

# JULY 2021 NEWSLETTER

## Cultural Awareness Month

July is First Five Years & Beyond's Cultural Awareness Month. Each week we will be discussing cultural food, art, hair, music and more! This year will mark the **174th** anniversary of **Liberia's Independence, taking place on July 26<sup>th</sup>, 2021**. Liberia, which means "land of the free," was the first nation on the African continent to gain its **independence on July 26, 1847**. At least 72% of our First Five Years & Beyond families are of Liberian descent. As part of our

Cultural Awareness Month activities, we will continue to promote art, important figures, and books about Liberians to educate the public and acknowledge those from diverse backgrounds.



Liberia has a population of nearly 5 million and a land area of 43,000 square miles (111,369 square kilometers). It borders Sierra Leone, Guinea, Côte d'Ivoire and the Atlantic Ocean. Monrovia is the country's capital city. Some notable Liberians include: Peter Ballah (late comedian), Ellen Johnson-Serleaf (the first elected female president in an African country), and George Weah. George Weah played soccer and then became a politician. He was named African, European, and World Player of the Year in 1995—an unprecedented achievement. His talents on the field were equaled by his activism on behalf of his homeland, where he worked to bring an end to a long civil war and then became active in politics. George Weah was elected to a Senate seat in 2014. **He is now the 25th president of Liberia!**

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### - Fighting Hunger -

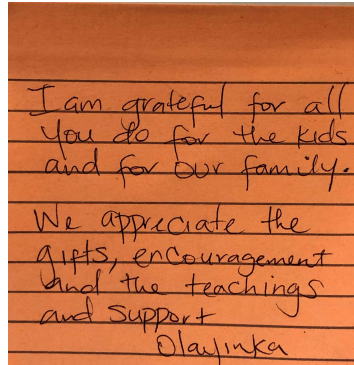
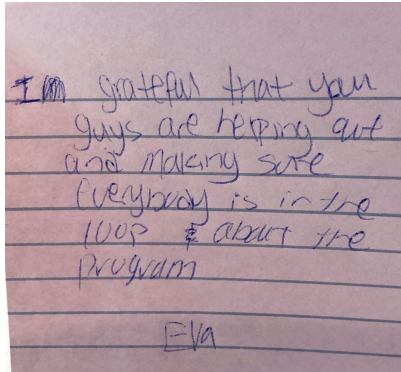
We are thankful to have been selected by the Safeway Foundation as a Nourishing Neighbors grant recipient! The funds come from the Summer Meals program, part of Safeway's Nourishing Neighbors Community Relief Initiative, and will benefit our culturally diverse families, providing them with the nutritious foods they are used to cooking with in their country of origin. Kids and their families will be fed this summer thanks to the generosity of friends like Safeway!



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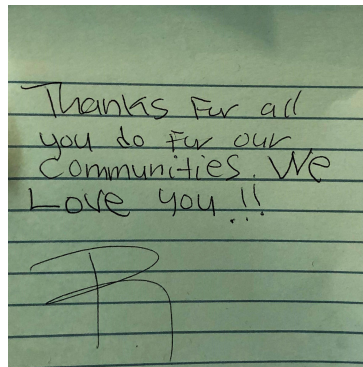
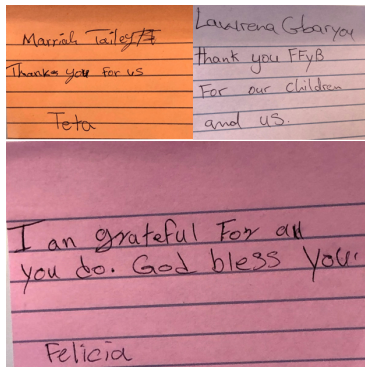
## - FFYB Gratitude -



Our mission continues to be to provide parents with the skills, tools and resources to support their children's early education and beyond. Gratitude is pouring in from our families who appreciate all the programming, support, and education for parents and children alike! It is time to vote again in King County. This August, King county voters will see

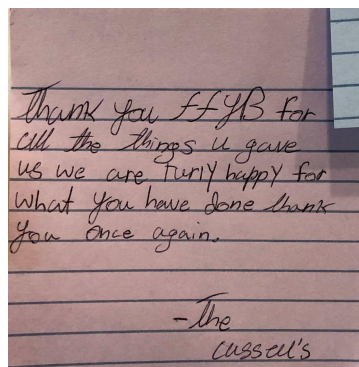
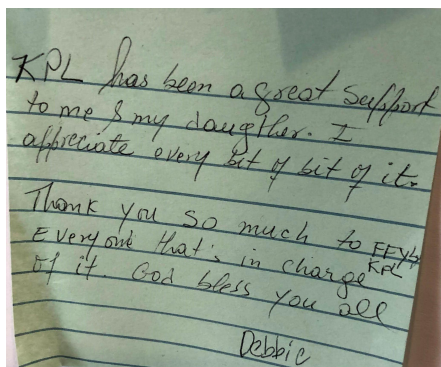
Proposition 1, which would renew and expand childcare support programs. Please be sure to vote YES on proposition 1 on

Election Day (**August 3rd**) to keep programs such as "Best Starts for Kids" around. "Best Starts for Kids" has been shaped by families, community members and participating organizations actually more than the county itself over the last five years of the levy," Councilmember Joe McDermott said.



The proposal would raise about \$872 million over the next six years, according to County

Council staff, a significant increase over the expiring levy. The funding would continue to go to past priorities, including preventing homelessness, youth mentoring, health centers in schools and providing in-home services for new parents. It would also go toward increasing access to child care in the county, with aims to subsidize child care for more

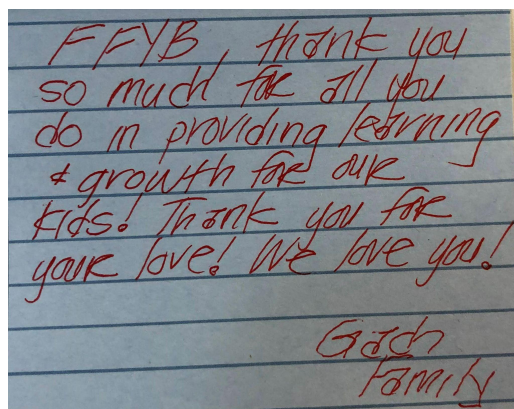


than 3,000 low-income kids. Constantine wrote in a letter to the County Council. "The County has the opportunity and the moral imperative to provide clear leadership and to support families just out of reach of state and federal child care programs."



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The levy renewal, like the original, lays out spending priorities largely by age, **with 39% of funding dedicated to serving kids up to age 5, and 29% for youth between ages 5 and 24.** About 23% of funding would be for child care and homelessness prevention, with the remainder for community-directed organizations and program evaluation.

**If Proposition 1 does not receive enough votes, then programs like Kaleidoscope Play and Learn (KPL) will disappear after December 2021. Ballots should arrive by July 16th.**

Source: [The Seattle Times](#).

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## - Fine Motor Skill Development -

Play-dough and putty provide resistance training to the finger and wrist joint muscles. Encouraging your child to squeeze, stretch, pinch and roll “snakes” or “worms” with the play clay promotes fine motor-skill development in children. You can even get creative and have your child try to cut the play-dough with scissors! Building houses, snowmen, pizzas, etc will also stretch their imagination.



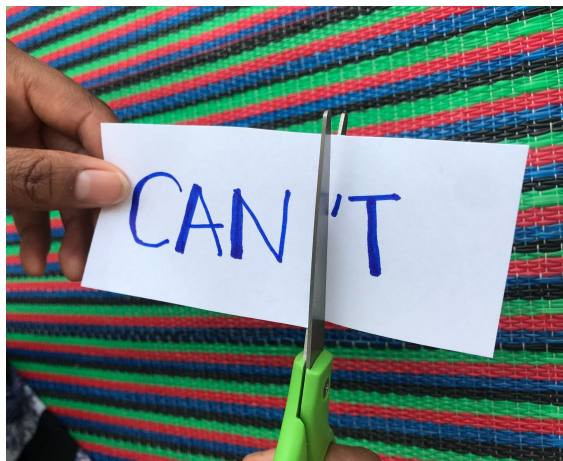
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- Coming Soon -

Next month, our theme will be about developing a **growth mindset**. What is a growth mindset, and why is it important? Many kids tend to give up when they encounter failure and hardships



because they believe that means they are not good enough or that they aren't smart enough. However, the growth mindset means that the brain is capable of overcoming the challenges it faces in new areas of learning. When children develop a growth mindset can help them overcome the hurdles they face in learning and develop the necessary skills to persist. For example, if a African American girl is struggling with math, having a growth mindset could realize the fact that it has nothing to do with her race. Here, a growth mindset would help her to persist in her efforts and try new learning techniques in order to improve their math skills rather than give up because she

believes that she is genetically doomed to fail at the subject. The same concept applies for young people with learning or physical disabilities: a growth mindset works to instill confidence within themselves regarding their ability to develop and learn. We will have activities and workshops centered around developing growth mindsets for children of all ages; and coping skills particularly for babies and toddlers.

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## Interested?

Interested in volunteering? We have opportunities for grant writing, after school tutoring, social media marketing/website design, and serving as a board member. Please submit all inquiries to the [United Way of Seattle, FFYB link](#). Do you have a child ages 0 to age 5 that you'd like to participate in our programming? Please fill out our [intake form](#) and either of our resource providers: Julia, Roseline, and Marthalyn may reach out to you within 5-7 business days.



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