



Multi-Cultural
CHILD DEVELOPMENT CENTER

April / Abril

NEWSLETTER

Happening Now/Ocurriendo Ahora

Parent Teacher Conferences / Conferencias de Padre Maestro: Friday April 19th, *No School for Children.* Viernes 19 de Abril, *no hay escuela para los niños*

Lending Library / Biblioteca: In the front lobby / En el frente de la oficina

Upcoming events / Eventos que vienen

AM Spring Picture Day / AM Retratos de primavera: **AM** Wednesday May 1st / **AM** Miercoles 1 de mayo,

PM Spring Picture Day / Retratos de primavera: **PM** Thursday May 2nd / **PM** jueves 2 de mayo

Scholastic Book Fair/ Feria de Libros de Scholastic: *Saturday* May 4th / *Sabado* 4 de mayo

Teacher Appreciation Week/ Semana de Apreciacion del Maestro: Monday May 6th-Friday May 10th / Lunes 6 de mayo - viernes 10 de mayo.

Memorial Day/ Dia de Memoria: Monday May 27th, *No School.* Lunes 27 de mayo, *no hay escuela.*

All school Graduation/ Ceremonia de la graduacion: Friday May 31st / Viernes 31 de mayo

All school Potluck/ Picnic de despedida: Monday June 3rd at Finley Park / Lunes 3 de junio en el parque de Finley



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Library Events / Eventos en la biblioteca



Magical Moonshine Theatre:

The Golden Armadillo

This interactive play has kids helping with puppets, playing parts, and "getting dramatic" in Spanish and English. For grades K-5. At three locations:

Northwest Santa Rosa,
Windsor, and offsite at Bayer
Farm in Santa Rosa.

Teatro de Magical Moonshine:

El Armadillo Dorado

Esta obra de teatro interactiva involucra a los niños con las marionetas, hacer roles, y "ponerse dramáticos" en inglés y español. Para niños en grados K-5. En tres sucursales:

Northwest Santa Rosa,
Windsor, y en Bayer Farm in
Santa Rosa.

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Bilingual Yoga for Kids

Join Sara Gagnon for bilingual yoga classes, where kids can have fun and improve physical and mental well-being, all at the same time! Classes are conducted in Spanish and English. For ages 4-11. At four libraries: Rincon Valley, Northwest Santa Rosa, Guerneville, and Rohnert Park-Cotati.

Bilingual Yoga para niños

Únete a Sara Gagnon para una clase de yoga bilingüe donde los niños se pueden divertir y mejorar su estado físico y mental a la misma vez. Las clases están en español e inglés. Para niños de las edades 4-11. En cuatro bibliotecas: Rincon Valley, Northwest Santa Rosa, Guerneville, y Rohnert Park-Cotati.



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Petaluma
Health Center

Moms Uplifting Moms Join our MUM group!

Being a Mom is Hard!
Are you feeling...

- Down or depressed?
- Anxious or overwhelmed?
- Overly irritable or easily upset?

You're not alone!

If you are pregnant, or up to 1 year postpartum,
and dealing with a perinatal mood or anxiety
disorder, please join us for a judgment-free
support group for moms and pregnant women.

Your infant, up to 1 year old,
is welcome to join, and it's free!

ENGLISH Group
Meets Tuesdays
10 AM - 11 AM
starting January 9,
2024
at the Rohnert Park
Health Center

5900 State Farm Dr 2nd floor, Rohnert Park, CA 94928



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Petaluma HealthCenter

¡Mamás apoyando mamás!
¡Grupo de MAM!

Ser mamá es difícil.
¿Estás sintiéndote...

- Decaída o deprimida?
- Ansiosa o abrumada?
- Demasiado irritable o fácilmente molesta?

No esta sola!

Si está embarazada o hasta 1 año después de su parto y padece un trastorno de ansiedad o estado de ánimo perinatal, únase a nosotros en un grupo de apoyo sin prejuicios para madres y mujeres embarazadas.

Su bebé de hasta 1 año puede unirse al grupo y ¡es gratis!

En ESPAÑOL
Los Lunes de
1:00 PM a 2:00 PM,
a partir del 22 de
Enero en el Centro
de Salud de
Petaluma

5900 State Farm Dr 2nd floor, Rohnert Park, CA 94928



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LUTHER BURBANK CENTER
NAMING SPONSOR



FOR THE ARTS



LYTTON RANCHERIA
LYTTON BAND OF POMO INDIANS

LET'S BE CREATIVE! WITH LBC

Hey kids, come dance with us! Play some music together! Create amazing art! If you're a kid with a creative streak or just craving some fun, take a peek at one of the hundreds of interactive arts videos in our Let's Be Creative Playlist! You'll meet some of our delightful arts instructors, who want to share new dance steps, visual art projects, music challenges, creative drama, and story-based lessons with you.

Find all of these arts videos on our [Facebook](#) and [YouTube](#) Let's Be Creative playlist pages.

Hola niños, vengan a bailar con nosotros! Toquen un poco de musica juntos! Creen arte fantástico! Si tu eres un niño creativo o solamente le interesa divertirse, ven a descubrir nuestro mundo de videos creativos en el playlist "Let's Be Creative"! Conocerán algunos de nuestros instructores maravillosos que quieren compartir nuevos pasos de baile, proyectos de arte visual, desafíos musicales, drama creativo y lecciones basados en cuentos. Se puede encontrar todos estos videos en nuestra pagina de [Facebook](#) and [YouTube](#) que se llama Let's Be Creative playlist pages.



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NEWSLETTER

PARENTS' GUIDE TO SCREENTIME

What Is Screen Time?

SCREEN TIME IS THE **TOTAL** TIME SPENT BY:



WATCHING TV



ON A COMPUTER



PLAYING VIDEO GAMES



USING A SMARTPHONE OR TABLET

DID YOU KNOW?

Toddlers exposed to more screen time had higher rates of speech & language delay.

For every 30-minute increase in daily handheld screen time, there was a 49% increased risk of expressive language delay!

American Academy of Pediatrics (2017) Handheld Screen Time Linked with Speech Delays in Young Children

Screen time has also been linked to: obesity, behavioral problems, and loss of social skills.



HOW MUCH SCREEN TIME?

American Academy of Pediatrics Recommends:

Birth to 2 years- NO screen time
2-5 years of age- Up to 1 hour daily
School Age Children- 1-2 hours daily



SET GUIDELINES

Set device free zones and family rules for screens



- No devices in bedrooms
- Turn screens off an hour before bed
- No devices during dinner time

STAY INVOLVED

- Research games and apps to make sure that they are **appropriate** and **high quality** at www.common sense media.org
- Watch videos with your child and talk about them
- Encourage hobbies outside the online world



PRIORITIZE PLAY!

We know the best way to help children learn and grow is to **play and interact with them!** Children develop speech, language, and social skills through playing with peers and adults. Have fun during everyday interactions like bath time, meal time, and at the grocery store.

Screen time will not promote your child's development, but we can't ignore that, allowed occasionally, it can help you get through a busy day. Whenever possible, when your child watches media on your phone or tablet, talk about it or even re-enact it together!

SOURCES:

- American Academy of Pediatrics (2017). American Academy of Pediatrics Announces New Recommendations for Children's Media Use. Retrieved from <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx>
- American Academy of Pediatrics (2017). Handheld Screen Time Linked with Speech Delays in Young Children. Retrieved from <https://www.healthychildren.org/English/news/Pages/Handheld-Screen-Time-Linked-with-Speech-Delays-in-Young-Children.aspx>
- Canadian Pediatric Society (2017). Screen time and young children: Promoting health and development in a digital world. Retrieved from <https://www.cps.ca/en/documents/position/screen-time-and-young-children>
- Christakis, D. A. (2009). The effects of infant media usage: what do we know and what should we learn? Review Article. *Acta Paediatrica*, 98, 8-16.
- Zimmerman, F. J., Christakis, D. A. & Meltzer, A. N. (2007). Associations between Media Viewing and Language Development in Children Under Age 2 Years. *The Journal of Pediatrics*, 151, 564-568.



WWW.THESCHOOLSLP.COM



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NEWSLETTER

PANTALLAS Y NIÑOS: TIEMPO DE USO Y EXPOSICIÓN RECOMENDADO

Tiempo Frente a una Pantalla

"EL TIEMPO DE PANTALLA" CONSISTE EN EL TIEMPO TOTAL EN FRENTE DE:



LA TELEVISIÓN



LA COMPUTADORA



LOS VIDEOJUEGOS



UN MÓVIL

RIESGOS PARA LA SALUD DE LOS NIÑOS

Un estudio estima que por cada 30 minutos que aumente el tiempo diario del uso de las pantallas, se aumenta en un 49% el riesgo de **retraso expresivo del habla**.

Estar demasiado tiempo frente a una pantalla también puede provocar en los niños: trastornos de conducta, obesidad, y problemas con el desarrollo de las habilidades sociales.



American Academy of Pediatrics (2017) Handheld Screen Time Linked with Speech Delays in Young Children



RECOMENDACIONES:

Recomendaciones de la American Academy of Pediatrics:

- 0 - 2 años - No pantallas
- 2 - 5 años - Menos de 1 hora al día
- 5 - 17 años - Máximo 2 horas al día



ESTABLECER REGLAS DE USO

Algunos ejemplos de reglas y limitaciones:



- No ponerles las pantallas en los dormitorios
- Apagar las pantallas 1 hora antes de acostarse
- Comer en familia, libres de pantallas

INVOLUCRARSE

- Puede investigar si los videojuegos y las apps son **apropiados y de buena calidad** --> www.commonsemmedia.org
- Vea los videos y las apps con sus niños y discuta con ellos lo que vieron
- Fomente pasatiempos que no incluyen los dispositivos



LA IMPORTANCIA DEL JUEGO EN EL DESARROLLO DEL NIÑO



El juego constituye un elemento básico en la vida de un niño y es importante para el aprendizaje y desarrollo del habla, el lenguaje, y las habilidades sociales. Los padres pueden interactuar con sus hijos desde su nacimiento a través de enriquecer las actividades de su vida diaria con palabras.

FUENTES

- American Academy of Pediatrics (2017). American Academy of Pediatrics Announces New Recommendations for Children's Media Use. Retrieved from <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx>
- American Academy of Pediatrics (2017). Handheld Screen Time Linked with Speech Delays in Young Children. Retrieved from <https://www.healthychildren.org/English/news/Pages/Handheld-Screen-Time-Linked-with-Speech-Delays-in-Young-Children.aspx>
- Canadian Pediatric Society (2017). Screen time and young children: Promoting health and development in a digital world. Retrieved from <https://www.cps.ca/en/documents/position/screen-time-and-young-children>
- Christakis, D. A. (2009). The effects of infant media usage: what do we know and what should we learn? *Review Article, Acta Paediatrica*, 98, 8-16.
- Zimmerman, F. J., Christakis, D. A. & Meltzoff, A. N. (2007). Associations between Media Viewing and Language Development in Children Under Age 2 Years. *The Journal of Pediatrics*, 151, 564-568.



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*Keep yourself and your family covered: **Renew your Medi-Cal!***
*Mantenga su cobertura y la de su familia: **renueve su Medi-Cal***

Medi-Cal covers vital health care services for you and your family, including doctor visits, prescriptions, vaccinations, mental health care, and more. If you or your child have Medi-Cal, make sure you renew it when it's time.

You need to renew your family's Medi-Cal every year! Every family's renewal date is different. Annual renewals are usually due in the same month you or your child first enrolled for Medi-Cal. For example, if you first enrolled in October of 2020, you will need to renew on October of 2023.

NEED HELP? If you need assistance with your Medi-Cal renewal, call the Medi-Cal Member Helpline at (800) 541-5555 or find help in your community at allinforhealth.org/healthcoverageresources.

Medi-Cal cubre servicios de atención médica esenciales para usted y su familia, como consultas al médico, recetas, vacunas, atención de salud mental y mucho más. Si usted o sus hijos tienen Medi-Cal, asegúrese de renovarlo cuando sea el momento.

Tiene que renovar la cobertura de Medi-Cal de su familia todos los años. La fecha de renovación de cada familia es diferente. Las renovaciones anuales suelen vencer el mismo mes en que usted o sus hijos se inscribieron en Medi-Cal por primera vez. Por ejemplo, si se inscribió por primera vez en octubre de 2020, tendrá que renovar en octubre de 2023.

¿NECESITA AYUDA? Si necesita ayuda con la renovación de Medi-Cal, llame a la línea de ayuda para miembros de Medi-Cal al (800) 541-5555 o busque ayuda en su comunidad en allinforhealth.org/healthcoverageresources.



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Cobertura de calidad superior a su alcance

Si reside en California y no tiene acceso a otra cobertura de salud, puede obtener atención médica de calidad superior a través del Community Health Care Program (Programa de Atención Médica para la Comunidad) de Kaiser Permanente.

Atención excepcional al alcance de su mano

Elija a su médico según su ubicación, especialidad, idioma preferido, etc.; además, puede cambiar de médico en cualquier momento.

Utilice kp.org/espanol o la aplicación* de Kaiser Permanente para recibir atención virtual en cualquier momento y en cualquier lugar, desde programar citas con su médico hasta volver a surtir la mayoría de sus recetas médicas, y mucho más.



Obtenga información para el cuidado personal en línea: Acceda a nuestros programas y recursos de salud mental y bienestar, acondicionamiento físico, nutrición y mucho más.

Puede presentar su solicitud entre el 1 de noviembre de 2023 y el 31 de enero de 2024. Para obtener más información sobre cómo presentar su solicitud, visite kp.org/chcp/gethelp (haga clic en "Español") o llame al 1-800-464-4000 (TTY 711).

*Para utilizar la aplicación de Kaiser Permanente, debe ser un miembro registrado en kp.org/espanol. Todos los planes son ofrecidos y están suscritos por Kaiser Foundation Health Plan, Inc., One Kaiser Plaza, Oakland, CA 94612.

Presente su solicitud en kp.org/chcp/es



11/19/23 October 2023

Health Care Coverage Information / Información sobre la cobertura de seguro médico



Great coverage is now within your reach

If you're a California resident without access to other health coverage, you can get high-quality health care through Kaiser Permanente's Community Health Care Program.

Exceptional care at your fingertips

Choose your doctor based on location, specialty, language preference, and more – and you can change your doctor at any time.

Use kp.org or the Kaiser Permanente app* for virtual care anytime, anywhere – from scheduling appointments with your doctor to refilling most prescriptions, and more.



Get self-care online – access our programs and resources for mental health and wellness, fitness, nutrition, and more.

You can apply between November 1, 2023, and January 31, 2024. For more information on how to apply, visit kp.org/chcp/gethelp or call 1-800-464-4000 (TTY 711).

Do I qualify?

The Community Health Care Program is for California residents living within Kaiser Permanente service areas. You don't have to be a U.S. citizen to qualify – residents of any status are welcome to apply.

Other requirements:

- You must live in a household with an income no more than 3 times the federal poverty level (for example, up to \$43,740 for a single person or \$90,000 for a family of 4 in 2023).
- You must not have access to other health coverage – including Medi-Cal, Medicare, a job-based health plan, or coverage through Covered California.

*To use the Kaiser Permanente app, you must be a member registered on kp.org. All plans are offered and underwritten by Kaiser Foundation Health Plan, Inc., One Kaiser Plaza, Oakland, CA 94612.

Apply at kp.org/chcp





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focus on
the fourth

Are you a new parent? Or do you know any new parents?

Check out [Mother's Care](#) new program, [Focus on the Fourth](#). Focus on the Fourth is a resource for supporting someone that's just had a new baby. The first few months, the 14 weeks postpartum, is known as the Fourth Trimester. During these times parents are navigating a new world, Focus on the Fourth provides resources for soothing, feeding, sleeping, ecetera.

¿Es usted un nuevo padre? ¿O conoces a algún nuevo padre?

Consulte el nuevo programa de [Mother's Care, Focus on the Fourth](#). Focus on the Fourth es un recurso para apoyar a alguien que acaba de tener un nuevo bebé. Los primeros meses, las 14 semanas posparto, se conocen como el Cuarto Trimestre. Durante estos tiempos en que los padres navegan por un mundo nuevo, Focus on the Fourth proporciona recursos para calmarse, alimentarse, dormir, etcétera.

Community Resources / Recursos en la comunidad

CPI Diaper Project / Proyecto de pañales

Do you need diapers? ¿Necesitas pañales?

The CPI Diaper Project is OPEN and can help; to request free diapers and wipes visit <https://calparents.org/what-we-do/parent-support-services/diaperproject/request-diapers.html>

El Proyecto de pañales de CPI está ABIERTO y puede ayudar; para solicitar pañales y toallitas húmedas gratis, visite <https://calparents.org/what-we-do/parent-support-services/diaperproject/request-diapers.html>



do you need diapers?

CPI DIAPER PROJECT

visit calparents.org/diaperproject to request free diapers



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Sonoma County Counseling
Coordinated Family Therapy

Feeling overwhelmed by your child's tantrums?

Having difficulty managing your child's challenging behaviors?

Need more parenting tools in your toolbox?

If you answered yes to any of these questions, PCIT might be right for you and your family!



PCIT is a short-term, specialized behavior management program designed for young children ages 3-8 years experiencing behavioral and/or emotional difficulties. PCIT teaches caregivers to manage their child's difficult behaviors, while increasing their positive behaviors. PCIT is a 12-20 week therapy program that involves the entire family. We offer this service in person at our Windsor, CA location or over telehealth video anywhere in CA. A variety of insurance is accepted and sliding scale is available.

For more information, questions, and availability contact Marie Nersesian, LMFT and PCIT therapist at Sonoma County Counseling
(707) 595-8161;

marie@sonomacountycounseling.com

