month. Autism is the fastest growing developmental disorder. One in 150 children, about 1 to 1.5 million Americans in total, is affected by an autism spectrum disorder. What are the warning signs for Autism? Find out more from "Understanding Autism" at the Tips for Parents Section.

"I thought being a dad would come easily to me. But soon after my son's birth, I was looking for a way out." (Joel Schwartzberg in Slouching Toward Fatherhood, Newsweek April 13, 2009) The touching confession from a father tells how challenging parenting could be and how much impact it could be on first-time parents. The revelation of another father gave birth to Proposition 10 in 1998 to help and support all the parents of young children regardless of their income. To fulfill this mission, we are pleased to offer the "Fathers Matter" series of workshops by Christopher Glover. Check out the FRP Workshop section for the schedules.

Our family eNewsletter, parent workshops, Family Partner and all other programs funded through FIRST 5, might come to an end by June 30, 2009. Proposition 1D, one of the 6 measures on the special election ballot on May 19, 2009, proposes to reduce and redirect the FIRST 5 funding. For more information on Proposition 1D, please check the "Message from FIRST 5" section.

You are welcome to share this newsletter with any of your friends. If you would like these names or networks to be included in the mailing list, please let us know. For families who don't have internet access, we would be happy to mail it to you. The copies are available at all FRP workshops and the Family Resources Table during community events.

If you would like to contribute and share information about fun events, news or any information that promotes, supports or affects families with young children living in our region, please feel free to email jeany@WVCommunityServices.org.



Message from



Get the facts on Proposition 1D

Did you know about the election on May 19?

Have you heard that Proposition 1D will reduce the FIRST 5 funding?



Who is **FIRST 5**?

California voters passed Proposition 10 in 1998, adding a 50-cent tax on tobacco products, forming FIRST 5 Commissions to support health, education and prevention programs for expectant parents and children, ages 0 to 5.

FIRST 5 funding for children's programs is based on local planning and decision-making specific to families' needs in the county and not on state mandates.

What is **Proposition 1D**?

To address the state budget deficit, the state has placed a number of measures on the special election ballot on May 19, 2009, including an amendment to Prop 10. California voters will decide to maintain or significantly reduce funding for FIRST 5 California, FIRST 5 Santa Clara County, and 57 county FIRST 5 commissions funded by Prop 10 tobacco tax revenues.

Prop 1D reduces FIRST 5's revenue stream and changes the 1998 Prop 10 law. Since Prop 1D is attempting to change a voter-approved initiative, it must be approved by a majority of California voters.

What will happen if **Prop 1D** passes?

If Prop 1D passes, 2.7 million children's health and education services throughout California will be at risk. Prop 1D will cut funds for hundreds of community-based programs for children and families in every county of California, which may increase the need for additional tax dollars to be spent on needy families.

Prop 1D will redirect more than 60% of FIRST 5 revenues to the State General Fund to be apportioned by the State Legislature. These funds will be used for existing state children's programs and will no longer be controlled locally.

What will happen in Santa Clara County if **Prop 1D** passes?

Prop 1D will result in at least a \$50 million loss to children's programs in Santa Clara County by diverting future revenues and reducing funds for the next five years.

Prop 1D will also redirect up to \$340 million of FIRST 5 California's funds which help pay for children's programs in Santa Clara County, such as health insurance premiums, preschool spaces and oral health services.

What will happen if **Prop 1D** does not pass?

If voters do not approve Prop 1D, FIRST 5 will continue to support locally identified needs in health and education programs for parents and children, ages 0 to 5.

The fiscal year 2009-2010 state budget will have \$608 million dollars less in revenue and the state will need to address this gap.

To learn more about the state budget and the propositions on the ballot on May 19, 2009, go to: <http://www.voterguide.sos.ca.gov/>



Parent Workshops - Workshops for families with young children

April, May 2009

"I thought being a dad would come easily to me. But soon after my son's birth, I was looking for a way out." (Joel Schwartzberg in Slouching Toward Fatherhood, Newsweek April 13, 2009)

The touching confession from a father tells how challenging parenting could be and how much impact it could be on first-time parents. The revelation of another father gave birth to Proposition 10 in 1989 to help and support all the parents of young children regardless of their income. To fulfill this mission, we are pleased to offer "Fathers Matter" series of workshops by Christopher Glover

Fathers Matters 3-week series by Christopher Glover

Wed. May 6, 13, 20, 2009

6-8pm

West Valley Presbyterian Church
6191 Bollinger Rd. Cupertino, CA 95014

Hooked on Nature part. 1 by Diane Gordon

Wed. April 22, 2009 6-8pm

Location: West San Jose Community Center
3707 Williams Road, San Jose, CA 95117

Hooked on Nature part. 2 by Wendolyn Bird

Wed. April 29, 2009 6-8pm

Location: West San Jose Community Center
3707 Williams Road, San Jose, CA 95117

**All workshops are free but registration is required.
Child care is available on site with prior arrangement!**

Online Registration is now available! Please visit:
www.wvcommunityservices.org/heartserv.php

Click on 'Parent Workshops > Click on 'Register for March/April workshops'

To register via phone or email contact **Julia Phan - Parent Workshop Coordinator**

Email: juliap@wvcommunityservices.org
Phone: 408-255-8033 ext. 153

The talks are FREE for all families who have at least one child under age 6 or are expecting a child. Priority will be given to families living in the West Valley region of Santa Clara County: Cupertino, Los Gatos and the mountain areas, Monte Sereno, Saratoga, and West San Jose.

Workshops are funded by FIRST 5 of Santa Clara County, and managed by West Valley Community Services.



Family Partner Program at West Valley Community Services

What the Family Partner Program can do for Families with young children?

Vanessa Dayton and her 2.5 years old boy, Kenny, were referred to the Family Partner program by a court specialist. Vanessa was concerned with Kenny's speech and his exposure to domestic violence. Kenny was referred to KidConnections and he received the Level I Mental Health Assessment and Developmental Screening.

Recommendations for Kenny included home visitation services and Early Start. Vanessa connected with Early Start but was initially denied. The home visitor worked with the family for awhile before bring up additional concerns and recommended for a Level II Assessment.

Kenny was assessed at KidScope and with the Level II report, Vanessa resubmitted an application to Early Start and this time Kenny qualified for services. Since working with the Family Partner, Vanessa has also signed up for West Valley Community Services' food pantry and special programs. In addition, Kenny now has Healthy Kids insurance.

The Family Partner Program, through FIRST 5, now have openings and are dedicated to serving families who have concerns about their child's behavior, development or want to know more about the resources in their community for children under 6.

Priority is given to children with Medi-Cal, Healthy Families, and Healthy Kids living in Cupertino, Saratoga, Monte Sereno, West San Jose (95129/95130), Los Gatos and the mountain region.

For more information on the Family Partner Program, please contact the Family Partner Supervisor, Sujatha at 408-255-8033 ext. 103 or email sujathav@wvcommunityservices.org.



Community Engagement and Education

Come to learn about community resources that can help you during difficult economic times. Come to find out on how to get emergency assistance with food, rent, and utilities, and how to sign up children for health insurance. In addition, subsidized child care, affordable housing services, and job search and employment resources will be covered.

[How to stay up at the economic down time](#)

Sat. April 18, 2009

3-5 pm

World Journal Book Store

1606 S De Anza Blvd.,
San Jose CA 95129



Kids Get Off The Couch Day

Sponsored by FIRST 5 SANTA CLARA COUNTY

April 18, 2009

10-2:30pm

Barnes & Noble Booksellers - Stevens Creek

3600 Stevens Creek Blvd , San Jose, CA 95117



Turn off the TV and leave the screen - Barnes & Noble is the place to be seen! Fun and fit activities await your young child! Activities run throughout the day including dance and movement for kids with Leslie Sokol, move and groove time with Sharon Pao, story time, music performance by the Papa Hugs Band, making healthy snacks, a talk with author Elina Wong about things to do with kids around the Bay Area, 'Doc Talk' with Kaiser pediatricians to answer all your burning questions, Junior League of San Jose Kids in the Kitchen hands on activity, plus snacks, prizes, give-aways and much more! Submit a coloring sheet to be entered in the raffle to win a tricycle generously donated by Willow Glen Bicycle.

Visit www.first5kids.org for coloring sheet and flyer with detailed schedule for the day.

2009 Winter Performing Arts Series for Families

Children's Discovery Museum of San Jose will offer an exciting lineup of family entertainment during February, March, and April!

Performance seating is limited. Museum admission does not guarantee performance admission. Please line up at least 20 minutes before performance begins.



Fou Fou Ha! "The Butter Battle Book" by Dr. Seuss
Saturday, April 18, 12:30, 2:00, and 3:30 p.m.

This visually stunning spectacle combines playful comedy, fantastic costumes, professional theatre skills, and wonderful choreography, to bring children's stories to life.

David Sharpe and the PapaHugs Band

Saturday, April 25, 11:30 a.m. and 1:30 p.m. in the Museum 3:15 p.m. in Discovery Meadow

Party with David Sharpe, Wonder the Kangaroo, Robbie the Robot, Scary Bug, and the PapaHugs crew as they play heart-warming songs infused with rock, blues, and country.

Friends of Children with Special Needs (FCSN)

Programs and Updates:

[Socializing and Occupational Therapy for Children with Special Needs](#)

Speakers : Kristina Garduque and Caitlin Thurston

Date & Time: April 11, 2009 Saturday 4:30 pm to 6:30 pm

Location : FCSN Center, 2300 Peralta Blvd, Fremont

OCCUPATIONAL THERAPY PRESENTATION

It'll cover a variety of motor skills (fine, gross, visual motor and sensory processing) in which each person uses on an everyday basis. How these skills can be affected for those with disabilities and an assortment of activities that will be visually explained and can help promote these skills.

Kristina Garduque currently is a student at CSUEB in the Speech Pathology and Audiology department and has been working with special needs children (Autism specific) for approximately 8 yrs. Implementing therapy and creating/supervising programs for children ages 18 months-9 yrs old.

SOCIAL SKILLS PRESENTATION

It'll cover social stories, why children with special needs lack social skills, and how to promote new skills. A discussion of pragmatic skills, how they are acquired in





normal children and special need children will be followed by social stories. How to create, teach and apply the new social rules will be covered, as well as example story presented. How to socially interact with your child in ways that prompt new language growth in appropriate ways will also be covered.

Caitlin Thurston is a graduate student at CSUEB in Speech Pathology and Audiology department. She graduated in 2005 from Humboldt State University with a Bachelor's in Psychology. Her emphasis was in learning and behavior modification. She has been working with special needs children and adults for six years. She has worked in group homes, ABA therapy, speech and language therapy and the school environment.

No on Proposition 1D

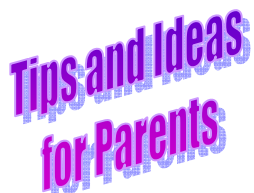
Proposition 1D will take \$1.6 Billion away from critical local health and education programs for young children and give it to Sacramento politicians. Children and families in your community need your help to defeat Prop 1D on May 19th. Prop 1D will raid more than \$1.6 billion in funding from local programs serving children and families throughout the state. Proposition 1D diverts money from First 5 county commissions to the state General Fund - defunding hundreds of proven community-based programs for children and families in every county.

First 5 programs in every county:
 improve children's health
 provide quality preschool
 strengthen at-risk families
 increase child safety

Don't let the Sacramento budget deal undo First 5's accomplishments by diverting 60 to 70 percent of funds for local children and families programs to the "black hole" of the State Budget. Don't be fooled by the deceptive ballot description written by Sacramento politicians. Prop 1D seizes money from local medical, health, and education experts and puts it in the hands of Sacramento politicians and bureaucrats. Stand up for children and families in your community by supporting the No on Prop 1D campaign.

Time is of the essence; we need your help today and vote no on Proposition 1D on May 19!

(Views and *opinions* expressed herein do *not necessarily reflect* those of WVCS)



Understanding Autism

Autism is the fastest growing developmental disorder. One in 150 children, about 1 to 1.5 million Americans, is affected by an autism spectrum disorder.

According to the Centers for Disease Control and Prevention (CDC), Autism affects 1.5 million Americans and 67 million people around the world. Autism is defined by

significant impairments in social interaction and communication and the presence of unusual behaviors and interests. This disability affects children from all racial, ethnic, and socioeconomic groups and is four times more likely to occur in boys than girls.

Autism is a developmental disability that affects the normal functioning of the brain, impacting social interaction and communication skills development

- 1 in every 150 babies born will be diagnosed with it.
- 4:1 Males: Females
- 1 in every 94 boys born will be diagnosed with it.
- Every twenty minutes a child is diagnosed with it.
- No known cause or cure for Autism.

Autism Red Flags- 24 Month "Red Flag" Checklist

- 1) Child has lost language skills
- 2) Child does not show interest in other children
- 3) Child does not engage in pretend play
- 4) Child does not engage in reciprocal social games like peek-a-boo or pat-a-cake
- 5) Child's eye contact is minimal, for only a second or two
- 6) Child does not point with index finger to show you something
- 7) Child does not bring objects to you to show you
- 8) Child does not use spontaneous meaningful two word phrases
- 9) Child does not engage in spontaneous imitation of adult verbalization or gestures
- 10) Child is overly sensitive to foods, noises, and textures
- 11) Child tantrums excessively when there is a minimal change in routine
- 12) Child engages in ritual or obsessive play (ie. lining toys up or doing same activity)
- 13) Child makes repetitive body movements (like rocking or spinning or hand/finger actions)
- 14) Have you ever wondered if your child is deaf?

A check for any of the 14 items indicates a referral for assessment to the Regional Center.

Autism Spectrum Disorders

Best Practice Guidelines for Screening, Diagnosis and Assessment

Published by California Department of Developmental Services

www.ddhealthinfo.org/asd.asp

The Sooner, The Better

The American Academy of Pediatrics (AAP) strongly believes in the importance of early assessment and screening for autism to ensure that children are identified and receive access to services as early as possible. Research shows that children diagnosed at an early stage, and who visit the doctor regularly for treatment, show improvements in learning and communications skills.

- **Developmental Screenings.** Doctors and nurses use developmental screenings to tell if a child is learning basic skills when s/he should, or if s/he might have a problem.



Since there is no lab or blood test to tell if a child may have a delay, the developmental screening will help tell if a child needs to see a specialist.

- **Early Intervention.** Research shows that early intervention reduces the effects of autism. By starting treatment at an early age (0 to 3) when the brain is developing, children can make great progress by the time they start kindergarten.

Treatment. Autistic children benefit from programs that help develop their communication, social and mental skills. According to the National Institute of Child Health and Human Development, some of the most common treatment options include speech therapy, diet and treatments that focus on improving relationships.

If you have any concerns and want to find out if your child has Autism, please contact out Family Partner at 408-255-8033.

Resources Available to Help

- **California Department of Developmental Services.** For children under age 3, call 1-800-515-BABY (2229) and select the "Early Start" extension number. For children between ages 3 and 5, call First 5 California at 1-800-KIDS-025 for screening services and information on whether your child can receive free special needs assessments.
- **The Autism Society of America.** The Autism Society of America has chapters throughout California and provides information on symptoms and treatments. For more information, visit www.autism-society.org.

Information provided by [Friends of children with Special Needs](#) and First 5 Santa Clara County.

For more information on autism, also visit First 5 website www.first5kids.org

Events and Programs:

at San Jose Public Library, Calabazas Branch

MONTH OF THE YOUNG CHILD PROGRAMS



Caterpillar Puppets Presents The Itty-Bitty Variety Show

Saturday, April 11, 11:00 AM - 11:30 AM

This program is presented by the world-renowned and award-winning Caterpillar Puppets. Their Itty-Bitty Variety Show features "The Three Bla-Bla-Blas" joined by the Gunnewolf, Amadeus the shy artist mouse, Henry the baby orangutan and many more. Come watch this fun show, join the Caterpillar Puppets Club, learn the club song, do finer motions to turn caterpillars into butterflies and laugh a lot. For more information, contact Sharon at 996-1536 or 996-1535.

Garden Storytime

Saturday, April 18, 11:00 AM - 11:45 AM

Come listen to stories and songs about gardening and plant a seed to take home. For

more information, contact Kathy at 996-1536 or 996-1535.

Marylee Sunseri Sing-Along Concert for the Entire Family

Saturday, April 25, 11:00 AM - 11:30 AM

Move, dance and sing to a variety of music to enhance the children's learning experience. We will learn different ways to play with bean bags, scarves, rhythm sticks and parachutes. For more information, contact Sharon at 996-1536 or 996-1535.

Laughter Yoga

Tuesday, April 28, 6:30PM - 7:45PM

Is the economy getting you down? Bring the family and laugh away all your stress with certified laughter yoga leader Arya Pathria. You will like this workshop if you are stressed out, want to be more creative and playful, or would like to learn laughter meditation. For more information, contact Ruth at 996-1536 or 996-1535.

Family Events in the West Valley region **-Free family events and activities for young children**

Month of the Young Child in Art:

March 10- April 26, 2009

Children Discovery Museum

180 Woz Way , San Jose, CA 95110

Children's Discovery Museum is showcasing children's artwork. The artwork is being brought from Arts Council Silicon Valley's Arts Enrichment Grant (AEG) program sites. Come see the art displays of these talented kids and inspire your own children toward the arts!

Cambodian New Year Festival 2009:

Cambodian Culture Dance Group

April 11, 2009

6pm

Napredak Hall

770 Montague Expressway , San Jose, CA 95127

This year, the Cambodian community of San Jose Bay Area, will be celebrating the coming Year of The Ox 2553 B.E. Come and enjoy a variety of cultural events including a Khmer singing contest, Cambodian language school program, keynote speakers - Mr. Kelvin So, active community member plus other featured guest speakers, classical skits and fashion show, Khmer Classical & Folk Dances performed by Cambodian Dance Troupe of San Jose, Polynesian dances performed by Cambodian Dance Troupe of San Jose, Social Dance featuring Mr. Khiev Sampeth and Ms. Molina with Starland Band.

The Hunt 2009:

Sat. April 11, 2009





Over 20 locations in the region, check out the following link for the closest location to you. <http://www.ourbeautifulday.org/w2/hunt09/index.php>

The Beautiful Day Group is pleased to present for the 5th year in a row the largest multi-site Egg Hunt in the Bay Area! It's a safe setting for the whole family to enjoy a free traditional Egg Hunt. Every site has over 5,000 eggs and no one leaves empty handed! This is a great fun community event with refreshments, candy, prizes, and a wonderful family experience!

Houge Park Star Party:

Friday, April 17, 2009

8:30-11:30 pm

Houge Park star party: The San Jose Astronomical association offers telescope viewing for all ages. www.sjaa.net, 408-559-1221

Houge Park: From Hwy. 85, take the Bascom Avenue exit. Go north, and turn right at the first traffic light, onto White Oaks Road. At the first stop sign, turn left onto Twilight Drive. You will now be passing the park. Turn right at the first driveway, into the parking lot.

Earth Day Event:

Sunday, April 19, 2009

10:00 am - 2:00 pm

Quinlan Community Center and Memorial Park

Come celebrate Earth Day by attending a series of events sponsored by the City and local services organizations, including the Amazing Adventures of the Recycling Wizard and the Santa Clara County Household Hazardous Waste Program with a Mercury Thermometer Exchange Event. The events focus on protecting, restoring and preserving our local environment. We encourage you and your family to participate. The highlights of the event are: Watch the Recycling Wizard's show featuring comedy, juggling, magic and audience participation to learn how to become a waste prevention superhero. Enjoy kid-friendly crafts, demonstrations, contests and other activities. Register your home for a FREE home energy audit or sign up to be trained as a home energy auditor. Take a FREE Cupertino reusable shopping bag. Learn 10 easy steps to reduce your personal greenhouse gas emissions and save money. Talk to experts and create an action plan to green your home, school or business. Exchange your mercury thermometer through the Santa Clara County Household Hazardous Waste Program. Discover the many ways you can make every day Earth Day.

Kids Get Off the Couch Day:

Sat. April 18, 2009

10-2:30pm

Barnes & Noble Booksellers -

3600 Stevens Creek Blvd , San Jose, CA 95117

Turn off the TV and leave the screen - Barnes & Noble is the place to be seen! Fun and fit activities await your young child! Activities run throughout the day including dance and movement for kids with Leslie Sokol, move and groove time with Sharon Pao, story time, music performance by the Papa Hugs Band, making healthy snacks, a talk with author Elina Wong about things to do with kids around the Bay Area, 'Doc Talk' with Kaiser pediatricians to answer all your burning questions, Junior League of San Jose Kids in the Kitchen hands on activity, plus snacks, prizes, give-aways and much more! Submit a coloring sheet to be entered in the raffle to win a tricycle generously donated by Willow Glen Bicycle. Visit



www.first5kids.org for coloring sheet and flyer with detailed schedule for the day.

Cherry Blossom Festival:

Sat, 4/25/09 and Sun. 4/26/09

10-5pm

Memorial Park (Stevens Creek and Mary Ave.)

The event features entertainment by taiko drum group, classical Japanese dancers, martial arts schools and musical groups. Also on hand will be a koi fish display, Japanese dogs, Japanese and American Food, 60 arts and crafts booths and a kids zone with hands-on activities.

The Secret Garden:

Sat. April 25, May 2, 2009

11am

Sunnyvale Community Center

550 E. Remington Dr., Sunnyvale

Presented by California Theatre Center

408-245-2978, www.ctcinc.org

Remember the timeless story by Frances Hodgson Burnett of the blossoming of the earth and of the human spirit and of Mary Lennox who discovers that selflessness opens the door to happiness. This classic is considered to be "one of the most original and brilliant children's books" of the twentieth century. For grades 2 and up.

The San Jose Children's Faire:

Sat. April 25, 2009

11-4pm

Discovery Museum next to Discovery Meadow

180 Woz Way, San Jose

408-808-3045

www.sjlibrary.org

The San José Children's Faire hosted by the San José Public Library will mark its **21st** consecutive celebration with over 60 booths and special attractions. Booths are staffed by local non-profits, community organizations, local government services, and business which provide services for families with young children. Nearly 6,000 families attend this Faire. Children enjoy hands-on projects and games while their parents and caregivers received information on programs and services. This year's theme "Growing Up in San José" will be reflected in activities of past or present childhood games to create original artwork, crafts or a physical movement.

