



# FIRST 5 KERN Handprints

Summer 2011

## ReThink Your Drink

Frightening statistics show that the average 4-5 year old eats almost 65 lbs. of added sugar a year - that's more than 17 teaspoons of sugar every day!

A high percentage of children as young as age two are also drinking one or more sodas or other sweetened beverages a day. It's not surprising that the single biggest source of added sugar in our children's diet comes from sugary drinks, creating an overload of non-nutritious calories.

Early childhood obesity is a serious health epidemic that our community must tackle. With this in mind, First 5 Kern is rolling out the ReThink Your Drink campaign in Kern County to help children and parents learn to make healthy decisions when choosing a drink.

Developed by FIRST 5 Santa Clara, Kaiser Permanente and the Santa Clara County Public Health Department, the campaign includes a brand new bilingual, rhyming children's book created by FIRST 5 Santa Clara County,

"Potter the Otter: A Tale About Water." As parents and childcare providers read it, they will encourage children to rethink their drink and choose water instead of sugary drinks. The book also includes fun activities to reinforce the sugar-free messaging.









"Education facilitates smart choices and learning through enjoyment is the best way to remember what we learn," said Jamie Henderson, executive director of First 5 Kern. "If we can do something to help stop childhood obesity early on, we can prevent long-term obesity conditions that cause poor health and shorten lives. Distributing copies of "Potter the Otter: A Tale About Water" is a step in the right direction."

To receive your free copy of "Potter the Otter: A Tale About Water", please visit your local family resource center or First 5 Kern at 2724 L Street, Bakersfield. 🌿



Sweeteners that add calories to a beverage are not always obvious. If these sweeteners appear on the drink's ingredients list, it is a sugar-sweetened beverage.

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose

	Soda	Capri Sun Juice Pouch	Sunny D Orange Drink	Tampico Punch	Chocolate Milk	Juicy Juice	Low-fat Milk	Water
								
Size	12 oz	7 oz	8 oz	8 oz	8 oz	6.75 oz	8 oz	8 oz
Calories	140	100	120	110	160	100	102	0
Teaspoons of Sugar	10	7	6.75	6.5	6.25	5.5	3.25	0

# The little FRC that can

By Alesha Hixon, Coordinator

The Lost Hills Family Resource Center is committed to providing services, activities and events that enhance the environment of the children and families that make Lost Hills their home.

Our primary focus is to create an environment where children and families thrive in all areas of daily life without dependency on outside assistance. Our goal is to make the family its number one resource. We do this by educating, informing and engaging the entire community in our efforts.

We work really hard to diversify our range of services, build a well-functioning community to promote optimal family functioning, and to maintain our status as a necessary fixture in the Lost Hills community in these challenging economic times. Families see us as a resource and a partner.

## Regularly Scheduled Activities

- Tuesday – Thursday Kindergarten Preparation Class from 9 to 12 (20 students)
- Daily afternoon playgroup for children 9 months to 5 years while parents attend English as a Second Language courses
- Weekly distribution of Backpack Buddies (85 backpacks with food for the weekend)
- Weekly California Women, Infants, & Children (WIC) benefit distribution (2nd, 3rd and 4th Wednesdays)
- Biweekly home visitation (early education, parent training, case management)
- Biweekly center-based parent education classes such as Nurturing Parenting
- Monthly Parent Meeting for parents of children ages 0 to 5
- Bimonthly KCNC Accredited Collaborative Meeting (Lost Hills Moving Forward Committee)

- Child Passenger Safety Program (Reduced- or no-cost car seats and installation instruction)
- Ongoing campaign to increase parent involvement in school and community events
- Walk-ins and appointments
- Healthcare Application Assistance by Certified Application Assistants
- Translation
- Emergency food and clothing
- Locate, assist and facilitate programs that benefit children and families.

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**We love the work we do and the people we serve and that is what makes our FRC thrive!**

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- School supplies
- Produce a monthly community calendar
- Parent Involvement Point System
- Little reader program (encourages family literacy)
- Field trips
- Medical Application Assistance
- Translation
- Support (IEP, grief, you name it, we provide it)

Our family resource center has continued to expand its programs and services despite the dwindling of resources and funds across the state. The key has been forming

relationships and being creative. Without the support of the Lost Hills Union School District and our participants, we would not be as fortunate as we are today. We are a staff of three and many times, do not have enough hands to do what needs to be done in a day. However, we are able to turn to our participants, who enjoy volunteering their time at our FRC. There is no such thing as too many helping hands.

I must mention that my team is amazing! Yessica, our family advocate, is my right hand and Rosario, our case manager, is my left hand. We love the work we do and the people we serve and that is what makes our FRC thrive! 🍀



*The family resource center turns into a medical clinic for kindergarten physicals.*



*Outdoor Sensory Day allowed the children to touch, measure, sift, and smell various types of beans and grain.*



*At a home visit, multiple families gather in the front yard. Moms and grandmas always lend a helping hand.*

# Dads make a difference

Fathers today are spending more time with their children and taking on more nurturing and caregiving roles. Research shows that the role a father plays in a young child's life is extremely important to a child's healthy development. There are many positive outcomes for children whose fathers are more involved in their daily lives.

First 5 Kern offers the following ways to bond and be a supportive parent:

- **Get involved early.** Taking an active role in caring for a newborn helps dads and babies bond from the start. You might consider taking a few days off from work after the baby is born to spend quality time together. In California, new parents, including dads, are eligible for up to 12 weeks of unpaid leave to be with their newborn.
- **Be informed and connect with other dads.** Participate in community programs, take local parenting workshops and talk with other fathers at daycare or preschool to build a network of support.
- **Put in the time.** Make it a priority to spend quality time with your child. This helps you build a strong relationship that includes regular communication. Find activities that you and your child enjoy doing together, such as reading and playing outdoors.
- **Create a strong bond.** A great way to create and maintain a bond with young children is by being actively involved in their daily lives. Help your children take a bath, get ready for bed and even do chores together to show that you are a consistent part of their lives.



- **Make it memorable.** Everyday activities provide opportunities to learn and listen to your child. For example, when riding in the car or on the bus, ask your children to describe shapes and colors they see.
- **Be a role model.** Practice appropriate discipline, considering your child's age and personality. Disciplining with respect and love allows you to interact in positive ways with your child. 🍃

# Make a Splash

Free open swim for children ages 0 to 5 and their parents during July!

## POOL LOCATIONS

- Jefferson Pool  
Beale Ave & Bernard St  
1:00-5:00 p.m.
- McMurtrey Aquatic Center  
Q & 13th streets  
1:00-5:00 p.m.
- Martin Luther King Pool  
E. California Ave & S. Owens St  
1:00-5:00 p.m.
- Silver Creek Pool  
Harris Rd & Reliance Dr  
1:00-4:00 p.m. Mon-Fri  
1:00-5:00 p.m. Sat-Sun

## \$5 swim lessons for children ages 0 to 5 and their parents

Session 3 – July 12-22

Session 4 – July 26-Aug 5

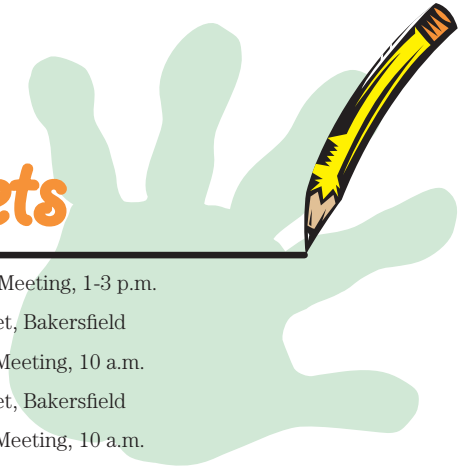
Provided through a partnership with First 5 Kern and the City of Bakersfield Parks and Recreation





**August is Purple Ribbon Month**  
 in memory of children who have lost their lives to preventable injuries in and around cars.  
**Never leave a child unattended in a car - Not for a Minute . . . Not for a Second!**

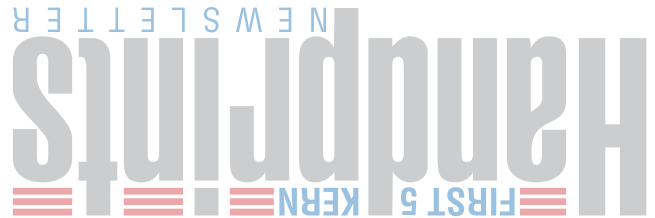
# Notes & Niblets



- Jun 16** School Readiness Coordinators Meeting, 1-3 p.m.  
First 5 Kern Office, 2724 L Street, Bakersfield
- Jun 20** Technical Advisory Committee Meeting, 10 a.m.  
First 5 Kern Office, 2724 L Street, Bakersfield
- Jul 18** Technical Advisory Committee Meeting, 10 a.m.  
First 5 Kern Office, 2724 L Street, Bakersfield
- Jul 21** School Readiness Coordinators Meeting, 1-3 p.m.  
First 5 Kern Office, 2724 L Street, Bakersfield
- Aug 6** First 5 Kern Commission Meeting, 2 p.m.  
Kern County Supt of Schools, 1300 17th Street, Bakersfield

For more information on these and other Commission activities and events, please visit [www.First5Kern.org](http://www.First5Kern.org).

**Free children's immunizations are offered at various locations throughout Kern County. For more information, please call (661) 869-6740.**



[www.First5Kern.org](http://www.First5Kern.org)

Fax: 661.328.8880  
 661.328.8888  
 Bakersfield, CA 93301  
 2724 L Street



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