



FIRST 5 KERN Handprints



*Merry Christmas
& Happy
New Year*

DEC 2017 & JAN 2018

Safe Sleep Coalition Gives to Save Babies



Linda Haddadin, Site Supervisor, received 'Sleep Baby Safe and Snug' books along with 40 other agencies, from the Safe Sleep Coalition of Kern. Haddadin represents Small Steps Child Development Center (a program of the Alliance Against Family Violence and Sexual Assault) and Discovery Depot Child Care Center (a program of Bakersfield Homeless Center). Both are First 5 funded programs.

[KGET 17 NBC SAFE SLEEP STORY](#). [FULL ARTICLE PAGE 5](#) 🖱️

Assemblymember Visits Buttonwillow

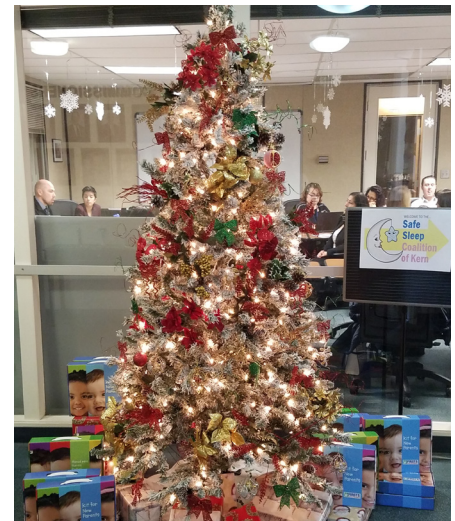


Assemblymember Rudy Salas visited the Buttonwillow Community Resource Center, a First 5 Kern funded program. The legislator talked with 3- to 4-year-olds, parents, and staff; and toured the elementary school. First 5 Kern Executive Director Roland Maier commented: "We're very grateful that Assemblymember Salas remains connected with the rural communities that First 5 Kern invest in." [VIDEO LINK](#) 🖱️



First 5 Express Opens 2018 Dates to Providers

The First 5 Express statewide mobile experience has extended visits in early 2018. First 5 Kern's funded agencies submitted requests to host the adventure between 2/12 and 5/27 in 2018. Most recently First 5 Express visited four First 5 Kern funded programs: Bakersfield Adult School Child Center; Adventist Health Mobile Immunization Clinic at New Life Church; and Bakersfield City School District's School Readiness Program at South Chester Partnership (shown at left). 🖱️



FIRST 5 KERN NEWS

First 5 Statewide Network Heads Towards 20th Year- Aims for California's Success "To be Measured by the Well Being of Youngest Children"



State First 5 Association Rep Visits Kern

Margot Grant Gould, Policy Director for the First 5 Association, presented at the December meeting of the First

5 Kern Commission (aka the Kern County Children and Families Commission). Gould shared the legislative strategy for the coming year, and plans to honor the 20th anniversary of Proposition 10, stating "There is a need for systematic change throughout the state." Plans are in the works to publish a California Condition of Children. [POLICY AGENDA](#)

Gould took time to meet with Cole Karr, Field Representative to Congressman McCarthy and discussed local, crucial programs including the Nurse Family Partnership who is awaiting MIECHV congressional reauthorization. 🙌

First 5 Kern staff joined forty-seven other First 5 agencies from throughout California to strategize about expanding advocacy and their upcoming 20th year.

The First 5 Summit was hosted by the First 5 Association; and facilitated by Heather McLeod Grant, coauthor of the book 'Forces for Good'.

Leadership reemphasized "what happens in the first five years of a child's life affects us all." Discussions ranged from how families struggle within siloed community systems, to the U.S.'s lagging investment into children's lives. The holistic aspirations of First 5's across the state are strengthening: resilient families, comprehensive health and development, and quality early learning.

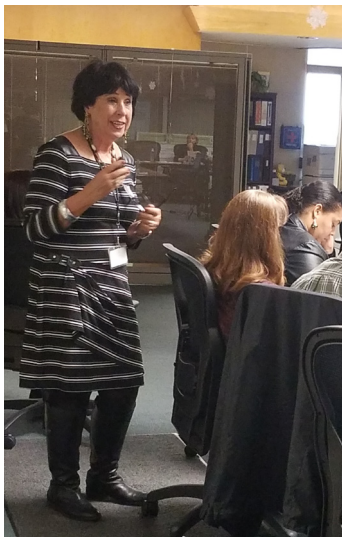
The strengths of the existing First 5 network include:

- Being a significant funder
- Having extensive partnerships and local expertise
- Being the only state mandate focused on the whole child
- Empowering to coordination with all sectors via a voter mandate. 🙌

One day, California's success will be measured by the wellbeing of its youngest children



Technical Advisory Committee



Kern County Public Health Department's Michelle Pearl Krizo, CHDP Coordinator (left) and Ann Walker, Immunization Coordinator, presented at the December Technical Advisory Committee (TAC) meeting. Appointed by the Kern County Children and Families Commission, the 18-member Committee is made up of service providers, and public and government agencies, meets quarterly, and is open to the public. 🙌

January Confidentiality Training

January Confidentiality Training sessions are scheduled for:
1|11|18, 2pm
1|24|18, 9am

The 30-minute training is required only once for new staff of First 5 Kern funded agencies, during the 2015-2020 funding cycle.

FOR INFO: Anastasia Lester, Program Officer,
alester@kccfc.org
661.328.8888

[REGISTRATION LINK](#) 🙌

Trauma-Informed County Effort Progresses; 7th Annual Conference & Kaiser Investment



Christy Luton (left) participated in the Conference discussion with Harold Pierce (center) and Marc Thibault, conference facilitator. Pierce featured Luton's experience in one of his many articles in the Bakersfield Californian. [LINK TO ARTICLES](#)



Marc Thibault, Project Director for the Medically Vulnerable Care Coordination Project, facilitated the 7th annual MVCCP Conference with nearly 150 attendees. Front row right, Roland Maier, Executive Director of First 5 Kern, listens in.

The Kern County Medically Vulnerable Care Coordination Project (MVCCP), funded in part by First 5 Kern, is leading the effort towards Kern becoming a "Trauma-Informed County." The 7th annual MVCCP conference held in November 2017, coupled with receiving a \$30k grant from Kaiser Permanente, are aiding the progress.

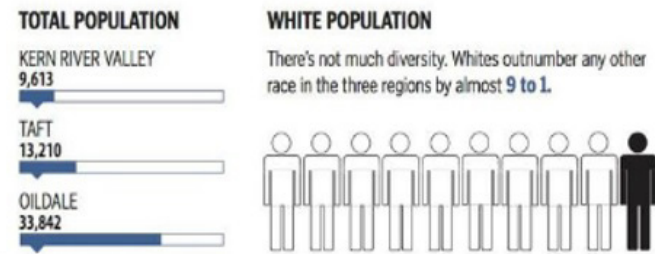
The Conference was attended by nearly 150 attendees, mainly service providers of children prenatal to 5-years-old, who convened to learn more about an Adverse Childhood Experience (ACE) study, trauma-informed care and the long-term effects of childhood trauma. Out of area experts in the field who presented included: Dana R. Brown, ACEs Connection, SoCal Regional Community Facilitator and Isabell Purdy, Ph.D., Director High-Risk Infant Follow-Up Clinic at UCLA Mattel Children's Hospital. Sponsors of the event included: First 5 Kern, Health Net, and Kern Health Systems.

Over 250 MVCCP individuals from 50 local partner agencies have committed to the effort. The Conference also featured dynamic community partners as speakers, including Bakersfield City School District, Kern Behavioral Health and Recovery Services, Kern County Department of Human Services, Kern County Public Health Department, Kern County Superintendent of Schools Foster Youth Service Program, and Harold Pierce, a fellow of USC Center for Health Journalism.

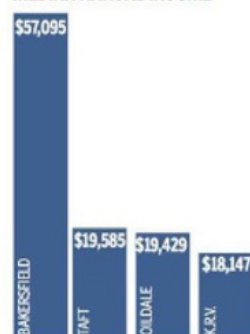
FOR INFO: Marc Thibault, MVCCP Project Director, marc.thibault.llc@gmail.com; Jane Jonsson, PHN, RN, MVCCP Care Coordinator, jonssonj@kerncounty.com.

Toxic Stress in Kern County

Toxic stress can happen anywhere, but poor, white, rural areas marked with economic uncertainty are among the most commonly afflicted regions. Heres a snapshot of the Kern River Valley, Oildale and Taft.

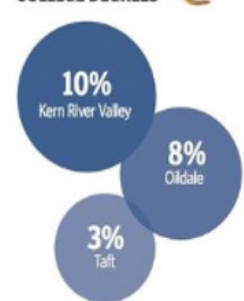


MEDIAN ANNUAL INCOME



Most live far below the federal poverty level, which for a family of four in the United States is \$28,290. That's 33 to 36% more than the median incomes in the Kern River Valley, Oildale and Taft.

PERCENT HOLDING COLLEGE DEGREES



WHAT IS A TRAUMA INFORMED COUNTY? A county system that takes into consideration trauma that children and adults may have experienced, or are at risk for experiencing. A Trauma-Informed County understands:

- The prevalence and impact of Adverse Childhood Experiences (ACEs)
- The role trauma plays in people's lives
- The complex and varied paths for healing and recovery

Responses and approaches to resolutions shift from "What happened to you?" instead of "What is wrong with you?"

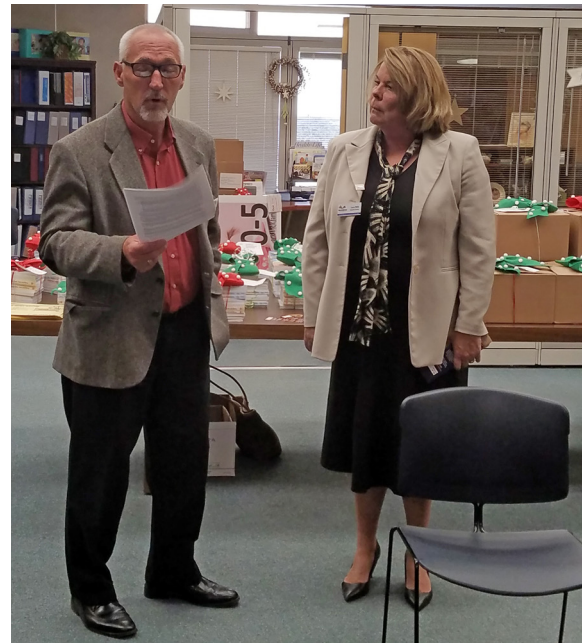
[LINK TO MORE:](#) Harold Pierce, USC Center for Health Journalism fellow and contributing health and education writer for the Bakersfield Californian, has written extensively about stress in the Central Valley and Bakersfield. To access click "Link to more." Additional articles of interest: [Childhood trauma lasts forever, TED 9|2014](#); and [Generation at risk: America's youngest facing mental health crisis, NBC News 12|11|17](#) 🍃

Safe Sleep Gift Aims to Save Babies' Lives in Cold Months & Beyond

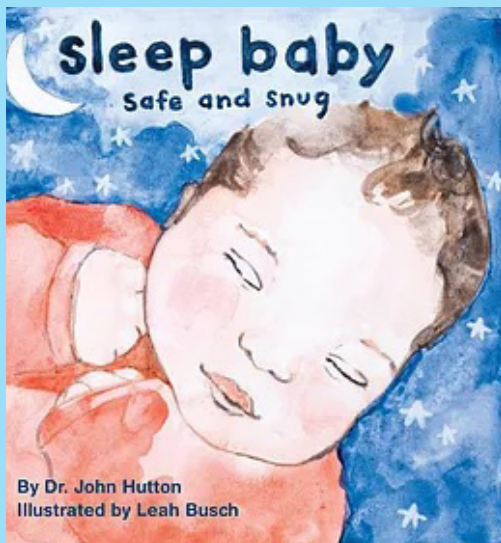
The Safe Sleep Coalition of Kern gifted Safe Sleep books to 42 programs in collaboration with the Kern Literacy Council. More than 1,600 board books 'Sleep Baby Safe and Snug' for children (valued at \$15k) were gifted Friday, 12/15/17, at First 5 Kern which hosts the Coalition. The books were made available due to a grant submitted to CARE (a local foundation who hosts Village Fest to raise monies for vulnerable children) by the Kern Literacy Council who, in turn, gifted the books to the Safe Sleep Coalition of Kern. "This was an opportunity to encourage families to read, and most importantly, to save babies' lives," said Kern Literacy Council Executive Director Laura Wolfe. "It's a win – super win!"

The books arrived just in time for Christmas and are timely due to cold weather. "During the winter, babies are at higher risk during sleep because parents and caregivers often place too many blankets on them for warmth," said First 5 Kern's Executive Director Roland Maier. Over-bundling can cause infants to overheat increasing risk of Sudden Infant Death Syndrome (SIDS). Between 2013 and 2016 there were 47 Kern County SIDS infant deaths. In 2017 Kern is seeing an average of one infant death per month due to SIDS. Charles' Kids Foundation who publishes the books and provided a steep discount. The Foundation was established in 2011 when Sam and Maura Hanke lost their son Charlie to SIDS. Written by pediatrician and author John Hutton, the book's rhythmic, soothing prose is one that children will be asking to have read to them time and time again - promoting early literacy and safe sleep.

The Coalition is hosted by First 5 Kern and chaired by Project Coordinator, Jane Jonsson, RN, PHN, of the Medically Vulnerable Care Coordination Project of the Kern County Public Health Services Department. The group meets monthly with the mission of educating families and caregivers about safe sleep to prevent SIDS. 🖐️



First 5 Kern Executive Director Roland Maier expresses gratitude to Kern Literacy Council Executive Director Laura Wolfe, for processing the grant for the safe sleep books.



The National Institute of Health cautions adults to keep babies safe during sleep by:

- **Placing infants alone on their back, on a firm mattress in their own crib or pack n' play; and not on soft surfaces such as adult beds, sofas, or blankets.**
- **Keeping toys, bumper pads, blankets, and other loose objects out of the crib.**
- **Avoiding overheating with hats, blankets or too many clothes by dressing little ones in a sleep sack, wearable blanket, or warm pajamas.**

HOLIDAY NEWS

Tips to Keep the Holidays Merry with Children

5 TIPS FOR GIFTING SAFE TOYS

- For children under age 3-years-old, purchase gifts without small parts (bigger than a child's mouth) to prevent choking. One idea is if it fits inside a toilet paper roll tube – it's probably too tiny.
- Electronic toys should be "UL Approved." Check the label.
- Avoid toys that shoot objects into the air (protecting tiny eyes); and toys that are loud (protecting little ears).
- Look for well-made stuffed toys with tight seams and secure edges. Machine washable is best without loose ribbons or strings that can cause strangulation. Avoid bean or pellet-filled toys that can cause choking and are harmful if swallowed.
- Buy age-appropriate toys according to the label. [FULL ARTICLE LINK](#) 🖱️



5 TIPS TO AVOID CHOKING DANGERS



Choking is a leading cause of death for children under 3-years-old, and it only takes four minutes for lack of oxygen to be deadly.

- Keep common choking hazards away from small children, especially those under age 3: coins, buttons, toys, balls, balloons, hair ornaments, pen caps, magnets and dog food are common choking hazards. Magnets are especially dangerous and, if swallowed, can cause life-threatening damage to the digestive system.
- Cut foods no larger than one-half inch, especially these known choking hazards: hot dogs, grapes, raw carrots, and candy.
- Children should always sit while eating, and never run, walk, play or lie down with food.

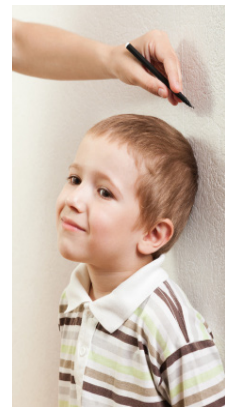
[LINK](#): Be prepared to respond to a choking emergency, select the link to read more. 🖱️

A Simple Gift that Costs Almost Nothing

This sweet, affordable gift idea is easy and will become treasured memories for years to come. If you make one for grandma, be sure to make a second one to keep for yourself.

INSTRUCTIONS:

1. Cut a piece of ribbon or string, the same length your child was at birth. Staple or whole punch to attach the first ribbon.
2. Measure your child's height or have them stand up against a wall (to mark where the highest top of their head reaches). Cut the ribbon their new height. Add that piece of ribbon or string to the ornament, alongside the first one.
3. Write this phrase or access the pattern template (link below).



"This ribbon is very special, as you will soon see. Untie to see it's the same size as me."

Each year afterward be sure to add another ribbon to show how much they've grown since the previous year. Wrap a piece of tape around each end and using a Sharpie marker, record the date of each measured ribbon. Enjoy looking at their growth and reminiscing for years to come. SOURCE: TeachersPayTeachers.com, Jennifer Hier [PATTERN LINK](#) 🖱️

First 5 Kern Holiday Hours

First 5 Kern will be closed Friday, 12|22|17;
Monday, 12|25|17; Friday 12|29|17; and Monday 1|1|18.

PARENTING NEWS

Parenting as a Process

Every parent experiences challenges and joys with their young children. But make no mistake about it - parenting young children is hard work!

Very young children can't communicate as adults do. It can be difficult to understand what they need. Many parents struggle and feel like they aren't doing a good enough job, especially if they had a tough time as children.

The good news is that you don't need to know all the answers to be a good parent. It may help to think of parenting as a process by which you're learning new things all the time- and just like learning anything new, the more you practice, the better you become. [LINK TO FULL HELP](#) 🙌

Read Aloud Winter Tracker

Mark off the circle each day of the week when you read just 15 minutes with your child, then watch your progress as the minutes add up and you invest in your child's education!. Also great for early child educators to use with your parents and students. [LINK TO ENGLISH](#) | [SPANISH](#) 🙌



Free Story for Children Who Experienced Fires: [Trinka and Sam](#)

A creative tale of two small mice who are scared and worried after a severe fire damages their community. The story helps children talk with their parents about their feelings and feel safer.

STATEWIDE

Changes in Special Education Teacher Requirements

The California Commission on Teacher Credentialing is making big changes in how special education teachers will be trained, adding core courses and an assessment already mandated for general classroom teachers. Commissioners view the overhaul of requirements as critical to improve the education of the state's roughly 740k students with disabilities and predict the changes could be transformative. They anticipate more students with disabilities will be identified and served earlier, taught more effectively and "mainstreamed" more often in classrooms serving all students.

The state recently released data showing students with disabilities did worse than other student groups on multiple indicators of achievement. Two-thirds of the 228 districts will receive assistance from county offices of education were designated because of the poor performance of students receiving special education services. [READ MORE](#) 🙌

Families Can Earn \$225: ScholarShare 529

ScholarShare 529, California's state-sponsored College Savings Plan is offering families with low- to moderate-incomes several new financial incentives. Starting January 1, 2018, the ScholarShare 529 Matching Grant Program will offer eligible families a dollar-for-dollar match of contributions up to \$200 that are made to new accounts, with an additional \$25 for establishing a monthly automatic contribution plan.

[LEARN MORE OR REGISTER](#) 🙌



NATIONAL NEWS

Educational Research Association Reports Early Education is a Game Changer

A brief which included an analysis of 22 experimental, early childhood education studies conducted between 1960 and 2016 focusing on services offered to children from birth to 5-years-old. The results were impressive.

Authors from Harvard, New York University, the University of California, the University of Washington, and the University of Wisconsin found that the programs reduced subsequent special education placement for participating students by 8%, reduced the chances of being held back by 8%, and boosted high school graduation by 11%.

The researchers conclude that its effects can be detected as late as high school. [FULL ARTICLE](#) 🙌

Cost of Child Care in America

Child Care Aware of America released a 12|13|17 report with an interactive map allowing users to examine the cost and affordability of child care across the states. Within this map is a range in child care affordability for families with an infant in center-based child care. [CALIFORNIA'S COST - LINK](#)

--90% of children under 3-years-old have an employed parent.

--20% of children under 3-years-old live in poor families

--41% of children 3-years-old live in low-income families

--Families with infants and toddlers have lower household incomes than those whose children are over 5-years-old.

These are reasons to be concerned about the possible destabilization of programs, e.g., SNAP that helps families put food on the table; and the Earned Income Tax Credit and Child Tax Credit which is proven to have lifelong effects on children's success. [FULL ARTICLE](#) 🙌

COUNTYWIDE NEWS

Volunteers Needed; Count Affects Vulnerable Families and Homeless

For Kern County families the Kern County Homeless Collaborative's Point in Time Count is crucial. Future federal dollars for affordable housing and homelessness and prevention vouchers are contingent upon the process and the results of the Count. As the Continuum of Care (COC) for the Housing and Urban Development (HUD), the Collaborative conducts the annual Count each January, as required by HUD. The outcomes affect vulnerable families and homeless prevention, as well as those already homeless.

More than 200 individuals are needed to staff the event. Several trainings are held at various times to be sure each person is trained in safety, technique, and reporting and provided with all the materials needed – including hygiene kits that are handed out by count workers. The event is 1/25/18, 4-8am. Pre-registration and training are required. [FLYER](#) FOR INFO: 661.834.2734

[LINK TO REGISTRATION FORM](#) 🖱️

Making Ends Meet Ranks County Second to Most Affordable for Families

A new report, 'Making Ends Meet', ranks Kern County second to most affordable (at \$57.5k) and shines a light on the economic challenges faced by many Californians, showing the cost of supporting a family or a single individual in various parts of the state. The analysis presents basic family budgets for each of California's 58 counties for four types of households: a single adult, a single-parent family, a two-parent family with one parent working, and a two-working-parent family. The budgets estimate the income households would need to cover basic expenses through earnings only, without publicly funded benefits or supports.

[FULL REPORT](#) 🖱️

Adventist Health Mobile Children's Immunization Schedule- January 2018

Select the link for the January English and Spanish calendars for immunization clinics throughout Kern County. Influenza vaccines are currently available regardless of insurance or eligibility. To obtain age and eligibility requirements, or FOR INFO: 661.869.6740

DECEMBER [SPANISH](#) | [ENGLISH](#)

JANUARY [SPANISH](#) | [ENGLISH](#) 🖱️

Delano Child Development Classes

Bakersfield College (BC) will offer Child Development (CHDV B2- Assessment and Observation) at the Delano BC campus, Thursdays, 6-9:10pm. FOR INFO: 661.720.2003 🖱️

Mental Health First Aid Training- New Effort Can Change Culture of Kern

75% of serious mental illness develops by age 25

40% of serious mental illness develops by age 14

If an individual has cancer, heart disease or diabetes, the goal is to intervene early. When it comes to mental illness intervention often comes only after a crisis. A sweeping movement 'Mental Health First Aid' will make mental health first aid as common as CPR - changing the culture of waiting until it's too late.

Beginning 1/8/18 through 1/12/18, Kern Behavioral Health and Recovery Services (KBHRS) is offering free training that will lead towards intervention for local individuals and families. Initially, 30 facilitators are sought (individuals or community agency representatives) to be trained in mental health first aid. KBHRS hopes these individuals can commit to quarterly meetings and five first aid trainings each year (with KBHRS providing materials and assisting with logistics).

Mental illness, gone untreated, undermines family life and the ability to function, leading to disconnected households, and often addiction, crime, and homelessness.

FOR INFO: Estela Padilla, epadila@kernbhers.org, 661.868.6674. [FLYER](#) 🖱️

Free Basic Restorative Practices Training

A free two-day course: Introduction to Restorative Practices and Using Circles Effectively, will be held Tuesday and Wednesday, 1/9/18 through 1/10/18, 8am to 4pm, at the Lamont Weedpatch Family Resource Center adult classroom, 7839 Burgundy Avenue. Lamont School District will fund the training (a \$400 value), and each participant will be provided lunch and the training books. FOR INFO: avaldes@lesd.us or 661.845.2724 [FLYER](#) 🖱️

[CLICK TO REGISTER BY 1/3](#)

Bakersfield Pregnancy Center Mobile Medical Clinic

The Bakersfield Pregnancy Center operates a medical mobile clinic, 'Image Clear Ultrasound', serving women facing unexpected pregnancies. They offer non-coercive, non-political, non-judgmental services including limited ultrasound to confirm pregnancy, determine gestational age of fetus, and location of pregnancy. The Clinic does not provide gender or fetal abnormality determination or abortions. Appointments available. Walk-ins are welcome.

Monday, 3:30-6pm: Dream Center Bakersfield, 520 Union (12/18/17, closed 12/25/17). Tuesdays (alternates): 9am-Noon Greenfield (12/19/17); Noon-3pm, Canyon Hills Wasco, 500 Broadway (12/11/12); Closed 12/26/17). Thursdays, 1-5pm: Vallarta Supermarket (12/21/17); Closed 12/28/17

[FOR INFO](#) [LINK TO FULL CALENDAR](#) 🖱️

EVENTS

A calendar of events will return in the February issue of the Handprints Newsletter. Please stay tuned in to First 5 Kern's social media sites for event updates: @First5Kern (Facebook, Instagram, and Pinterest)
@First_5_Kern (Twitter)
www.Linkedin.com/company/First5Kern

RECIPES DECEMBER IS NATIONAL PEAR MONTH

Holiday Fruit (or Pear) Parfait

LAYER ALL INGREDIENTS AND SERVE

- Green grapes, pears, kiwis, berries (washed and sliced no larger than 1/2" pieces)
- Low-fat vanilla yogurt
- Maple syrup (optional)

If desired, drizzle with maple syrup for a touch of added sweetness.

Tip: Let children get involved by creating their own parfait and cutting up fruit with a plastic or dull knife. Children are more willing to try new foods if they help make them. 🍵



Easy Eggless Eggnog 8 servings | 110 calories

It's unsafe to make eggnog with raw eggs so this easy recipe is especially yummy. Never eat raw eggs as they can contain salmonella bacteria which can make you sick.

MIX ALL INGREDIENTS AND SERVE

- 4 cups milk
- 1 package vanilla instant pudding (4-serving size)
- 1/2 teaspoon rum flavoring
- 1 tablespoon vanilla extract (or artificial vanilla extract)
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon 🍵



Kitchen Helper Activities: 0 to 5-years-old

Little ones are more likely to try new foods when they help in the kitchen. They feel good about doing something "grown up." By praising their efforts, they are less likely to reject foods. This flyer helps parents know which skills they are ready at for various ages. [FLYER](#) 🍵



University of California, San Francisco (UCSF)

LACTATION SUPPORT PERSONS OF COLOR STUDY

- IBCLC, CLC, CLE or Breastfeeding Peer Counselor?
- Person of Color?
- 18 years or older?
- English Speaking?

Join a research study about understanding the motivations for entering the lactation profession.

This is a research study about understanding the motivations for entering the lactation profession from the perspective of people of color. The study will use one (or more) in-person interviews, each roughly 60-90 minutes long.

Participation is Strictly Voluntary



Call: Ifeyinwa Asiodu, PhD, RN, IBCLC
UCSF School of Nursing
415-476-1426 for more info
Email: LactationSupport@ucsf.edu



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version available at www.First5Kern.org