

Winter 2011 Newsletter

Protective Factors for Strengthening Families

Protective Factors (PF) are conditions in families and communities that, when present, increase the health & well-being of children & families. They are attributes that serve as buffers, helping parents who might otherwise be at risk of abusing their children to find resources, supports, or coping strategies that allow them to parent effectively, even under stress.

For years, researchers have been studying both the risk factors common among families experiencing abuse & neglect and those factors that protect families who are under stress. There is a growing interest in understanding the complex ways in which these risk & protective factors interact, within the context of a child's family, community, and society, to affect both the incidence & consequences of abuse and neglect.

Focusing on promoting PF is a more productive approach than reducing risk factors alone! We will look at one PF in this article and will share more in following issues.

Nurturing & Attachment: A child's early experience of being nurtured & developing a bond with a caring adult affects all aspects of behavior & development. When parents & children have strong, warm feeling for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection. —*provided by Community Advocates for Parents & Children 530.458.7678*



Toy Safety Tips for the Holidays

With the holidays approaching parents find themselves asking if their child is "old enough" for a certain toy. We have listed some tips to help when selecting that perfect gift for your little one or a little loved one.

- Select safe toys to meet the age, abilities, skills, and interest level of the intended child. Toys too advanced may pose safety hazards to younger children as well as cause frustration.
- For infants, toddlers, and all children who still mouth objects, avoid toys with small parts which could pose a fatal choking hazard.
- Look for sturdy construction, such as tightly secured eyes, noses, and other potential small parts.
- For all children under age 8, avoid toys that have sharp edges and points.
- Do not purchase electric toys with heating elements for children under age 8.
- Be a label reader. Look for labels that give age recommendations and use that information as a guide.
- Check instructions for clarity. They should be clear to you, and when appropriate, to the child.
- Immediately discard plastic wrappings on toys, which can cause suffocation, before they become potentially hazardous.
- If your child is going to be getting something that he can ride, such as a bicycle, inline skates, scooter, or a skateboard, be sure that he also gets the appropriate protective equipment, including a helmet and pads.

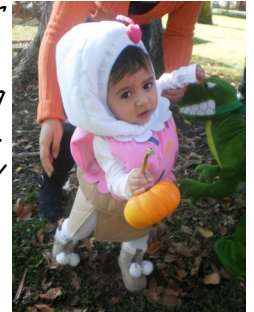


Program Spotlight: Early Steps to School Success



The Early Steps to School Success Program (ESSS) is a home visiting model with a focus on early literacy, school readiness, child development and family relationships. This is a partnership with First 5 and the global organization, Save the Children. There are two home visitors for this program in the County, Jesana Boza and Vanessa Mendoza. Each of these ladies visits 20 + children ages 0-2 in their home twice a month. They also hold monthly parent / child activity meetings for these families and 30 more children ages 3-5.

For Halloween they planned a wonderful dress up event in the park where the children, along with their parents played games, did arts & crafts, hunted pumpkins and ate healthy snacks. At the end of the event, each child went home with a Halloween themed book donated by Scholastics Books



Recipe Corner: Fruity French Toast—from Chef La La

Breakfast is a great way for kids to fuel up for the day and get the nutrients they need to grow and learn better, whether they're at home, school or in childcare. Breakfast not only gives kids the energy they need, it also helps prevent overeating throughout the day, helping them maintain a healthy body weight. Keep in mind that young children also benefit from eating a mid-morning snack.

Ingredients:

- 2 eggs
- ¼ teaspoon ground cinnamon
- 1 tablespoon milk
- 6 slices whole wheat bread
- 3 teaspoons thinly sliced fruit, berries or low-sugar fruit preserves
- 6 ounces skim milk cheese (queso fresco) or goat cheese, thinly sliced
- 1 cup fresh fruit, sliced or diced
- 1 cooking spray

Preparation:

- In a bowl large enough to dip the bread, whisk the eggs, cinnamon and milk together.
- Cut each piece of bread into 4 pieces with a knife or cookie cutter.
- Dip the bread in the egg mixture, moistening both sides.
- Heat a non-stick pan and coat with cooking spray.
- Cook the bread for 2 - 3 minutes on each side until golden brown.
- Spread fruit on one side of each slice of bread.
- Place cheese on top of the fruit.
- Cover with a second piece of bread.
- Repeat with remaining bread, cheese and fruit.
- Serve with fruit.



Celebrating Potter the Otter Love to Drink Water

Did you know?

When a 40 pound child drinks one can of soda, the child is getting as much caffeine as a 150 pound adult drinking two cups of coffee.

Potter's Tips for Healthy Kids:

- ò **Choose water– it's sugar free and the best thirst quencher**
- ò **Fill a pitcher with water and add slices of oranges, lemons, cucumbers or strawberries for a yummy flavor**
- ò **Drink Nonfat or 1% milk with meals. Milk is an important part of a child's diet and helps build strong bones**

Potter the Otter & Friends

Count the animals, trace the numbers, and name of the animals



1
otter



2
frog



3
moose



4
goose



5
kangaroo



6
skunk



It's all about the Kids!



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Caroline Roady: Commissioner
Kim Dolbow-Vann: Commissioner
Elizabeth Kelly: Commissioner

First 5 Staff

Jennifer Long: Executive Director
Jesana Boza: ESSS Coordinator

Our Mission Statement

First 5 Colusa is committed to enhancing the lives of all children prenatal to age five and their families through a countywide, comprehensive, integrated system of early childhood development.

Visit our website www.first5colusa.org

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