



Family Resources Program

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



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

Volume 16: Feb. 12, 2009

Happy Valentine's Day! Valentine's Day is a celebration of love. It is also a wonderful opportunity for kids to learn how to show appreciation and love for the people they care about. Children learn best from modeling their parents and people around them. You can make the most of the holiday by showing kids how to give and receive love. Check out our Tips for Parents section for ideas about how to celebrate Valentine's Day with your children.

New Parent Kits, a signature free gift for parents from First 5 California, are now available in English, Spanish and also in different Asian languages: Mandarin, Cantonese, Vietnamese and Korean! We will be demonstrating these kits and distributing them to parents during story times at local libraries. Please check out the new "Community Engagement and Education" section for complete schedule of the demonstrations.

You are welcome to share this newsletter with any of your friends. If you would like their names or networks to be included in the mailing list, please let us know. (We are a non-profit 501©3 organization and will not sell or share your personal information). For families who don't have internet access, we will be happy to mail it. 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 promote, support and/or affect families with young children living in our region, please email jeany@WVCommunityServices.org.

Focus on "Oral Health"

Message from



Healthy Teeth Begin At Birth

Children need their teeth for smiling, talking and eating food. Moms, dads and other caregivers must help take care of children's teeth.

What you can do at home:

Before your baby has teeth, wipe the gums gently with a clean wet cloth after each feeding. Don't put your baby to bed at naptime or at night with a bottle or sippy cup, unless the cup has only water in it.

As soon as your baby's first tooth appears, start cleaning the teeth in the morning and before bedtime.

To avoid spreading the germs that can cause cavities, don't put anything in a child's mouth if it has been in your mouth. Don't share spoons, cups, toothbrushes, etc.





Adults can chew sugar-free gum with *xylitol* in it right after eating to help prevent the spread of germs to children.

What dental and medical providers can do:

- Dentists, doctors, and other health care providers also take care of children's teeth.
- Take your baby to the dentist by their first birthday.
- Ask your child's doctor or dentist about putting fluoride varnish on your child's teeth. This is another great way to protect your child's teeth from cavities.
- You and your child should visit the dentist on a regular basis as often as your dentist recommends. Parents' teeth are important too!

What your child eats and how often they eat affect their teeth:

- Soda, sweet drinks, candy and other sweets can cause cavities that hurt your child.
- Snacks like cheese, yogurt, fruit and vegetables are better for your child's teeth than chips, crackers or cereal.
- Adding an equal amount of water to fruit juice is recommended.
- After your child eats sweets, chips, crackers or juice, you should brush or rinse their teeth with water.

Remember:

- Adults can spread the germs that cause cavities.
- Do not put anything in your child's mouth if it has been in your mouth.
- Children should see a dentist by their first birthday.
- Brush your teeth and your child's teeth in the morning and right before bedtime
- A child needs an adult's help in brushing their teeth until they are 8 years old.
- Limit how often your child has juice, sweet drinks and snacks.

If your child has Medi-Cal, Healthy Families or Healthy Kids insurance, they also have coverage for dental services.

Kindergarten Oral Health Requirement

The Law Requires a Kindergarten Dental Check-up

Did you know?

Children are required to have a dental check-up by May 31st of their first year in Kindergarten? Dental evaluations that have happened within the 12 months prior to school entry also meet this requirement.

Why?

Children with cavities are not healthy. Cavities are preventable, but they affect more children than any other chronic disease! Children with cavities eat poorly, stop smiling, and don't learn properly.

If cavities are not treated, children can develop infections severe enough to require emergency room treatment and their adult teeth may be permanently damaged.



When should you take your child in for his/her first dental visit?

The American Academy of Pediatric Dentistry encourages a trip to the dentist when your child's first tooth erupts, usually between 6 to 12 months of age.

Take this quiz to find out how much you know about caring for your child's teeth

<http://www.first5kids.org/Smile+Quiz/Home>

[Santa Clara_Dental_Health_Quiz_English.pdf](#) 301.18 KB

[Santa Clara_Dental_Health_Quiz_Spanish.pdf](#) 372.45 KB

Parent Workshops Workshops for families with young children

February March 2009



Responding to popular demand, we are planning to have workshops on Positive Discipline again this year. As part of efforts to reach out to parents in Los Gatos, the workshops will be held at Los Gatos Calvary Church in Mandarin on March 5, in English on March 19, and in Spanish on March 26. Please check out the following schedules for more details.

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

Positive Discipline in Mandarin
by Dr. Shu-Ling Chen
Thursday, March 5, 2009 6-8pm

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

All these workshops will be held at:
Los Gatos Calvary Church
16330 Los Gatos Blvd.
Los Gatos, CA 95032



Spanish Workshop: Education 101, with Emphasis on Building Collaborative Relationships with the School by Claudia Harty

6-8pm

Thurs. Feb 19, 2009

New Life Church

20900 McClellan Road, Cupertino



For more information, questions, or comments regarding Parent Workshops please contact:

Julia Phan at 408-255-8033 ext. 153 or email juliap@wvcommunityservices.org

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 resources, information in the community and get free gifts for children and families



New Parents Kits Demonstration:

New Parent Kits are now available in Asian languages: Mandarin, Cantonese, Vietnamese and Korean. We will be demonstrating the New Parents Kits and distributing them during the story time at local libraries. The following is a list of currently planned demonstrations. You can call 408-255-8033x152 for most updated schedules.

Fri. 2/13/09

10:15 - 10:35 AM, Mother Goose Story Time

11:00 AM - 11:30 AM, Preschool Story Time

West Valley Library

1243 San Tomas Aquino Rd., San Jose

(408) 244-4766

Fri. 2/27/09

Friday, 10:15 AM, Bilingual Story Time - Japanese/English

Friday, 11:00 AM, Bilingual Story Time - Chinese/English

Calabazas Library

1230 Blaney Ave., San Jose 95129

(408) 996-1536

Our Community Engagement Specialist will be available at the Family Resources Tables at the following events... more are coming! You can always call us at 255-8033 x152 to find out more.

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.



The Raytones (formerly *The Baby Blue Blues Band*)
Saturday, February 14, 12:30 p.m., 2:00 p.m., and 3:30 p.m.

Same band, same great music, same Ray the Rhino...only the name has changed! The Raytones combine fun lyrics with energetic blues, R&B, funk, and Rock and Roll. Cool little people can listen, clap their hands, stomp their shoes, sing and dance. So come on down to the show, all you hip cats and kittens, and groove to some cool tunes by The Raytones!

Tom Noddy and Bubble Magic
Saturday, Feb 28, 12:30 p.m., 2:00 p.m., and 3:30 p.m.

You won't believe your eyes! Bubbles inside of bubbles, smoke bubbles, clear bubbles, clear bubbles inside of smoke bubbles, smoke bubbles inside of clear bubbles, inside out bubbles, caterpillar bubbles, love bubbles and a bubble cube! Tom Noddy has taken his uniquely warm and charming sense of wonder and delight in soap bubbles to audiences around the world. The bubbles are truly exquisite and Tom's lively humor and engaging sense of fun leave his audiences both delighted and intrigued.

Circ Do Somethin'
Saturday, March 7, 12:30 p.m., 2:00 p.m., and 3:30 p.m.

Two accomplished performers come together to double the fun! Mr. Yoo Hoo and Derique incorporate juggling, clowning, and music in a unique performance...then add to the laughter and comedy by offering a simple workshop for our young audience. Derique is a master of physical comedy, and Mr. Yoo Hoo (Moshe Cohen) is recognized as one of the planet's funniest postmodern clowns.

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)

1) FREE "Living with Autism Study and Community Forum" hosted by Easter Seals
Friday, Feb. 13, 2009; 9:30am - 12:00 noon
Sobrato Community Conference Center; 1400 Parkmoor Ave., San Jose

Emily Rubin, co-author of The SCERTS Model, is the keynote speaker. (Auntie Anna will be one of the Forum Panelists)

Easter Seals recently unveiled its nationwide "Living With Autism Study" that quantifies the daily challenges, fears about the future and deep disparities among parents of children with autism as compared to parents of typically developing children. Please join this exciting morning of discussion and announcement of the results of the study.

Please RSVP at jreeve@esba.org or call Jen at (510)835-2131 ext. 120 or www.eastersealsbayarea.org

6) Parent-Directed Supported Living Services Workshop

Date: Sat. 2/21/09; 9:30-1pm

Place: Sobrato PHP Center; 1400 Parkmoor, San Jose

Fee: \$20 for PHP members / \$30 non-members

Presented by: Trudy Marsh Holmes, Executive Director of Journey of Choice, Inc. and Director of Community and Family Services at Parents Helping Parents. Journey of Choice was established 2 years ago as a parent-directed supported living services agency created to respond to the individualized needs of Trudy's daughter.

Guest presenter: Pamela Glover, from the San Andreas Regional Center who is the Supported Living Resource Specialist.

Provider Panel: Jarhari Smith, Program Coordinator of Journey of Choice, Inc., and Supported Living Specialists will be available to answer your questions about systems of care and how successful planning, training and supports are essential to your son or daughter's success in a supported living environment.

Contact Trudy at (408)727-5775 ext.102 or trudy@php.com
www.journeyofchoice.com



4) Special Needs Trust Workshop

Date: Sat. 2/21; 10am-12:30pm

Location: Dale Law Firms; 1670 Riviera Ave. Suite 101, Walnut Creek CA

Contact: Shelley at (925)280-0712; shelley@dalelawfirm.com

The Achieving Independence System is a process developed by the Dale Law Firm to educate our clients on the issues and decisions that they must deal with in providing for their disabled loved ones where reliable asset management and public benefits are essential.

The workshop covers information of public benefits, common pitfalls in planning, how to coordinate gifts from other family members, and how to select a Trustee to manage the trust.

5) FREE seminar on home ownership for people with disabilities and their families
Thursday February 26, 2009, 6:00 PM - 8:30 PM
Keller Williams Realty, 20230 Stevens Creek Blvd., Suite E, Cupertino,
RSVP 510-899-8266 or e-mail susieb@kw.com.
Light refreshments will be served.

Learn the latest news about the best home loans available, information about Section 8 Homeownership, and lots of important information useful for all home buyers in the current environment.



Festival of Books

I ♥ Books!

February 14, 2009
(Valentine's Day!)
11a.m. - 1:30a.m.

Come celebrate your family's love of books with music, activities, crafts and refreshments. Every child age 6 and under will receive a free book!

Dr. Roberto Cruz - Alum Rock Branch Library
3090 Alum Rock Ave., San José

Ongoing Programs: at San Jose Public Library, Calabazas Branch

Homework Center

Monday, Wednesday, and Thursday, 3:00 PM - 5:30 PM

Tuesday, 2:00 PM - 5:30 PM [NOTE NEW TIME!]

The Homework Center is available four afternoons per week, excluding school holidays and vacations. Homework assistance is provided for students in grades K-12. Registration, including a parent's signature, is required. You may pick up a form on your first visit to the Homework Center. For more information, please call Ruth at 996-1536 or 996-1535.

Live Homework Help - Online Tutoring

English: 2:00 PM to 12:00 AM, Daily

Spanish: 2:00 PM to 12:00 PM, Daily

Live Homework Help is a free service providing online tutoring in math, science, social science and English to students enrolled in grades K-12, the first two years of college, and adult learners

TeensReach

Monday, February 23, 5:30 PM - 6:30 PM

A volunteer group for teens ages 13-18 to build their leadership skills by developing and participating in library activities, serving as library advisors, and advocating for the library. Community service credit is available. For more information call Kathy at 996-1536 or 996-1535.



English as a Second Language (ESL) Conversation Club

Wednesdays, 7:00 pm

Join us on Wednesday evenings to practice speaking English in a small group with other adults. Ability to understand basic English required. For more information, call Kathy or Ruth at 996-1536 or 996-1535.

Computer Classes

Saturdays, 10:00 AM-11:00 AM, or 11:00 AM-12:00 PM

Sign up for a one-to-one computer lesson on basic computer and/or Internet skills. Lessons are customized to each individual's needs. English language and bilingual instruction are available. Pre-registration is required. For more information, or to schedule an appointment, please call the library at 996-1536 or 996-1535.

Helping Younger Children Celebrate Valentine's Day ---Showing, Giving and Receiving Love

Valentine's Day is a celebration of love. It's also a wonderful opportunity for kids to learn how to show appreciation and love for people they care about. Children learn best from modeling their parents and people around them. You can make most of the holiday by showing the kids how to give and receive love. There are many ways to help children celebrate Valentine's Day. The following is a list of suggestions by Family Education.

If your child balks at giving a valentine to a classmate that she doesn't like, listen to her feelings. It's unreasonable to expect your child to like everyone in her class, but if the classroom rules for Valentine's Day necessitate that she gives a valentine to everyone or to no one, it's important for her to comply.

If your child decides not to give valentines at all, don't make her do it. However, it's important to find out why and to help her think through how she may feel if everyone else in the class gives valentines and she doesn't.

If you are concerned, as many of us are, about rampant commercialism, encourage your child to make his valentines. Buying gifts for classmates should be discouraged. Stock up on art supplies -- crayons, markers, construction paper, paste, glitter, and doilies. Make sure that your child starts early -- the night of February 13 can be pretty stressful if a child is trying to make 20-plus valentines in one sitting!

If your child wants to do something special for a best friend that extends beyond a valentine in class, make a special time for them to get together outside of school.

Children and parents often exchange cards to emphasize their strong bonds of love. You may want to initiate this to help your child understand family love as part of the holiday.

Remember that as parents, we transmit values to our children through our behavior. If we celebrate Valentine's Day by exchanging expensive gifts, it is likely that our children will want to do the same.

Finally, it's never too early to help children express love and friendship in ways that transcend materialism. Because young children are concrete thinkers, it's hard for them to understand a concept that can't be represented by objects. But by watching you give gifts of kindness, time, compassion, respect, and thoughtfulness to the people you love --- not just on holidays but throughout the year -- they will learn that "I love you" means so much more than three words inscribed on a candy heart.

New!!!

Tips for Parents





Friday, Feb. 20 and March 6, 2009

7-10 am

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.

I don't Want to Go to Bed:

Saturday, Feb.28 and March 7, 2009

11am

Sunnyvale Community Services,550 E. Remington Dr., Sunnyvale
presented by California Theater Center
408-245-2978, www.ctcinc.org

Observe the frustrations of a young girl who doesn't like bedtime but transforms this nightly task into a wonderful imaginative adventure with her parents by re-enacting her favorite stories including The Three Little Pigs and The Billy Goats Gruff.

For grades K-4.