



FOR IMMEDIATE RELEASE  
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## **Give the Gift of Learning**

Butte County, CA. - Lights are glowing, festive songs are playing on the radio and everyone seems to have a little extra hop in their step. The First 5 Butte County Children & Families Commission knows that this time of year can be busy with many things to do around the holiday season. That's why we encourage families to take a moment and spend quality time together! After all, studies show spending time together as a family helps strengthen and build children's self-esteem and stimulate their development.

Below is a list of simple, fun, hands-on activities the Commission offers parents to do with their children ages 0 to 5:

- Borrow holiday books from the library and read stories together
- Sing carols and other holiday songs together
- Play "Santa Says" instead of "Simon Says" to help your child pay attention and follow directions
- Work on craft projects such as picture frames made from Popsicle sticks or snowmen from cotton balls
- Help your child draw pictures of his or her favorite holiday memories and stories and display them around the house as decorations
- Invite older children into the kitchen and let them help mix or measure ingredients, or decorate cookies and other holiday treats

***(more)***

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- Select and arrange candles for the Hanukkah menorah or the Kwanzaa kinara together (an adult should light the candles)
- Make holiday cards or have children draw pictures to put in the cards

By interacting with your children, you are not only filling their time with fun, resourceful activities, but you are also providing them with early learning experiences to help them prepare for school. The Commission knows kids love the lights, the stories, the songs and the overall feeling that comes with the holiday season. First 5 encourages parents to embrace that excitement and spend time doing early learning and development activities together as a family.

For more information about additional activities or other First 5 Butte County Children and Families Commission programs, please call (530) 538-7964 or visit [www.buttecounty.net/bccfc](http://www.buttecounty.net/bccfc).

**About First 5 Butte County Children and Families Commission**

*Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do to support their child's growth during these years will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support expectant parents and children ages 0 to 5. The Butte County Children and Families Commission distributes approximately \$2 million a year in Prop. 10 revenues to meet local needs.*

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