

Please join us in welcoming our 2007/08 Grantees!*

*Not represented are the Butte County Public Health IZ Registry, Butte County Public Health Breastfeeding Support Center, Butte County Library ELF Program, Northern Valley Catholic Social Services Young Parent Support Services, and Valley Oak Children's Services Strong Starts Program.



CARES (Comprehensive Approaches to Raising Educational Standards) Program

Kimberly Nelms is a Project Specialist with the Butte County Office of Education. She has worked in collaboration with Valley Oak Children Services for the CARES project since June 2005. She received her BA degree in Child Development and Master's Degree in Education from Chico State. Before working with BCOE and Valley Oak Kimberly worked at the Chico State Child Development Laboratory as Lead Teacher for 3 years.



From left: Kimberly Nelms (BCOE), Cari Freeman (VOCS), Amy Broce (VOCS), and Orville Stevenson (VOCS)

Cari Freeman is the ECE Professional Development Services Coordinator for the CARES project since February 2005. She received her BA degree in Child Development from Chico State in 1993. Before coming to Valley Oak, Cari served as an Area Manager in Colusa County under the Office of Education, overseeing some of the Early Head Start and Head Start programs for four years.

Amy Broce is the ECE Professional Development Specialist for the CARES Project since February 2007. She

received her BA degree in Child Development from Chico State in 2003. Before coming on board at Valley Oak, she worked for Community Action Agency of Butte County, Inc. for over 3 years working with infants and toddlers as an Early Head Start Home Visitor-Family Educator and completed the remainder with the agency as a Family Educator/Teacher in the Child Development Center at the Esplanade House.

Orville Stevenson is the CARES Administrative Support Specialist based in the Chico office. He has been providing administrative support to the Valley Oak/CARES program since July 2006, performing data entry and validation, and recordkeeping and reporting system tasks. He previously worked for the Community Action Agency of Butte County, Inc. and served in a key role in the Head Start/Early Head Start program. He brings an outcome-oriented, systems approach to problem-solving.

Program Description: CARES (Comprehensive Approaches to Raising Educational Standards) is a project funded by First 5 California and our local First 5 Butte County Children and Families Commission. CARES rewards early learning teachers and family child care providers for educational attainment and professional development through stipends and incentives.

Passages Foster Grandparent Program

The Foster Grandparent Program provides opportunities for Older Adults to serve as mentors, and/or tutors for children with special needs. They provide an



From left: Terri DeTamble, FGP Administrative Assistant, Donna Price, FGP Volunteer Specialist and Carol Childers, Director of Volunteer Services

average of 20 hours of weekly service in various youth organizations such as schools and youth centers in our community. In return for their service, Foster Grandparents receive a tax-free stipend, meals during service, and accident and liability insurance while on duty. Participants have the opportunity to share their life experience and receive the satisfaction of seeing the rewards of their efforts firsthand on the faces of the children they have served.

The First Five Butte County Children and Families Commission has

(Continued on page 5)

Inside this issue:



CARES Program	1
Foster Grandparent Program	
Butte County Children's Dental Project	2
Feather River Hospital Center for Breastfeeding Support	2
First 5 BCCFC School Readiness	3
OPT for Fit Kids Program	4
HelpCentral.org	4
Clean Start, Health Beginnings	5

When I approach a child, he inspires in me two sentiments; tenderness for what he is, and respect for what he may become.
-Louis Pasteur

Butte County Children's Dental Project



From left: Aimee Myles a.k.a. The Tooth Fairy and Linda Nelson, PHA

The Butte County Children's Dental project aims to decrease the incidence of dental disease in underserved children ages 0-5. The focus is on increasing dental treatment services and providing case management to ensure that children receive the needed treatment. Dental screenings for children at

preschools is a key component of the project. A trained team of a Registered Dental Hygienist, Health Education Specialist (Aimee Myles), and Public Health Assistant (Linda Nelson) provides the screenings and preventive education at multiple preschools throughout the County.

The Tooth Fairy (Aimee) and her assistant Linda, conduct site visits at preschools, including Head Starts, throughout Butte County. Children are taught how to brush their teeth, the importance of brushing, flossing and visiting the dentist, and which foods can help prevent cavities. Aimee is also available for parent presentations.

A dental collaborative has been created that includes community members/organizations and dental providers to explore ways of increasing dental care for underserved children. For more information on the project, if you would like a parent presentation, or if you want to be a member of the collaborative, please contact Aimee Myles at 538-7274.



Feather River Hospital's Center for Breastfeeding Support

The First 5 Butte County Children and Families Commission has awarded Feather River Hospital a grant that allows for the expansion of lactation services. The newly created *Center for Breastfeeding Support* (CBS) will now be able to provide lactation care to anyone on the ridge by offering intensive case management, regardless of income, for the first year of life. This grant will also provide necessary breastfeeding equipment, home visits, weekend services, on-site staff at pediatric offices, and "Baby Steps" a breastfeeding support-parenting group. Collaboration with Butte County Health Department's Breastfeeding Support Center will ensure and enhance better breastfeeding support services countywide.



From left: Dena Cissna, Lactation Specialist, Jean DeLapp, R.N., and Paula Edgar, R.N.

This will be the first time that comprehensive, long-term breastfeeding services will be available to all families in Paradise and the Ridge. The American Academy of Pediatrics (AAP) recommends

breastfeeding for at least one year. Recent studies show early and ongoing lactation support and encouragement increases longevity of breastfeeding. The Center for Breastfeeding Support's goal is to increase the duration of breastfeeding so that more families can reach the AAP goal and receive the resulting nutrition, health and brain development benefits.

The Center for Breastfeeding Support staff includes RNs Jean DeLapp, Paula Edgar, Cheryl Mautz and Kristina Roach, and lactation specialist Dena Cissna. The staff is excited to implement comprehensive breastfeeding services on the Paradise ridge.

Stained Glass Cookies

To make this tasty treat, you'll need a batch of chilled sugar cookie dough, Lifesaver candies in various colors, sandwich bags and a rolling pin.

Pinch off small pieces of dough and roll into strips about 1/4" thick. Use to make shapes / outlines on a foil-

covered cookie sheet. Pinch ends together well. Sort the Lifesavers into plastic bags by color and crush with a rolling pin. Use to fill openings in the cookies.

Bake at 375 F for 8-10 minutes until lightly browned. Cool completely, then peel off foil.



Tip: If you want to hang cookies on your holiday tree as decorations, thicken dough at the top and punch a hole before baking.

-Herbert Hoover

First 5 BCCFC School Readiness Program

Cycle 2 of the First 5 BCCFC School Readiness Program has eight components, all of them aimed at improving children's chances of success upon entering Kindergarten, but each using a different strategy to achieve this goal.

The Parents as Teachers (PAT) program, funded by the Commission at two school sites in Chico (Rosedale and Chapman schools) and one site in Oroville (Poplar Avenue School) uses home visiting to provide outreach to parents of preschoolers. At monthly home visits, targeted case managers share vital information with parents about ways they can positively influence their children's growth and development and get them ready for school. The program is based on the premise that parents are their children's first teacher, from whom they learn about life and the world.



Butte County Library's Literacy Coach and the First 5 BCCFC School Readiness Program booth at the 2007 Berry Festival.

The Incredible Years program provides basic parenting skill instruction at Family Group Meetings at Berry Creek School and teaches about ways parents can play with their preschool age children to strengthen their social, emotional, and cognitive skills. Parents are also taught ways to promote interactive reading with their children, and enhance their language skills and problem-solving abilities. The program will soon be implemented at Oakdale Heights Elementary School as well.

The Butte County Library Literacy Coach provides supportive services to the Incredible Years program. Story times, workshops, and computer trainings can all be presented aboard the literacy coach. It will be paying regular visits to the Berry Creek and Oakdale Heights school communities.

In Berry Creek, a First 5 BCCFC School Readiness grant has made possible an extended day program at the Little Bald Rock Preschool. This enables children to experience a full day of play and activities that prepare them to enter Kindergarten.

At Little Bald Rock Preschool and five other preschool sites within the county, First 5 BCCFC has supplied funding so that the Raising a Reader program

can continue. This program introduces books to preschool families through a book bag lending process. Parents learn strategies to share books with and ask questions of their children to stimulate an interest in reading.

Before children enter Kindergarten, most schools hold spring "round-ups" to assess readiness and welcome children and parents to the school. The First 5 BCCFC School Readiness Program will be providing books, backpacks, school supplies, and other introductory materials to help get children off to a good start.

The Kit for New Parents will be distributed in conjunction with all other school readiness activities, giving new parents valuable information about child development, health and well-being, and positive parenting.

And lastly, in the spring of 2008, the First 5 BCCFC School Readiness Program will sponsor a School Readiness Summit to bring together early childhood educators, daycare providers, kindergarten teachers, and parents to share ideas about how to help our children find success as they enter school.

Let's Get Creative!

Gak

In a bowl, combine 2 cups white glue, 1.5 cups water, and your choice of food coloring. Mix until no longer sticky. In a separate bowl, dissolve 1 teaspoon Borax (laundry detergent aisle) in 1/2 cup water. Next, add the Borax solution to the glue solution. You will get a very thick clump of slime when the two mix. Knead by hand for about 10 minutes to mix well. Now have some fun! Squish it, poke it, watch it ooze through your fingers. Note: Vinegar will take gak out of clothes. Mayonnaise will take it out of hair.

Playdough

In a cooking pot, mix 3 cups flour, 1.5 cups salt, and 6 teaspoons cream of tartar. Separately, color 3 cups water with your choice of food coloring. Add the water and 6 tablespoons cooking oil to the pot and stir all ingredients together. Continue to stir over low heat until the dough forms a big ball. Dump the playdough onto a heat resistant countertop or cutting board and allow to cool for 10 minutes before kneading. To stimulate the sense of smell, add vanilla or peppermint extract before cooking!

Cornstarch Clay

Put 2 cups salt and 2/3 cup water in a cooking pan and bring to a boil. Separately, mix 1 cup cornstarch with 2/3 cup water. Now blend the two mixtures together and knead into clay. Hint: The dough has to be warm as it is combined in order to set. Makes about 3 cups. This clay can be air dried and then painted! Store unused clay in airtight container in the sink.



If we don't stand up for children, then we don't stand for much.

-Marian Wright Edelman

OPT for Fit Kids - LEAP for Wellness



From left: Yuridia Jiminez, Community Nutrition Assistant, Kristin Gruneisen, MS, RD Nutrition Education Specialist, Michele Buran, MA, Physical Activity Specialist, and Karen Goodwin, MS, Nutrition Education Specialist.

The OPT for Fit Kids program has been in existence for the past six years. It is a community based program that focuses on improving nutrition and physical activity behaviors for children and families in Butte County. We collaborate with a variety of agencies and programs, and we are a resource center for materials, and educational information.

Our program has four main focus areas for the '07-'08 project year. They are listed below along with a brief

description of each of the activities.

1. One of our main focus areas of this grant is forming a 0-5 LEAP for Wellness Collaborative. Ideally, this collaborative will include a variety of professionals, providers, educators, parents and community leaders who are passionate about improving the nutrition and physical activity patterns for children 0-5. If you would like to be part of this collaborative or know of a passionate parent, please have them contact us.

2. We will also be working with current First 5 grantees to leverage additional funding that will go back to their programs in the form of services to enhance nutrition and physical activity efforts.

3. We will connect with media as an avenue to highlight collaborative efforts and progress that is being made with agencies, programs, and/or preschool sites. Additionally, monthly electronic newsletters will be distributed to participating programs. Our web site, www.optforfitkids.org will be a resource for current nutrition and physical activity topics and resources

4. OPT provides FREE direct family based

nutrition education for Butte County children ages 0-5 (children do not need to be overweight to receive services). Nutrition educators work with families to set realistic goals to improve lifestyle behaviors. We recognize the importance of small changes and the potential impact over a lifetime. We are able to offer phone consultation for those who are not able to come to our office. A referral from a healthcare provider is not necessary in order to receive services.

OPT for Fit Kids, LEAP for Wellness
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www.optforfitkids.org



Cindy Wolff, PhD, MPA, RD, Project Director

HelpCentral.org - Butte County Information & Referral

HelpCentral.org helps connect people in need to local community resources by providing a free online directory of low cost and no cost community services in Butte County. The web site, www.helpcentral.org, contains information on over 750 searchable programs including legal services, family support, counseling, emergency assistance, housing, employment, consumer protection, education, support groups and more. Training to agency staff and the public is offered to demonstrate use of the HelpCentral.org web site for locating helpful community services.

In addition to the searchable comprehensive online directory, HelpCentral.org publishes updates of the Low

Cost No Cost People Services Directory that can be printed directly from www.helpcentral.org. Special publications are also posted on the website throughout the year to provide seasonal information on flu vaccination clinics, Holiday assistance, income tax programs, and low cost children/family summer activities. Currently posted, the annual Holiday Assistance Guide offers information on free holiday meals, food baskets, giving to families programs, toy drives, and cold weather assistance.

Tara Sullivan-Hames, Project Coordinator, provides management and development of the HelpCentral.org project including resource database, web site and online directory, outreach and trainings,

newsletters, Low Cost No Cost People Services Directory and special community resource directories. Tara also facilitates the Butte County Information & Referral Task Force.

Holiday Assistance Guide Now Available

The annual Holiday Assistance Guide includes listings of Butte County agencies that provide special low cost and no cost services to individuals and families during the winter holidays. Services include free meals, food baskets, gift giving, winter warmth assistance, adopt-a-family, and more. Volunteer opportunities and donation requests are also included. Visit www.helpcentral.org to download the guide today!

The best inheritance a parent can give his children is a few minutes of his time each day.

-Orlando Batista

Clean Start, Healthy Beginnings & Family Resource Center

Clean Start, Healthy Beginnings, a program funded through the First 5 Butte County Children and Families Commission, provides families with the resources to meet their children's needs and set the foundation for a healthier future. "The Clean Start, Healthy Beginnings Team is so fortunate to be one of the programs to be funded again in this new grant cycle" says Jolene Nixon R.N., Director of Clinic Services at Enloe Medical Center. Nixon has oversight for the CSHB Team, which she adds "has six years of experience now providing early intervention to a significant population of high risk pregnant and parenting women, children and families in our community". The CSHB services are provided through the hospital, Enloe Children's Health Center and the Touchstone Alcohol and Drug Day Treatment Program. The returning team members include Tracy Guerra LCSW, with 28 years experience as a Medical Social Worker specializing in pediatric issues; Dolores Marcotte RN with 23 years experience specializing in pediatrics and maternal health; and Nancy Potts, Patient Support Clerk who assists Tracy and Dolores in processing the data from their activities.

The CSHB Team's primary goal has been to assist women in achieving optimal health during pregnancy and parents in becoming more knowledgeable in providing for the health care needs of their children. Expanding their current services for the new grant cycle, the CSHB Team is developing a Resource Center that will provide a convenient lo-

cation in Chico for families, particularly with young children 0 to 5 years of age, to obtain education resources and group classes on safety, nutrition and smoking cessation. The Clean Start Healthy Beginnings Resource Center will be located at the Enloe Children's Health Center (EHC) at 277 Cohasset Road in Chico. Although many organizations offer great programs, EHC is an excellent location, being the largest provider of pediatric services for low income families in Butte County, providing over 18,000 well and sick child visits annually. The CSHB Team is collaborating with many community organizations to offer this "one stop shopping" for families that may have difficulty accessing services. Community partners at this time include: Butte County Public Health, OPT Fit for Kids, American Lung Association, Home Healthcare Management, Northern Valley Catholic Social Services, Child Abuse Prevention Council, California Highway Patrol, and Enloe's "Think First" and Maternal/Child Health Services programs. Initial class offerings will focus on the following:

- Smoking cessation for parents
- Parenting topics on infants, toddlers and preschoolers discussing nutrition, safety and normal growth and development
- Bicycle Safety and Helmets
- Car Seat Safety

Nixon said, "We plan to have the Resource Center open three days a week

by the second week in January 2008. The days will be Tuesday, Wednesday and Thursday, 9 a.m. to 12 p.m. and 2 p.m. to 5 p.m. Community announcements and flyers are in development and will be distributed throughout the community soon". For more information about the Clean Start, Healthy Beginnings Program or the Resource Center, call 530.332.6841.

About the Enloe Children's Health Center: The Enloe Children's Health Center is a partnership with Chico pediatricians that cares for newborns, children and adolescents through 18 years old, providing same-day sick appointments, well-child exams, and physicals, including vision and hearing screenings, immunizations, sports and/or camp physicals, referrals to specialists if needed, and Hmong and Spanish interpreters. Our staff works with parents to help them make healthy choices for their family. Enloe Children's Health Center accepts all insurance, including Healthy Families, as well as Medi-Cal.



From left: Jolene Nixon - R.N., Nancy Potts - Data Specialist, Tracy Guerra - L.C.S.W., and Dolores Marcotte - R.N.



(Foster Grandparent... Continued from page 1)

awarded funding to expand the Foster Grandparent Program to serve children 0 to 5. Ten to fifteen Foster Grandparents will serve in Head Start, child care centers, day care and preschools under the supervision of teachers, working with children to enhance their social and cognitive development throughout Butte County.



Activities involving young children include modeling and reinforcing appropriate behavior; reading and telling stories, helping children identify objects, numbers, colors and letters; encouraging self help skills and talking with and listening to children. Infants can receive the one-on-one physical touch that staff cannot provide; nurturing, comforting (holding/rocking) and playing games.



Foster Grandparents work between 15 to 40 hours per week at their assigned site. Child care center staff complete and approve an assignment plan for the Foster Grandparent and the assigned child, which is used as a job description. Valley Oaks Children Services will provide site referral and child assessment services.



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