

It's all about the kids

January 2012
Chowchilla Edition

California Law Changes Age Requirements

Effective January 1, 2012, a new California law will go into effect making it a legal requirement that children under age 8 must be properly buckled into a car seat or booster in the back seat. This new law will mandate more stringent standards for parents to follow so they can protect their children in the event they are involved in a car crash. First 5 Madera County has partnered with the Madera County Sheriff's Department to provide more information to the community about this law and provide bilingual education and car seat check-up from January to March 2012.



According to Safe Kids, motor vehicle crashes are the leading cause of death to children 3 to 14 in the United States. Car seats for children can reduce fatal injury by as much as 71% for infants younger than 1 year of age and by 54% for toddlers ages 1-4. Children seated in a booster seat in the rear of the car are 45% less likely to be injured in a crash as compared to those using a seat belt alone.

First 5 Madera County and the Madera County Sheriff Department are committed to help educate the community to prevent death or injury among children. Many Madera County children are transitioning into a booster seat when they are preschoolers even though it is best practice to keep children in a five-point harness as long as possible. The same is true for children who are transitioned from a rear-facing position to a forward-facing position. Parents are often concerned about their child's legs. Statistics show that injury to legs

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For more information about car seat safety, visit the National Highway Traffic Safety Administration (NHTSA) website at www.nhtsa.gov or call the First 5 Family Resource Center at (559)661-5155.



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when children are rear-facing is minimal to none when involved in a car crash.

First 5 Madera County understands that although teaching parents why using a car seat is important, the education would not be enough without teaching them how use their car seat properly. Every car seat, vehicle seat belt and child is different, so the best way to keep your child safe is to use the seat that fits your child, fits your car and you will use correctly each and every time. For parents who are unsure or confused about how to use their car seat, First 5 Madera County will be providing car seat education classes, fittings and check-ups in both Madera and Chowchilla. Classes will be offered Tuesdays from 6-7pm in English and Spanish beginning January 10th to March 27th. Parents who have attended the class will be able to participate in a car seat fitting by appointment only on Fridays from 9am – 3 pm. There will be 3 car seat check-up events on the first Friday of every month. For these checks, the first 50 car seats will be checked.



First 5 Madera County is committed to improving the lives of children and families. For more information about our car seat program in Madera or Chowchilla and to learn about First 5 Madera County, please call 559-661-5155 or visit us at www.first5madera.net.

Important

Remember this when choosing a car seat. It must:

- ★ Fit your child.
- ★ Fit your vehicle.
- ★ Be used correctly every time.



Tips For Kids

- Always ride in the back seat.
- Always ride in your car seat.
- Sit still while an adult buckles you in your car seat.
- Stay in your seat until Mom or Dad unfastens your strap.
- Tell an adult if YOU are unbuckled.
- Tell adults if THEY are unbuckled.

Harvest of the Month



Network for a Healthy California

BEETS

NOVEMBER

Nutrition Facts	
Serving Size:	½ cup cooked beets, sliced (82g)
Calories 37	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0 g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 4%

California grown beets are available year around. They are available fresh and canned. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of riboflavin: almonds, cooked beet greens, eggs and lowfat milk.



Produce Tips:

- Look for smooth, hard, and round beets that are free of cuts and bruises.
- When possible, choose fresh beets with green tops still attached. The greens should look healthy, not wilted or brown.
- Remove the green tops from beets and store each in separate plastic bags.
- Keep beets in the refrigerator for up to two weeks. Cook the green tops within one to two days.



Mandarin Beet Salad

Makes 4 servings. 1 cup each.

Ingredients:

2 cups canned beets, drained
 1 cup canned mandarin oranges (packed in 100% juice)
 1 cup currants or raisins

1. Drain mandarin oranges and keep ¼ cup of juice.
2. In a bowl, combine beets, mandarins, currants, and ¼ cup of reserved juice. Mix well.
3. Serve immediately or chilled.



Just Beet It!!!



- Steam beets and slip off the skins. Sprinkle lightly with seasonings and enjoy.
- Roast beets with skins in the oven at 375 degrees for about 40 minutes.
- Add fresh sliced or canned beets to spinach salads.





Hands-On Hero Awards

**NOMINATE
YOUR HERO!**

**Know of someone who is tirelessly working to improve the lives of children
ages 0 to 5 in Madera County?**

Nominate them for a First 5 Madera County 2012 Hands-On Hero
Award! We will be giving awards in the following categories:

- Child Health
- Early Care and Education
- Family Strengthening
- Exceptional Parent

Nomination deadline is March 9th.

Winners will be announced at a First 5 Madera County event to be held in April 2012.

To nominate, go to
www.first5madera.net or
call 559-661-5155





More Agencies,

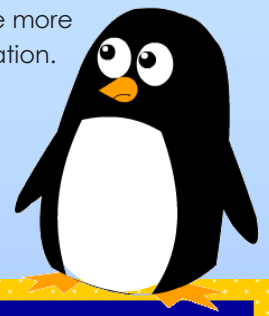
More Services!

Creating a friendly environment, co-location opportunities to facilitate "one-stop shopping" and service referrals as appropriate was what the First 5 Madera County Commission had in mind when it decided to fund Family Resource Centers in Madera County. It has been successful in executing this goal. The Family Resource Centers in both Madera and Chowchilla have become a warm presence in their communities by providing a haven to families that need assistance. Part of this success is due to FRC staff that partner with local agencies to encourage co-location or renting of office space at the center to provide their services at the

FRC. When families attend FRC activities, they can also receive information about other services. Families that receive services from our co-locators can learn about the benefits of their children and families participating in FRC programming.

Most recently, the Workforce Development Office (WDO) has started renting space at both Madera and Chowchilla FRCs.

Families needing assistance with any of our co-locators can call the front desk at each center to receive more information.



Madera Co-locators:

- Migrant Alternative Child Care Program
- Healthy Beginnings
- Nutrition and Fitness Program
- Health and Wellness Program
- Case Management Program
- Tribal TANIF
- CalViva
- Workforce Development

Chowchilla Co-locators:

- WIC
- Parent Leadership Program
- Workforce Development



Madera: (559) 661-5155

Chowchilla: (559) 201-5000

COMMUNITY RESOURCE AWARENESS FAIR 2012

Wednesday, January 25, 2012

3pm-6pm

15+ local agencies will participate!

Get all the information you need in one place!

Call 661-5155 to register.





Dad's Den:

BULLYING

Parents can play a key role in preventing and stopping bullying. But first they have to know if their children bully or are bullied by others. Many parents do not discuss bullying with their children, and many children do not raise the topic of bullying with their parents.

Some parents of children who bully may also support such behavior without knowing it. They may use power and aggression to resolve conflicts, or they may fail to keep track of and stop bullying at home. Also, as children get older, bullying often occurs when adults are not around.

Bullying is not a normal rite of passage. It can have serious consequences. But you can help your child learn how to prevent bullying. These tips can help:

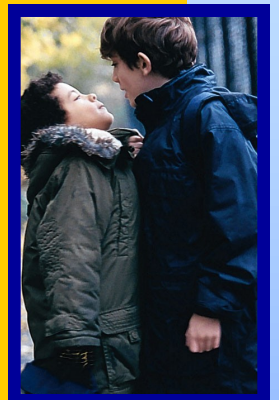


Help your child understand bullying

- **Explain what bullying is.** It is more than physical; it can be done in person, over the phone or computer.
- **Keep open lines of communication with your child.** Check in with your child and listen to any concerns about friends and other students.
- **Encourage your child to pursue their interests.** Doing what they love may help your child be more confident among their peers and make friends with other kids with similar interests.
- **Teach your child to take a stand against bullying.** Give guidance about how to stand up to those who bully if it is safe to do so.
- **Talk to your child about seeking help from a trusted adult when feeling threatened by a bully.** Talk about whom they should go to for help and role-play what they should say. Assure your child that they should not be afraid to tell an adult when someone they know is being bullied.
- **Know what is going on in your child's school.** Visit the school website, subscribe to the student paper—if there is one—and join the PTA listserv or mailing list. Get to know other parents, school counselors, and staff. Contact the school by phone or e-mail if you have suggestions to make the school a safer and better learning place.

What NOT to do

- **Never tell your child to ignore the bullying.** What the child may “hear” is that you are going to ignore it. Be supportive and gather information about the bullying. Often, trying to ignore bullying allows it to become more serious.
- **Do not blame your child for being bullied.** Do not assume that your child did something to provoke the bullying.
- **Do not encourage your child to harm the person who is bullying them.** It could get your child hurt, suspended, or expelled.
- **Do not contact the parents of the students who bullied your child.** It may make matters worse. School officials should contact the parents of the children involved.
- **Do not demand or expect a solution on the spot.** Indicate you would like to follow up to determine the best course of action. Also, be aware that the law limits the ability of school personnel from revealing disciplinary actions taken against other students. Just because they cannot tell you if or how another student was disciplined, does not mean action was not taken.



FRC COMMUNITY STORE

Free items for
families with
children
0-5 years old!

Diapers

Games

Clothing

Toys

Food Boxes

Books

Call or
come in
for more
details!

Opening
January 2012!!!



405 Trinity Ave. Chowchilla, CA 93610
Tel: 559.201.5000 Fax: 559.665.0490
www.first5madera.net



January

Mondays

Healthy Families
Enrollments
1-4pm

Tuesdays

Play & Grow (0-2 years) 10-11am
Play & Grow (3-5 years) 11am-12pm

Wednesdays

Art Explosion 10-11am
Family Storytime 3:30-4:30pm

Thursdays

Creative Explorers
10-11am
&
4-5pm

Fridays

Feel the Beat!
3:30-4:30pm

FRC Closed:

January 2

and

January 16

