



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 17: March. 12, 2009

Are you wondering how to stay up when the economy is down? Where to find resources in the community that can help the families survive economic hardships? Come to our upcoming workshops to find answers and receive a survival packet that includes community resources on health insurance, affordable housing, subsidized child care, emergency assistance and much more. Check out our "Community Engagement and Education" section for schedules.

At the economic downturn, more families are considering co-op preschool and nursery for their toddlers as it is much cheaper than regular preschools. Co-ops usually require regular parent participation and offer opportunities for parents to build a supporting network within themselves. Check out our tips for parents section for a list of co-op preschools and nurseries in Santa Clara County.

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.

Focus on "Poison Prevention"

Message from
First 5

Tips for Keeping Children Safe

Keep the nationwide poison control center's number (1-800-222-1222) and your doctor's phone number handy.

If a household chemical has been ingested, call the poison control center (1-800-222-1222) immediately. Have the label ready when you call. Induce vomiting only if a physician or a poison control center instructs you to do so.

Keep products in original containers with labels and out of children's reach. (Even if you don't have small children, this can be important; many poisonings occur in homes that children visit.)

Get down to a child's height and evaluate potential hazards from that perspective.

Make sure children wash hands after using the bathroom and before eating.



If your children are in day care, check where the day care provider keeps cleaning products, medicines and other potentially hazardous products. Make sure these products are locked up and out of children's reach.

Use hazardous products away from children, toys, food, and pets, as directed.

Properly dispose of unused or unnecessary household products and unused or expired medicines.

Check playground equipment where your children play to be sure that none of the wood has been treated with potentially hazardous chemicals.

How to Keep your home poison proof

Poison Proof Home Flyer

<http://www.first5kids.org/files/Poison%20Proof%20Home%20flyer%20-%20English.pdf>



Family Partner Program at West Valley Community Services

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

Laura Smith, mother of a 4 yr old boy named William, heard about the Family Partner program from the monthly eNewsletter posting. She was drawn to the Family Partner Program because she had some concerns about the way William was talking. He knew very few words and was extremely shy around other kids his age and thought it would be useful to get a free screening from a Family Partner to address her concerns.

When she met with the Family Partner, not only did she receive the free screening, but Laura was also given a free new parent kit that had a parenting DVD and other fun resources for the whole family.

As it turned out, William was developing on target and just needed more exposure to other children his age, so the Family Partner connected Laura and William to a local playgroup. Whenever Laura has any questions about Williams development, she still calls the Family Partner who helps her find answers. Laura was thankful that a Family Partner was available to her so that she didn't have to go through her pediatrician to get these services.

Family Partner services, through First 5, now have openings and are dedicated to serving families who have concerns about their child's behavior or development or want to know more about the resources in

their community for children under 6.

Priority is given to income eligible families and residents living in Cupertino, Saratoga, Monte Sereno, West San Jose (95129/95130), Los Gatos and the mountain region.

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

Parent Workshops - Workshops for families with young children

March April, 2009

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

Positive Discipline in English

by Heidi Emberling

Thursday, March 19, 2009 6-8 pm

Positive Discipline in Spanish

by Martha Salazar

Thursday, March 26, 2009 6-8 pm

Indoor Safety Workshop

by Martin Simenc

Wed. April 8, 2009 6-8pm

These workshops will be held at:

Los Gatos Calvary Church

16330 Los Gatos Blvd.

Los Gatos, CA 95032

Hooked on Nature part.1

by Diane Gordon

Wed. April 22, 2009 6-8pm

Location: West San Jose Community Center

Hooked on Nature part. 2

by Wendolyn Bird

Wed. April 29, 2009 6-8pm

Location: West San Jose Community Center

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.



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 Survive an Economic Crisis

Tuesday, March 17,

6:30 PM - 7:45 PM

At Calabazas Library

1230 Blaney Ave, San Jose 95129

Workshop will be done in English with Chinese translation available.

How to stay up at the economic down time

Thu. April 2, 2009

6:45-7:45pm

West Valley Community Services

10104 Vista Drive, Cupertino 95014

Workshop will be done in English with Spanish translation available.

Wanted: Parent (who wants to be) Leaders



Putting wishes for our children and our community into action



Come to build the skills to become an advocate for your child and the community and make an impact on the children in our community.

The goal of the Parent Leadership training is to build the skills of parents to take greater leadership roles in the systems serving their children, including early learning programs and schools.

Learn how to:

- Create plans and strategies for yourself and your family;
- Understand and influence school systems;
- Organize for change, and more!

Parent Services Project is partnering with community organizations involved in FIRST 5 Santa Clara's Regional Partnerships including the: Southwest, West, and Southeast.

Dates: 5 Saturdays including:

March 28, 2009, April 18, 2009, May 30, 2009, June 13, 2009

Time: 9 a.m. to 5 p.m.

Location: The Family Resources center

4 Wabash Ave., San Jose, 95128

Supports:

- **\$200 stipend for each participant that completes the 5 sessions**
- **Child Care**
- **Lunch & Refreshments**

Slots are full but waiting list is being open. We are taking applications for the wait list. FOR MORE INFORMATION contact Esther at 255-8033x151 or come to our next Southwest Partnership meeting :

March 25, 2009 at 3pm

West Valley Community Services

10104 Vista Drive, Cupertino, CA 95014

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.

Nick Barone Puppets "Tales from the Enchanted Forest" Saturday, March 28, 12:30, 2:00, and 3:30 p.m.

Two original fairy tales, "The Biggest Little Bug" and The "Grumpy Old Tree", will be told with humor, music and twenty of Nick Barone's beautifully crafted puppets. The two stories will be followed by a peek behind-the-scenes. Nick Barone has been performing professionally since 1991.

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)

TOPIC: Fitness Training for the Special Needs Child - Parents Workshop
DATE AND TIME: Mar 14, 2009 Saturday 4:30 pm to 6:30 pm
LOCATION: FCSN Center, 2300 Peralta Blvd, Fremont
SPEAKER: Adam Feierstein, MP Fitness for Life

After-school programs, whether involving sports, music, or dance, have enriched the lives of millions of children nationwide. Allowing children to "interact socially in a more relaxed atmosphere," a 2000 report prepared for the U.S. Department of Education says these children have the opportunity to make social connections in after-school hours and are "better adjusted and happier than those who do not have this opportunity." But when your child already has difficulty in social settings and longs for friends and doesn't know how to make them, finding a program that fosters these social connections can be difficult.

In a new program called MP Fitness for Life www.mpfitness4life.com, instructors treat students with respect and give them an opportunity to reach out to other students. They teach fitness based on athletic training fundamentals including balance and coordination, while integrating cognitive psychology techniques to strengthen students mentally and emotionally.

MP Fitness founder and instructor Adam Feierstein - a personal trainer who has worked with



kids in groups and one on one will conduct a presentation on the physical and emotional benefits of fitness training for the special needs child. He will demonstrate and work with parents in this work shop. Please come in comfortable outfits.

Topic: Preparing and Applying Visual Aid

Date/Time: 3/28/2009 Saturday; 1:00 to 2:00pm

Place: FCSN South Bay Center; 1600 S. DeAnza Blvd., Ste 60, San Jose 95129

Fee: FREE, it's open to everyone. Sorry, no child care.

Knowing how to prepare and use visual aid is the first step we can do to help our kids with special needs, especially those who with autism. Our OT/Social Skills teacher, Kristina, will share her experience and expertise and of course answer all the questions regarding this subject.



Morgan Autism Center Workshop

Title: "The Mom's Guide to Asperger Syndrome"

Speaker: Jan Johnston-Tyler, MA

Date: Wednesday, March 25, 2009

Time: 6:30 - 8:30pm

Location: Morgan Autism Center

2280 Kenwood Avenue

San Jose , CA 95128

Cost: \$20.00 per person

Jan Johnston-Tyler, principal of EvoLibri Consulting, has received her Masters in Counseling Psychology from Santa Clara University and works with neurodiverse adolescents and young adults in assessing, planning, and coaching clients as they transition into post-secondary education, jobs and careers, and independent living in the San Francisco Bay Area. She is the author of The Mom's Guide to Asperger Syndrome (AAPC, 2007), and the mom to a neurodiverse teenaged son and a neurotypical Kindergartener daughter. She can be reached at www.evolibri.com. You may register on line at www.morgancenter.org or call 408-241-8161.

FREE Autism/Aspergers Training - Working and Living Independently.

Guest Speaker: Dr. Michael McManmon

Thursday, April 2nd 3:00-5:00.

State Building 1515 Clay Street, Second Floor Training room #1, Oakland CA 94612

Michael McManmon, Ed.D

During his 35 years of experience with students with Learning Differences and Asperger's Syndrome, Dr. McManmon has worked on Curriculum Development, Staff Training, Program Evaluation, and Administering Community Based Programming. He speaks and presents at Professional Conferences nationally and internationally. Dr. McManmon has a unique inside perspective as he is diagnosed with Asperger's Syndrome.

How to storm the economic hard time for Families with young children

Family Co-op Nurseries and Preschools

At the economic downturn, more families are considering co-op preschool and



nursery for their toddlers as it is much cheaper than regular preschools. Co-op nurseries and preschool usually require regular parent participation and also offer more opportunities for parents to build a support network within themselves. The following is a list of co-op preschools and nurseries in Santa Clara County:

Co-Op Preschools and Nurseries in Santa Clara County

- **Almaden Parents Preschool,**
5805 Cahalan Ave. San Jose, CA 95123
(408) 225-7211
21 months-5 years
9am-3pm
- **Campbell Parents Participation Preschool,**
www.cppp.com
528 Harrison Ave. Campbell, CA 95008
(408) 866-7223
2-5 years
- **Cupertino Cooperative Nursery School ,**
www.cupertinocoop.org
563 W. Fremont Ave. Sunnyvale, CA 94087
(408) 739-8963
2.9 y-5 years
9-11:30, 12:15-2:45pm
- **Discovery Parent Child Preschool,**
www.discoverypreschool.org
1919 Gunston Way, San Jose, CA 95124
(408) 377-5390
2-5 years
- **Explorer Preschool,**
2700 Booksin Ave., San Jose, CA 95125
(408) 723-0757
- **Los Altos Parents Preschool ,**
199 Almond Ave., Los Altos, CA 94022
(650) 947-9371
- **Los Gatos Parent Nursery School,**
www.lgpns.org
15 Lyndon Avenue, Los Gatos
408-354-1433
- **Lowell Parent Cooperative Preschool ,**
625 S. Seventh St., San Jose, CA 95112
(408) 998-2006
- **Milpitas Parents' Preschool,**
355 Dixon Rd., Milpitas, CA 95035



(408) 263-3950

- **Morgan Hill Parent Child Nursery School ,**
16870 Murphy Ave.,Morgan Hill, CA 95037
(408) 779-4515
- **Mulberry School,**
1980 Hamilton Ave., San Jose, CA 95125
(408) 377-1595
- **Parents' Nursery School Cooperative,**
(650) 856-1440
2328 Louis Rd. ,Palo Alto, CA 94303
- **San Jose Parent Participating Nursery School ,**
(408) 265-3202
2180 Radio Ave., San Jose, CA 95125
- **Santa Clara Parents Cooperative ,**
(408) 248-5131
471 Monroe St., Santa Clara, CA 95050
- **Saratoga Parent Nursery School ,**
(408) 867-9774
20490 Williams Ave., Saratoga, CA 95070
- **Sunnymont Parent Cooperative Nursery School ,**
(408) 871-7350
771 Waldo Rd. , Campbell, CA 95008
- **Sunnyvale Parent Preschool,**
(408) 736-8043
1515 Partridge Ave., Sunnyvale, CA 94087
- **Westside Parent Participation Preschool,**
(408) 249-5533
257 Payne Ave., Campbell, CA 95009

Events and Programs:

at San Jose Public Library, Calabazas Branch

MARCH SPECIAL EVENTS

Science Fridays

Fridays, March 13, 20, and 27, 3:30 PM - 4:30 PM

School-age children are invited to our new after-school science enrichment program. Parents are welcome, too! Science Fridays provide hands-on life, physical, and earth-science experiments for children ages 9-13 years. This program is made



possible by Agilent Technologies. For more information, contact Ruth at 996-1536 or 996-1535.

Free 2 Succeed: How to Survive an Economic Crisis

Tuesday, March 17, 6:30 PM - 7:45 PM

Learn about community resources that can help you during difficult economic times. This workshop, presented by West Valley Community Services, will provide information 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. The workshop will be presented in English with Chinese translation available if needed. For more information, contact Ruth at 996-1536 or 996-1535.

Free 2 Succeed: Effective Job Networking

Tuesday, March 24, 6:30 PM - 7:45 PM

Learn skills that improve the effectiveness of your networking and job-related conversations. You will develop a conversation opener, a transitional statement, and a success story. This program will be presented by the Workforce Institute of the San Jose/Evergreen Community College District. For more information, contact Ruth at 996-1536 or 996-1535.

Friends of the Calabazas Library Book Sale

Saturday, March 28, 10:00 am - 3:00 pm

Calabazas Library employee parking lot

You'll find bargains galore and maybe some special treasures at one of the largest used book sales in Santa Clara County. Contact Debbie or Sharon at 996-1536.

The Calabazas Library will be closed from 9:00 am to 1:00 pm on Friday, March 27, for a staff in-service workshop, and also on Tuesday, March 31, for Cesar Chavez Day.

Family Events in the West Valley region

-Free family events and activities for young children

Night Sky Party:

Friday, March 13, 2009

7:30 p.m. - 9:00 p.m.

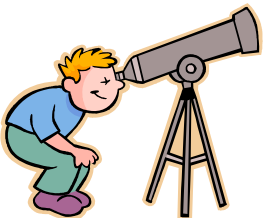
Environmental Education Center, Alviso

1751 Grand Blvd., Alviso, CA, 95002.

Meet the stars of spring! Join amateur astronomer Bob Havner and friends as we learn about constellations. Make a star chart and then venture outside to view the night sky through a telescope. Afterwards, warm up with some hot chocolate. Bring your own binoculars or spotting scopes if you have them. Dress warmly as it gets cold in the evening. Fun for the whole family! Program will go sprinkling rain or shine. Program will be canceled only if it is pouring rain. RESERVATIONS REQUIRED. Call Lindy at 408-262-5513 ext 102.

Happy Birds:

Sun. March 15, 2009



4 pm
Los Gatos Library
110 E. Main St., Los Gatos
408-354-6893

Children and parents are invited to an educational program featuring birds who sing, ride bikes and more.

California Academy of Science Free Day:

Wed., March 18, 2009
Free Admission every 3rd Wed.
55 Music Concourse Dr., Golden Gate Park, San Francisco
415-379-8000

Now reopened after 1 10-year renovation, the museum features a planetarium, aquarium, and natural history museum under one roof.

Houge Park Star Party:

Friday, March 20, April 3, 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.

The Ugly Duck:

Sat. March 28, 2009
11am and 7pm
Sunnyvale Community Center
550 E. Remington Dr., Sunnyvale

Presented by California Theatre Center
408-245-2978, www.ctcinc.org

Be inspired by the thoughtful Hans Christian Andersen tale about an outcast duckling becomes a handsome swan. This heartwarming musical production about the passage from the awkwardness of adolescence to the grace of maturity has won acclaim from audiences throughout the USA and has traveled to Japan and Russia. For grades K-5

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