



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 15: Jan. 8, 2009



Happy New Year to Everyone!

We are starting the New 2009 with a lineup of parent workshops every Thursday from Jan. 15 to Feb. 19. The topics range from "Effective Communication," "Building Collaborative Relationships with the School" to "Red Flags in Development." Please check out the FRP Section for a complete list and schedules.

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
First 5



Kindergarten Enrollment Dates for 2008-2009 School Year

Kindergarten registration starts soon! The following is a list of school district offices in our region. Feel free to contact them if you have any question.

Campbell Union www.campbellusd.org	Starts 364- January 4200 22
Cupertino Union www.cupertino.ca.campusgrid.net/home	Starts 252- February 3000 4
Los Gatos Union www.lgusd.k12.ca.us	Starts 335- February 2000 11
Moreland www.moreland.k12.ca.us	Starts 874- March 2900 26
Saratoga Union www.susd.k12.ca.us	Starts 867- April 1 3424

Kindergarten Handbook and Resources



“Parents hope for a bright future for their children, which begins with success in school,” states Dr. Charles Weis, Superintendent of Schools - Santa Clara County. “Parents often ask me what they should specifically do to get their child ready for kindergarten. They are surprised to learn that ABCs and 123s do not top the list. FIRST 5 Santa Clara County and the Partnership for School Readiness have created an essential Parent Handbook that gives straightforward tips for families to get ready for school. I encourage all parents and caregivers to follow the recommendations found in the I’m Ready for Kindergarten handbook to position their child for success in kindergarten and throughout life.”

Starting Kindergarten is a new beginning for learning, developing friendships, confidence and independence. However, it is normal for both children and parents to feel anxious about being completely prepared to start Kindergarten as well. FIRST 5 Santa Clara County in collaboration with the Santa Clara County Partnership for School Readiness has developed this handbook to help parents and caregivers prepare children for a successful Kindergarten experience.

“I’m Ready for Kindergarten” Parent Handbook is available in four languages now: English, Spanish, Vietnamese and Chinese. You can request a hard copy from the First 5 office and the English, Spanish and Vietnamese versions are available for download from the following link:

http://www.first5kids.org/parents/education/handbook_and_resources



I'm Ready for Kindergarten Parent Handbook

Available in:
English, Spanish, Vietnamese, Chinese



Parent Workshops - Workshops for families with young children

January February 2009

Red Flags in Development and When to Refer to a Professional by Hilda Miller, M.A.

6-8pm,
Thurs. Jan 15, 2009
New Life Church
20900 McClellan Road, Cupertino

This talk covers the basic milestones of early child development including Motor, Cognitive, Speech and Language, and Social/Emotional and Adaptive. We discuss indicators, how to encourage development, and appropriate resources for families and professionals in our area should you have a special needs concern.



Building Collaborative Relationships with the School by Parents Helping Parents

6-8pm
Thurs. Jan 22, 2009
New Life Church
20900 McClellan Road, Cupertino

This workshop provides parents with an opportunity to learn effective communication techniques, teaching them to work together with educators to better understand each other's perspectives. We also address the services that should be established if your child has special education needs.

Effective Communication: Listen and Talk to your Child by Susan Stone Belton, B.S. in special Education

6-8pm
Thurs. Jan 29, 2009
New Life Church
20900 McClellan Road, Cupertino

This session focuses on how to be a good listener as the first step in building healthy communication with your child. You will see how the communication style you develop today will make every age so much easier and so much more fun.

Attention and the Young Child By Neal Rojas, M.D., M.P.H.

6-8pm
Thurs. Feb 5, 2009
New Life Church
20900 McClellan Road, Cupertino

This presentation will help you understand the attention system: what it is, how it works and what methods/treatments effectively support it. Does your child have an attention challenge or is he/she just being an active, curious little being? Learn tips to use at home and in the preschool setting.

When Your Child Won't Listen & Your Words Aren't Working



by Andy Francis, M.F.T.

6-8pm

Thurs. Feb 12, 2009

New Life Church

20900 McClellan Road, Cupertino

You will be given a non-traditional way to look at the relationship that exists between you and your child and his/her environment. You will leave with at least one new idea/technique/method to implement at home.

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.

Friends of children with Special Needs (FCSN)



Morgan Autism Center Workshop:

"How to Work Through Challenging Behaviors for Adolescents and Young Adults"

by Nicholas Boldrey, Education Specialist.

Place: Morgan Autism Center, 2280 Kenwood Ave., San Jose

Date: This Saturday, January 10, 9 am to noon

"Let's Put on a Show!"

The Autism Project PTA is proud to offer free music, theatre and snacks

Time: this Friday, January 9, from 6 to 8 pm

Place: Historic Hoover Theatre, 1635 Park Ave., San Jose.

Email: Cynthia Armon at bayarea@autismspeaks.org

Autism and Health Insurance Coverage Seminar-

How to get the most out of your private health insurance benefits:

Speakers: Karen Fessel, Feda Almaliti, Kristin Jacobson

Date: Mon, Jan 12, 2009: 6:45 pm to 9:15 pm

Location: PHP Sobrato Center for Non Profits - SJ

1400 Parkmoor Avenue, #100
San Jose, CA, 95126
Fee: Members Free / \$5 Non Members
Contact Name: Family Services
Contact Phone: 408-727-5775
Contact Email: info@php.com

Are you able to use your private health insurance to pay for medically necessary autism treatments? Autism is a neurobiological condition which is often responsive to early speech, occupational and ABA therapies, yet many health insurance companies fail to provide these medically necessary services to their members.

There is a law on the books, CA AB88, which requires that autism be treated in parity with other medical conditions for those with state regulated insurance, but actually getting insurance to pay for these interventions can be another matter.

Several recent cases where parents have taken their insurance companies to Independent Medical Review (IMR) have come back in the parents' favor. Come hear three parents share their experiences and learn how you can better navigate the insurance system so that at least some of the treatments that our autistic children need can be covered by private health insurance.



Educational Series for Parents:

10-part series for parents of young children (ages 1-5) to provide info on diagnoses, treatment and services.

Lucile Packard Center for Autism and Related Disorders, Stanford.
Thursdays from 5:15 to 6:45 pm

Disability Inaugural Event:

WEDNESDAY, JANUARY 21; 4 - 7 pm
Fruitvale / San Antonio Senior Center: 3301 East 12th Street, Oakland.

With a New President comes a New Chance for CHANGE for People with Disabilities!!!
During the week of January 19-25, while Barack Obama is inaugurated as President in Washington, DC, disability organizations will be holding events around the country.
Be part of the disability rights movement nationwide!

Raise your voice & put disability issues on the agenda for the new president!
Enjoy good food, drink, and a chance to speak out!

- Affordable, accessible housing.
- Jobs and training for people with disabilities.
- Improved health care for all.
- Quality education for students with disabilities.
- An opportunity for our voices to be heard!

For more information, call CRIL at (510) 881-5743.

January Special Events

at San Jose Public Library, Calabazas Branch

Chinese New Year Festival

Saturday, January 31, 11:00 AM – 12:00 PM

Children and families are invited to come and celebrate Chinese New Year, a happy and exciting holiday. Together we will welcome in the Year of the Ox with lots of greetings, demonstrations, and



hands-on fun crafts. This program will be held outdoors in the staff parking lot. If it rains, the program will be held inside the library. For more information, contact Sharon at 996-1536 or 996-1535.

Book Discussion Group for Adults

The Calabazas Library is starting a book discussion group for adults. If you are interested in joining, please contact Ruth by e-mail at ruth.kohan@sjlibrary.org, or by phone at 996-1536 or 996-1535. Please let her know which days of the week and times of day are best for you, and what type of books you like to read.

Ongoing programs

Homework Center

Monday-Thursday, 3:00 PM - 5:00 PM

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. **The Homework Center will be closed for the holiday break from December 22 through January 2 and will resume on January 5.** 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. All tutors are certified teachers, college professors, professional tutors or graduate school students from across the country. On-site access is limited to library open hours. However, the service can be accessed from home, even when the library is closed. A San Jose Public Library card is required for access. For more information, see:

http://www.sjlibrary.org/services/reference/live_homework.htm

TeensReach

Monday, January 26, 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.

New!!!

Tips for Parents



20 HEALTHY NEW YEAR'S RESOLUTIONS FOR KIDS

The following New Year tips are from the American Academy of Pediatrics (AAP). Please feel free to use them in any print or broadcast story, with appropriate attribution of source.

Preschoolers

- I will clean up my toys.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs – even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

Kids, 5- to 12-years-old

- I will drink milk and water, and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when bicycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. I'll be friendly to kids who need friends – like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

Kids, 13-years-old and up

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day – at the most – on these activities.
- I will help out in my community – through volunteering, working with community groups or by joining a group that helps people in need.
- I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.
- When faced with a difficult decision, I will talk with an adult about my choices.
- I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence.
- I will resist peer pressure to try drugs and alcohol.
- When I notice my friends are struggling or engaging in risky behaviors, I will talk with a trusted adult and attempt to find a way that I can help them.

By American Academy of Pediatrics



Storytime in the Region

Do your children enjoy story time? There are a lot of them available in the region. The new trend is the Baby Story time. We just updated the schedules. Check it out!

Cupertino Library

10800 Torre Avenue • Cupertino, California • 95014-3254 • 408.446.1677

Friday, at 10:15 am, **Preschool Storytime**, For ages 3 1/2 to 4 1/2
Thursday at 10:15 am , **Stories for Two's**, For ages 1 1/2 to 2 1/2
Wednesday, at 10:15am, **Toddler Stories**, for 2-1/2 to 3 ½ years old
Tuesday, at 7:00 pm, **Family Stories**, 3 years and up

Saratoga Library

13650 Saratoga Ave. Saratoga, California 95070

Wednesday at 11:30 a.m., **Baby Storytime**, For ages 3-14 months
Wednesday at 10:30 a.m. **Toddler Storytime**, For age 2 - 3
Thursday at 10:30 a.m., **Preschool Storytime**, For ages 3 - 5
Tuesday at 7:30 p.m., **Family Storytime**, For all ages

Los Gatos Library

110 E. Main Street, Los Gatos, CA 95030

Phone: 408-354-6891

Monday @ 10:30am, **Toddler Storytime**, (18mos-3yrs)
Tuesday @ 10:30am, **Preschool Storytime**, (3-5yrs)
Friday @ 10:30am, **Wonderful Ones**, (12-24 mos)
Friday @ 11:30am, **Bouncing Babies**, (0-12 mos)

Calabazas Library

1230 Blaney Ave. , San Jose 95129

(408) 996-1536

Wednesday, 11:15 AM, **Toddler Story Time**, for children 2-3 years old
Tuesday, 7:00 PM, **Family Story Time**
Thursday, 11 AM Lapsit Story time for Babies
Saturday, 11:00 AM - 11:45 AM, **Family Story Time**
Friday, 10:15 AM, **Bilingual Story Time - Japanese/English**
Friday, 11:00 AM, **Bilingual Story Time - Chinese/English**

West Valley Library

1243 San Tomas Aquino Rd. , San Jose

(408) 244-4766

Friday, 10:15 - 10:35 AM, **Mother Goose Story Time**, for babies 0 - 12 months old
Saturday, 11:00 AM, **Toddler Story Time**, for children ages 1-2
Friday, 11:00 AM - 11:30 AM, **Preschool Story Time**, for children ages 3-5.
Tuesday, 6:00 PM - 6:30 PM, **Family Story Time**

Family Events in the West Valley region

-Free family events and activities for young children

Mommy & Me Daddies too

Jan. 14, 2009
10:00 am - 12:00 pm,
West Gate Mall, 1600 Saratoga Ave., San Jose

Take part in seasonal activities for children ages 2-8. Activities include balloon artists, live entertainment, arts & crafts and story time. Join our free kid's club for special shopping and dining offers.

Astronomy in the Park:

Friday, Jan. 16, 2009
7-10 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.

Storytelling Festival:

Sunday, Jan. 25, 2009
1-5pm
Children's Library
1276 Harriet St., Palo Alto
www.cityofpaloalto.org/library

Drop in for an afternoon of traditional storytelling, when tellers from all over the Bay area drop in to the library to share their stories.

Chinese New Year Festival

Saturday, January 31, 2009
11:00 AM – 12:00 PM

Children and families are invited to come and celebrate Chinese New Year, a happy and exciting holiday. Together we will welcome in the Year of the Ox with lots of greetings, demonstrations, and hands-on fun crafts. This program will be held outdoors in the staff parking lot. If it rains, the program will be held inside the library. For more information, contact Sharon at 996-1536 or 996-1535.

Lunar New Year Festival

Sun., Feb.1, 2009
12pm-4pm
Asian Art Museum
100 Larkin St., San Francisco
www.asianart.org

Free admission every first Sunday each month!
Ring in the New Year with traditional shows, parades, and children's stories.

