

COMMISSION MEETING
January 10, 2017 – 5:30-7:30pm
601 Texas Street, Conference Room B, Fairfield, CA 94533

CALL TO ORDER / SALUTE TO THE FLAG

- | | |
|--|--------------------|
| I. Public Comment | Information |
| <i>This is the opportunity for members of the public to address the Commission on matters not listed on the Agenda that are otherwise within the subject matter jurisdiction of the Commission. Please submit a Speaker Card and limit your comments to 3 minutes.</i> | |
| II. Consent Calendar (5 min) | Action |
| A. Approve the January 10, 2017 Commission Meeting Agenda | |
| B. Approve the October 4, 2016 Commission Meeting Minutes | |
| C. Approve the October 22, 2016 Commission Retreat Minutes | |
| III. Election of the 2017 First 5 Solano Commission Officers (10 min) | Action |
| A. Consider approval of the recommendation from the Nominating Committee to appoint Liz Niedziela as 2017 Chair and Erin Hannigan as 2017 Vice-Chair of the First 5 Solano Commission
<i>Commissioners Dan Ayala and Dana Dean</i> | |
| B. Introduction of 2017 Officers, Chair Appoints Committee Chairs
<i>Chairperson</i> | |
| IV. Communications Update (30 min) | Information |
| Receive a presentation on the 2017 Community Calendar
<i>Juanita Morales, Program Manager</i> | |
| V. Help Me Grow Solano Update Presentation (30 min) | Information |
| Receive an update on the Help Me Grow Solano program transition and implementation
<i>Kathy Lago, Executive Director, Cinda-Rae Clemente, Program Manager, Solano Family & Children's Services, Megan Richards, First 5 Solano Deputy Director</i> | |
| VI. Committee Reports (5 min) | Discussion |
| A. Systems and Policy Committee (Commissioner Niedziela)
No meeting | |
| B. Program and Community Engagement Committee (Commissioner Hannigan)
No action items | |
| VII. Executive Director's Report (5 min) | Information |
| <i>Michele Harris, Executive Director</i> | |
| VIII. Commissioner Remarks (5 min) | Information |
| IX. Future Agenda Items, Meeting Time/Date/Location (5 min) | Information |
| The next Commission meeting will be held on March 7, 2017 at 5:30 PM at 601 Texas Street, Conference Room B, Fairfield. Future agenda items include: FY2017/18 Budget, Committee Reports | |

ADJOURN

Marisela Barbosa, Chair
Liz Niedziela, Vice Chair
Jay Speck
Elise Crane
Erin Hannigan



Dan Ayala
Aaron Crutison
Gerald Huber
Dana Dean
Michele Harris, ED

CHILDREN ARE OUR BOTTOM LINE

Vision: All Solano County children are loved, healthy, confident, eager to learn, and nurtured by their families, caregivers and communities. **Mission:** First 5 Solano Children and Families Commission is a leader that fosters and sustains effective programs and partnerships with the community to promote, support and improve the lives of young children, their families and their communities.

The First 5 Solano Children and Families Commission does not discriminate against persons with disabilities. If you require a disability-related modification or accommodation in order to participate in the meeting, please call (707) 784.1332 at least 24 hours in advance of the meeting to make arrangements. Non-confidential materials related to an item on this Agenda submitted to the Commission are available for public inspection at the First 5 Solano business office, 601 Texas Street, Suite 210, Fairfield, CA during normal business hours.

**First 5 Solano Children and Families Commission
Commission Meeting**

October 4, 2016, 5:30 PM – 7:30 PM
601 Texas Street, Suite 210, Fairfield, CA

Minutes

Commissioners present: Marisela Barbosa (Chair), Liz Niedziela, Jay Speck, Elise Crane (Arrived 5:51PM), Dan Ayala, Erin Hannigan, and Dana Dean

First 5 Solano Staff present: Michele Harris, Megan Richards, Ciara Gonsalves, Juanita Morales, and Andrew Boatright

Members of the public present: Kirk Starkey (Auditor-Controller's Office)

Chair Barbosa called the meeting to order at 5:30pm.

I. Public Comment

None

II. Consent Calendar

A. Approve the October 4, 2016 Commission Meeting Agenda

Motion: Approve the Commission Meeting Agenda for October 4, 2016.

**Moved by Commissioner Speck; Seconded by Commissioner Dean
Approved 6-0-0**

Yea: Commissioners Ayala, Barbosa, Hannigan, Niedziela

Nay: None

Abstain: None

B. Approve August 9, 2016 Commission Meeting Minutes

Motion: Approve the Commission Meeting Minutes for August 9, 2016.

**Moved by Commissioner Speck; Seconded by Commissioner Dean
Approved 6-0-0**

Yea: Commissioners Ayala, Barbosa, Hannigan, Niedziela

Nay: None

Abstain: None

C. Approve September 6, 2016 Commission Meeting Minutes

Motion: Approve the Commission Meeting Minutes for September 6, 2016.

Moved by Commissioner Speck; Seconded by Commissioner Dean

Approved 6-0-0

Yea: Commissioners Ayala, Barbosa, Hannigan, Niedziela

Nay: None

Abstain: None

III. Public Hearing: First 5 Solano FY2015/16 Annual Audit

Kirk Starkey (Auditor-Controller's Office) noted the three reports: Independent Auditor Report, internal controls and reporting, and external compliance all indicated First 5 Solano's internal control structures and reporting and operating practices reflected an ongoing commitment to proper accountability and reporting of financial resources. Solano County Board of Supervisors will receive the reports during the October 24th Board meeting.

Motion : Receive First 5 Solano FY2015/16 Annual Audit

Moved by Commissioner Hannigan; Seconded by Commissioner Niedziela

Approved 6-0-0

Yea: Commissioners Ayala, Barbosa, Dean, Speck

Nay: None

Abstain: None

IV. Public Hearing: First 5 Solano FY2015/16 Annual Report

Juanita Morales provided a presentation which overviewed the annual report for submission to the State of California. Three areas, health and well-being, early childhood development, and family support and parent education were highlighted with statistics regarding services, access, and case management to children, parents, and providers across several programs including: Solano Children Insurance Program (SCIP), Partnership Early Access for Kids (PEAK), Comprehensive Approaches to Raising Educational Standards (CARES) Plus Professional Development, Improve and Maximize Programs so All Children Thrive (IMPACT), Quality Rating and Improvement System (QRIS), Pre-Kindergarten Academies, Kindergarten-Readiness through Solano Parent and Children Education (SPACE), Family Strengthening Partnership (FSP). In summary, First 5 Solano served 9,500 residents including children, families, and providers and 85% of performance measures were met by grantees.

The Commission discussed the report data and requested that future reports provide comparison data from year to year, to better inform how programs are faring.

Motion : Approve First 5 Solano FY2015/16 Annual Report

Moved by Commissioner Hannigan ; Seconded by Commissioner Niedziela

Approved 6-0-0

Yea: Commissioners Ayala, Barbosa, Dean, Speck

Nay: None

Abstain: None

V. Chair Appoints Nominating Committee for 2016 Officers

Commissioner Ayala and Dean volunteered to participate on the Nominating Committee.

VI. Committee Reports

A. Systems and Policy Committee (Commissioner Niedziela)

Ms. Richards noted the 3 co-sponsorship of conference applications were approved: Community Breastfeeding Peer Counseling Training, Solano Napa Association for the Education of Young Children's (SNAEYC) 30th Annual Early Childhood Education Conference, and premiere Courage Conference hosted by Sexual Assault Nurse Examiner/ Sexual Assault Response Team (SANE/SART). Ms. Richards provided a reminder that the Commission Retreat would be on October 22 from 9:00AM-12:00PM.

B. Program and Community Engagement Committee (Commissioner Hannigan)

Ms. Richards noted there were a few updates to Compliance Action Plans and all Compliance Action Plans are now concluded. Fairfield-Suisun Unified School District (FSUSD) opening their Mary Bird Center and several full inclusion classrooms.

VII. Executive Director's Report

Ms. Harris reported that Ms. Gonsalves, First 5 Solano's Policy & Fund Development Manager, attended several funder conferences and gleaned that there is a shifting focus on investment in early childhood education to result in long-term outcomes as awareness becomes more prevalent regarding the importance on early development. Ms. Harris, along with Ms. Gonsalves, Ms. Richards, Jerry Huber (Director of H&SS) and Jayleen Richards (H&SS) presented at a meeting of Northern California Grantmakers. A total of 13 foundations were present to talk about Solano County and local needs. The foundations were presented a menu of issues and venues to provide funding. Next steps are being further identified, and one possible next step is a Solano Bus Tour, attended by interested foundations.

Ms. Harris provided the Commission a reminder that the First 5 CA Annual Conference would take place from November 8-10 in Sacramento, CA and to contact Mr. Boatright if they would like to register.

Ms. Harris reported that a letter of support was sent to Child Start Inc. regarding a grant application that would add 32 new infant and toddler slots in Solano County.

Ms. Harris noted that First 5 Solano is working, with the support of H&SS, with Brandman University, which has a Bachelor's of Social Work Program, to establish a Master's of Social Work program locally. Goals among the cooperative effort of First 5 Solano and H&SS included exploring different ideas and create methods to increase the ease of entry into the County and increasing retention of hires after entry.

Ms. Morales reported that she participated as a "Principal for a Day" at Fairview Elementary. Her experience highlighted the challenges a principal faces and were contrasted with a success: Ms. Morales made a positive phone call home to a Spanish speaking mother to report that her child was identified as a positive role model in class.

VIII. Commissioner Remarks

Commissioner Dean reported that she also participated in “Principal for a Day” at Cordelia Hills Elementary. The implementation of Common Core, children working as teams to justify answers, and required vegetable and fruit in the cafeteria were some highlights noted. Lastly, she congratulated the success of the Food Oasis event. Commissioner Hannigan noted the Board of Supervisors adopted and presented October as SIDS Awareness Month, Prematurity Awareness Month for November, and will be seeking an increase in attendance for the Food Oasis event next year.

IX. Future Agenda Items

The next Commission meeting will be held on October 22, 2016 at 9:00 AM at 601 Texas Street, Conference Room B, Fairfield. Future agenda items include: Annual Commission Retreat.

Adjourn

Chair Barbosa adjourned the meeting at 6:11pm.

Andrew Boatright, Office Assistant III

Approved:

**First 5 Solano Children and Families Commission
Commission Retreat Meeting**

October 22, 2016, 9:00 AM – 12:00 PM
601 Texas Street, Suite 210, Fairfield, CA

Minutes

Commissioners present: Marisela Barbosa (Chair), Liz Niedziela, Jay Speck, Dan Ayala, Erin Hannigan, Aaron Crutison, Dana Dean (arrived 9:20 AM), Elise Crane, Jerry Huber

First 5 Solano Staff present: Michele Harris, Megan Richards, Ciara Gonsalves, Juanita Morales, Gene Ibe and Andrew Boatright

Members of the public present: Alan Kerzin (Children's Network); Joanie Erickson (Solano Coalition for Better Health); Susan Brutschy, Lisa Niclai & Christina Branom (Applied Survey Research)

Chair Barbosa called the meeting to order at 9:00 AM.

I. Public Comment

Alan Kerzin thanked the First 5 Solano Commission for its assistance in creating materials for the purpose of disseminating information regarding Measures A and B. Mr. Kerzin gave an overview of outreach and support Children's Network has gathered from local resources in their efforts regarding the local tax measures.

II. Consent Calendar

A. Approve the October 22, 2016 Commission Retreat Meeting Agenda

Motion: Approve the Commission Meeting Agenda for October 22, 2016.

Moved by Commissioner Huber; Seconded by Commissioner Crane

Approved 8-0-0

Yea: Commissioners Ayala, Barbosa, Crane, Crutison, Hannigan, Huber, Niedziela, Speck

Nay: None

Abstain: None

III. Community Health Needs Assessment

Joanie Erikson presented the results of the May 2016 Community Health Needs Assessment (CHNA) to the Commission. The CHNA includes 3 elements: a systematic examination of the health status indicators for a given population, identification of key problems and assets in a community, and development of strategies to address the community's health needs.

The Commission made suggestions regarding the presentation of the CHNA data. Specifically, the Commission recommended that city-specific data be reported consistently and suggested that comparison data be added from year to year to provide context to the data (is the data getting worse, better, remaining the same). In addition, the Commission recommended sources be added to the slides.

IV. Public Hearing: Annual Strategic Plan Review

A. Review the First 5 Solano Strategic Plan

Susan Brutschy gave an overview of the Commission's current Strategic Plan, including its mission, vision & core values, the strategic framework, and a reminder of how we are working to achieve the results in the framework. No changes were recommended to the current strategic plan.

B. Receive a Community Indicators Update

The Commission received an update of community indicators in the areas of health and well-being, early childhood learning and development, and family support & parent education.

V. Early Childhood Messaging

The Commission and attendees broke into 4 subgroups to discuss First 5 Solano key messaging. The groups discussed the data that was presented in the earlier agenda items, what data stood out, how does the data connect to their everyday work, and how can you message the information to garner support for a change. The groups shared the highlights of their discussions.

VII. Future Agenda Items, Meeting Time/Date/Location

The next Commission meeting will be held on December 6, 2016 at 5:30 PM at 601 Texas Street, Conference Room B, Fairfield. Future agenda items include: Committee Reports.

Adjourn

Chair Barbosa adjourned the meeting at 12:30 PM.

Andrew Boatright, Office Assistant III

Approved:



CHILDREN ARE OUR BOTTOM LINE

DATE: January 3, 2017
TO: First 5 Solano Children and Families Commission
FROM: Commissioners Dan Ayala and Dana Dean, Nominating Committee
SUBJ: Recommendations of Nominations for 2017 First 5 Solano Commission Officers

MOTION: Consider approval of the recommendation from the Nominating Committee to appoint Liz Niedziela as 2017 Chair and Erin Hannigan as 2017 Vice-Chair of the First 5 Solano Commission

Each October, the Chair calls for 2-3 Commissioner volunteers to comprise an ad hoc Nominating Committee to bring forward a recommended slate of officers for the upcoming year. Typically, at the December meeting, the First 5 Solano Commission elects its officers (Chair and Vice-Chair) as per its Bylaws. Since there was no December 2016 Commission meeting, nominations are being presented today.

The Nominating Committee recommends Liz Niedziela as 2017 Chair and Erin Hannigan as 2017 Vice-Chair. Officers serve a term of one calendar year, beginning with the January Commission meeting.



CHILDREN ARE OUR BOTTOM LINE

DATE: January 5, 2017
TO: First 5 Solano Commission
FROM: Juanita Morales, Program Manager
SUBJ: **Communications Update**

Agenda Item IV: Receive a presentation on the 2017 Community Calendar

The eighth annual First 5 Solano Community Calendar is now being distributed throughout Solano County. The calendar is organized around monthly themes that relate to developmental milestones, monthly observances, and other important information about young children. The material in the calendar helps parents and caregivers create fun activities for their children and provides information about their child's health and development, as well as information on resources in the community.

The calendar is free and is available in English and Spanish. A calendar and an accompanying letter (including information on how to order additional calendars for distribution) has been sent to libraries, childcare providers, businesses, elected officials, health care providers, faith-based organizations and community partners. Staff has collaborated with the Solano County Office of Education (SCOE) to send calendars home prior to the school winter break with all kindergarten and TK students. Staff also worked with Solano Family and Children's Services (SFCS) to also get calendars out to all licensed Solano childcare and preschool providers.

Ordering is simple; those requesting a calendar(s) can go to www.first5solano.org and click on the "I want to order a calendar" link on the front page. Once the ordering information is completed, calendars will be delivered directly to the requestor for use or distribution within the community.

This year's calendar has an informational page that focuses on children's social emotional learning and a tear out page of "feeling faces" that parents/caregivers can use to help their child understand their feelings and describe their emotions.

First 5 Solano staff worked to develop a calendar that is a fun and effective tool for parents, caregivers, providers, and children in the community.

Attachment A: 2017 First 5 Solano Community Calendar Presentation

First 5 Solano 2017 Calendar

It's all about the kids!



2017 Calendar



1

Resource Page

COMMUNITY RESOURCES

HELP ME GROW SOLANO

One call—that's all!

Help Me Grow Solano is a free service that connects children and their families to programs and services throughout Solano County. HMG Solano helps with a wide range of services such as:

- Basic needs
- Physical and mental development
- Childcare
- Health care
- And much more!



To connect with a representative, just call **844.501.5437** or visit them online at www.helpmegrrowsolano.org



HELP AVAILABLE 24-HOURS A DAY

Child abuse and neglect: 800.544.8696

Domestic violence and sexual assault services and counseling: 866.4-UR-SAFE (866.487.7233)

Poison Control: 800.222.1222

Emergency mental health/crisis line: 707.428.1131

EMERGENCIES

In the case of an emergency call 911.

Being a prepared family is being a safe family!

Flip to the back to read more about preparing for an emergency BEFORE the emergency happens.

2

Monthly Themes

- January - *Rained in! Tips on indoor and rainy day activities*
- February- *Let's go to the library! Library Lovers Month*
- March - *Healthy foods. Encouraging Healthy food choices*
- April - *Children's Month and Month of the Military Child*
- May - *Children's Mental Health*
- June - *School Readiness*
- July - *Fun in the Sun*
- August - *Benefits of Breastfeeding*
- September - *Making Memories-Building Relationships*
- October - *Cavity Monster-Oral Health*
- November - *Prematurity Awareness*
- December - *Safe toys*

•

• 3

January

Children are our most valuable natural resource.

— Herbert Hoover



Rained in!

It can be a challenge to keep kids active, especially during the rainy months. Don't let the damp forecast rain on your parade.

Some things you can do to keep your child active:

- Have a dance party—crank up the music and get moving. Move the furniture around so you have a large open space. March, stomp, twirl, jump, and hop. Get out some fun musical instruments. Join in and have fun!
- Play Simon Says and make it as active as possible.
- Have an indoor scavenger hunt.

All of the above indoor activities are especially great for the wet weather, but sometimes you may still want to get outside. Here are some fun outdoor activities for rainy days:

- Suit up with boots, raincoats, and warm socks and get outside—you won't melt. Splash in the puddles. Belt out "Singin' in the Rain" while you twirl your umbrella. Do your best impressions of ducks, frogs, and fish. When you come inside, swap chilly rain gear for a warm bath or a cup of soup.
- Go on a worm hunt.
- Rain Painting—Sprinkle paper (heavier construction paper works best here) with powdered paint or drops of food coloring, and take it out in the rain.

Remember it's important to reduce screen time. There is a direct link between the use of technology and childhood obesity. Also, more than 2 hours of screen time makes kids twice as likely to develop attention deficit issues.



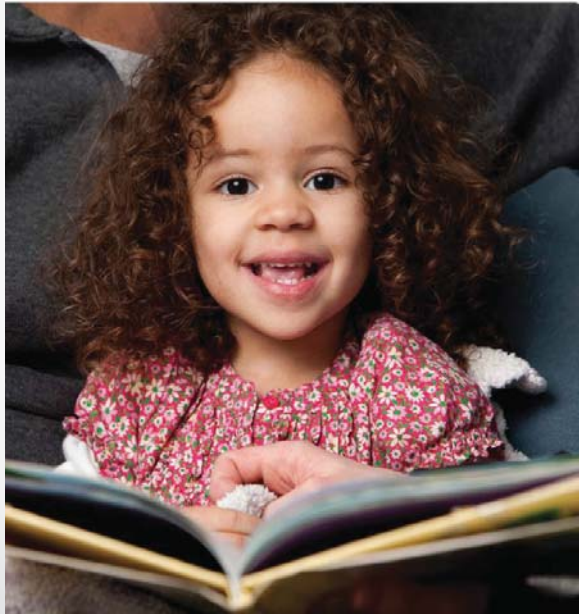
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4

February

Children are made readers on the laps of their parents.

— Emilie Buchwald



Let's Go to the Library!

It's never too soon to read to your child and instill a lifetime of love for books!

How to get a library card:

Getting a library card is easy. Visit your local library and bring a photo ID with current address (if ID address isn't current, bring an additional item showing your name and current address such as a utility bill, rent receipt, or mail) and complete an application form. Parents or legal guardians must co-sign for minors under 18.

Benefits of reading right from the start:

- Builds a baby's language awareness, listening, and memory skills.
- Introduces concepts such as stories, letters, colors, and shapes in a fun way.
- Promotes bonding and closeness—especially because babies are soothed by the sound and rhythm of their parent's voice.
- Gives babies information about the world around them.
- Instills a lifelong love of books and learning.

For more information visit: www.solanolibrary.com



www.first5solano.org

5

April

It is easier to build strong children than to repair broken men.

— Frederick Douglass



Month of the Military Child

The typical child of an active-duty service member moves six to nine times between kindergarten and high-school graduation. Many children have to say good-bye to a deployed parent more than once. Deployments and family separations can be stressful times for children.

It's important to know that babies and toddlers communicate their feelings through their behavior so it's not unusual for your child to show signs of sadness or be withdrawn during times of deployment, when a parent returns, or returns home injured or different.

Your child may be experiencing tension, and not understand what's going on. You can help your child by explaining to them in simple, clear words what's going on, giving them a hug and spending time together. Reassure them that they are loved. Keep pictures of the deployed parent in a place they can see every day. Keep the connection strong and develop rituals to celebrate the parent who is away.

"Purple Up!" and wear purple on April 20th to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of military. It is a combination of Army green, Marine red, and Coast Guard, Air Force and Navy blue.

For more information visit: www.zerotothree.org/resources



www.first5solano.org

6

April

MARCH 2017							MAY 2017						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	1	2	3	4	5	6	7

National Autism Awareness Month
 Month of the Military Child
 National Child Abuse Prevention Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 April Fool's Day
2 International Children's Book Day Autism Awareness Day	3	4	5	6	7	8
9 Palm Sunday	10	11 Passover Begins	12	13	14 Good Friday	15 Tax Day National Library Week
16 Easter	17	18 Passover Ends	19	20	21	22 Earth Day
23 World Immunization Week	24	25	26 Administrative Professionals' Day	27	28 Arbor Day 	29
30	Week of the Young Child					

7

June

Everyone and everything around you is your teacher.
 — Ken Keyes, Jr.



School Readiness

Children who are ready for school are:

Physically Healthy

- Make a dental appointment for your child before he starts school.
- Keep your child up to date on immunizations and physical exams.
- Encourage your child to exercise 60 minutes a day.
- Limit screen time to 2 hours a day or less.

Well Rested

- Establish a regular bedtime each night and be consistent.
- Create a relaxing bedtime routine, such as reading a story or giving your child a warm bath.
- Turn off the TV at least 2 hours before bedtime.
- Ensure your child gets 10-12 hours of sleep each night.

Well Nourished

- Breakfast is the most important meal of the day.
- Fresh fruit and yogurt are healthy alternatives to sugary cereals.
- Check to see if your child's school offers breakfast. He may qualify for free meals including lunch.
- Encourage your child to drink water and milk. Limit sugary drinks including juice.

www.first5solano.org

8

September

Children make your life important.
— Erma Bombeck



Making Memories

Every minute you spend with your child is an opportunity to help them grow and develop. By spending quality time and choosing certain activities you can help your child and make lifelong memories.

Activities to do together:

Infants

- Talk, read, and sing to your baby because this will help with brain development.
- Spend time holding and cuddling your baby to make them feel loved and secure.

Toddlers

- Play matching games to help them learn.
- Encourage independence by letting them pick out clothes to wear or by feeding themselves.
- Encourage curiosity by asking them to point out certain objects such as animals or colors.
- Sing songs with your child or have them sing to you.

Preschool

- Continue to read to your child to help foster important comprehension skills.
- Let your child help with simple chores such as clearing the table.
- Play with your child and teach them to share things with others.
- Give your child simple choices such as what game they want to play.

www.first5solano.org

9

Distribution

To love and be loved is to feel the sun from both sides.
— David Wisnoff



Fun in the Sun

Now that summer is here, it's important to practice sun safety.

Apply sunscreen properly:

- Choose a sunscreen that has very high SPF rating and that is specific for children.
- Apply sunscreen at least 30 minutes before going outside, even on cloudy days.
- Keep reapplying sunscreen every 2 hours. Even if your sunscreen is water resistant you still need to reapply every 2 hours.
- Don't forget certain spots when putting on the sunscreen so every part of the skin that is exposed is covered. Ears, feet, behind the legs are places that we tend to forget.
- Clothing helps to block sun rays. If possible, have children wear light-weight clothing, sunglasses, and a hat to help protect their skin.
- Make sure children drink lots of water and stay hydrated.

Set a good example for your kids:

If your child sees you following sun-safety rules, he'll follow suit. Skin protection is important for every member of the family, so team up with your children to stay protected when venturing out in the sun.

www.first5solano.org

- Streamlined Process
- Online Ordering
- Community Partnerships
- Hospitals-Clinics-Doctors
- Childcare Providers
- Schools

10

Highlights



We shall never know all the good a simple smile can do.
- Mother Teresa



Cavity Monsters

Tooth decay or cavities are the most common chronic condition in children. Almost 20% of children have tooth decay that has not been treated. Untreated tooth decay can cause your child pain and infection leading to more serious problems.

Tooth decay happens when a tooth is exposed to acid regularly, for example high soda or candy consumption. The enamel on the tooth erodes due to the continued exposure and once the enamel is destroyed a cavity is formed.

Dental care should begin as soon as your baby's teeth are visible and regular dental appointments should begin during the first year. Developing good brushing habits at an early age will help your child have better oral care later in life. Children's teeth should be brushed twice a day for at least two minutes.

You should help and monitor your child's brushing until the age of 7 or 8.

Tips for good oral hygiene:

- Use fluoride toothpaste to help prevent tooth decay.
- Set a timer for two minutes so they understand how long to brush for.
- Use a mirror so they can see which teeth are being brushed.
- Guide your child's hand so they can feel the correct brushing movement.
- Talk to your dentist about sealants that can protect the teeth from decay.

www.first5solano.org

11

Additional information

SOCIAL EMOTIONAL LEARNING

What is social emotional learning?

- Making friends
- Showing frustration in a healthy way
- Resolving conflicts peacefully
- Taking care of someone who has been hurt or is sad
- Waiting patiently
- Following rules
- Enjoying the company of others

All of these qualities, and more, describe the connection of healthy social-emotional development. Like any skill, young children develop these abilities in small steps over time.

5 things you can do to help your child develop social emotional skills

1. **Support your child's developing skills.** Children learn best when you let them play, explore, and follow their interests.
2. **Be affectionate and nurturing.** Touching, holding, comforting, rocking, singing and talking to your child all send the message that he is special and loved and model the behavior that you would like your child to use.
3. **Help your toddler understand her feelings.** Help your child make sense of her feelings by using words to describe emotions.
4. **Encourage early friendships.** Children need practice to learn to share, take turns, resolve conflicts, and experience the joy of friendship. Playing together helps children develop all of these important skills.
5. **Help your child learn to resolve conflict in healthy, appropriate ways.** Keep it simple. Explain what happened in as few words as possible. Talk in a calm voice. Go over what happened to make sure your child understands: "You pushed Justin because you wanted the broom back." Point out the consequences of the child's behavior: "After you pushed Justin, he started to cry. It hurt. He felt sad and mad." Brainstorm better choice(s) your child can make next time: "Maybe Justin would trade the broom for another toy?"

Why is social emotional learning important?

These are lifelong skills that children need to learn to be happy and get along with others. In addition, just like learning the ABCs and 123s, social emotional skills help prepare children to be successful in school.



12

How Do You Feel Today?

Parents/caregivers: Help your child understand their feelings by using these faces to describe their emotions.



Scared



Happy



Sad



Angry



Surprised



Silly

PLANNING FOR AN EMERGENCY

YOUR EMERGENCY PLAN

Emergency Contacts:

Mom Cell: _____

Dad Cell: _____

Other Contact: _____

Hospital Number: _____

Fire:

In the case of a fire, have a designated meeting location away from the fire hazard such as a neighbors, local park or nearby landmark.

Meeting place: _____

Be sure to bring your pre-packed emergency kit.



BE PREPARED

Being prepared for emergencies is the best way to make sure everyone stays safe and calm.

Having an evacuation plan and a regularly updated emergency kit can help your family stay safe and more comfortable during an emergency.

Children can often become stressed and frightened during emergency situations. To help with this keep yourself as calm as possible, let them know what you are doing and that everyone is going to be alright.

When children are old enough, be sure to talk to them about your meeting place and family procedures for different emergencies.

A prepared family is a safe family!

RAISE A CHILD WHO LOVES TO READ

READ

Simple activities prepare young children to get ready to read!

- Read to your child every day!
- Ask your child questions before, during, and after reading.
- Let your child see you reading.
- Look for letters on signs while out and about.
- Read a variety of books.
- Have fun rhyming!
- Encourage your child to sound out short words such as CAT, BUG or MOM.
- Practice memorizing a few sight words each day.
- Most of all, have fun together!



SOLANO COUNTY LIBRARY

Books and More

Your local Solano County library has an abundance of books on a variety of topics for you to share with your child. Children learn vocabulary and concepts like shapes and colors much easier from experiencing a variety of books and activities. Your librarian can help you find books that are right for your child. Library cards and services are free.

Board books are sturdy little books just right for small hands and give young children their first taste of holding and exploring a book. Funpacks are backpacks of board books plus a music CD and literacy activities for you to do with your child. All you have to do is open the backpack! Funpacks are available in English and Spanish.

Storytimes

Library storytimes combine the best children's books, with songs, rhymes and other activities. They are designed to create new readers.

Sharing books is the most important thing you can do to get your child ready to read. Songs and rhymes help children hear the small sounds in words, which will help them learn to read later.

Storytimes are also a great opportunity for you and your child to socialize with other parents and children. Most importantly, storytimes show your child that reading is fun!

Check your local branch for current dates and times at www.solanolib.com.



Calendario 2017



¡Se trata de los niños!





CHILDREN ARE OUR BOTTOM LINE

DATE: January 3, 2017
TO: First 5 Solano Children and Families Commission
FROM: Megan Richards, Deputy Director
SUBJ: Help Me Grow Solano Update Presentation

The Commission has funded the Help Me Grow effort in Solano County since 2012. Solano County became a Help Me Grow affiliate in 2013.

In September 2016, upon the closing of Children's Nurturing Project, the Commission reallocated its funding to Solano Family and Children's Services to continue the core components of the HMG model, including provider and community outreach, resource and referral call center, and data collection and analysis.

The presentation is to provide an update to the Commission on the transition and implementation by Solano Family and Children's Services.

Attachment A: Help Me Grow Solano Update Presentation



Help Me Grow
Solano
Program Update

First 5 Solano Children and
Families Commission
January 10, 2017



What is Help Me Grow?



- ▶ A national model of coordinated early identification and referral

- ▶ Four core components
 1. Provider outreach
 2. Community outreach
 3. Centralized call center
 4. Data collection and analysis



Help Me Grow History

- ▶ National Pilot began in 1997
- ▶ Introduced in California in 2005
- ▶ Now 11 CA County Affiliates: Alameda, Contra Costa, Fresno, Orange, San Bernardino, San Francisco, San Joaquin, Santa Clara, Solano, Ventura, and Yolo
- ▶ 19 more CA counties planning



3

Help Me Grow Solano

- ▶ Emerged from existing collaborative focused on screening and early intervention (PEAK)
- ▶ Became an official state and national affiliate in 2013
- ▶ Leadership and funding from First 5 Solano
- ▶ Four core components administered by Children's Nurturing Project until August 2016
- ▶ September 2016 transitioned to Solano Family and Children's Services



4

SFCS Progress Sept 2016-Now

- ▶ Review SFCS mission and HMG Model and obtained Board and Management commitment
- ▶ Support from HMG/PEAK Partners
- ▶ Hired Program Manager, call center and outreach staff
- ▶ Transitioned call center (phone line, fax, website) and began taking calls/referrals
- ▶ Visited another affiliate site



5

SFCS Progress Sept 2016-Now

- ▶ Drafted Policies and Procedures
- ▶ Trained all SFCS staff on referring to Help Me Grow
- ▶ Followed up on all open cases from previous provider
- ▶ Began outreach



6

Help Me Grow Solano Call Center

- ▶ Staffed by 2 resource and referral specialists
- ▶ Bilingual (Spanish and Tagalog)
- ▶ Resource database help staff make appropriate referrals



Call Center Process



7

Data Collection

- ▶ Referrals Received since September
 - ▶ October - 55
 - ▶ November - 45
 - ▶ December - 55

- ▶ Referrals sent out to Community Partners and Other Resources
 - ▶ October - 95
 - ▶ November - 67
 - ▶ December - 95



8

Family Navigation

- ▶ When the family/child is in need of two or more referrals
- ▶ When the parent is unfamiliar with the system, does not read or write, has disabilities, or other factors that requires more assistance accessing services (including language barrier)
- ▶ If the referral situation is an emergency situation and additional follow up call are needs to ensure the child/family is seen immediately
- ▶ Any case that takes more than 15 minutes to process

Family Navigation Cases

- 86 Cases in October (due to the data clean-up)
- 56 Cases in November
- 46 Cases in December



9

Next Steps

- ▶ Outreach, outreach, outreach
 - ▶ Medical Providers
 - ▶ Community Partners
 - ▶ Parents and Caregivers
- ▶ Continue to establish relationships with community providers to ease referrals
- ▶ Identifying resource gaps



10

CHILDREN ARE OUR BOTTOM LINE

PROGRAM & COMMUNITY ENGAGEMENT COMMITTEE MEETING

December 15, 2016, 2:00 PM – 3:30 PM

601 Texas Street, Suite 210, Fairfield, CA 94533

CALL TO ORDER

I. Introductions, Public Comment, Commissioner Comment

II. Consent Calendar

Action

- A. Approve the December 15, 2016 PCE Committee Meeting Agenda
- B. Approve the September 1, 2016 PCE Committee Meeting Minutes

III. Compliance Action Plans

Information

Gene Ibe, Program Manager

Receive a report on the initiation of Compliance Action Plans for Dixon Family Services and Benicia Police Department Family Strengthening Services

IV. Early Childhood Mental Health Update

Information

Megan Richards, Deputy Director

Receive a report on the status of Early Childhood Mental Health Services

V. Pre-Kindergarten Academy Report

Information

Juanita Morales, Program Manager

Receive a report on the 2016 Pre-Kindergarten Academies and provide direction for 2017 Pre-Kindergarten Academies

VI. Program Updates

Information

Juanita Morales, Program Manager

- A. Receive an update on Community Engagement Activities
- B. Receive an update on Early Learning System Activities

VI. Future Agenda Items, Meeting Time/Date/Location

Information

The Program and Community Engagement Committee is scheduled to meet next on Tuesday, February 7, 2016, 3:00 PM, at 601 Texas Street, Suite 210, Fairfield, CA. Future agenda items include: Compliance Action Plans, Community Engagement Update, and Early Learning System Activities

ADJOURN

Vision: All Solano County children are loved, healthy, confident, eager to learn, nurtured by their families, caregivers and communities.

Mission: First 5 Solano Children and Families Commission creates and fosters programs and partnerships with community entities to promote, support and improve the lives of young children, their families and their communities.

The First 5 Solano Children and Families Commission does not discriminate against persons with disabilities. If you require a disability-related modification or accommodation in order to participate in the meeting, please call (707) 784.1332 at least 24 hours in advance of the meeting to make arrangements. Non-confidential materials related to an item on this Agenda submitted to the Commission are available for public inspection at the First 5 Solano business office, 601 Texas Street, Suite 210, Fairfield, CA during normal business hours.

First 5 Solano Children and Families Commission

Program & Community Engagement Committee
December 15, 2016, 2:00 PM – 3:30 PM
601 Texas Street, Suite 210, Fairfield, CA

Minutes

I. Introductions, Commissioner Comment, Public Comment

Commissioner Hannigan called the meeting to order at 2:01pm.

Commissioners present: Jay Speck, Dan Ayala, Erin Hannigan

First 5 Solano Staff present: Michele Harris (Executive Director), Megan Richards (Deputy Director), Juanita Morales (Program Manager), Gene Ibe (Program Manager), and Andrew Boatright (Office Assistant III)

Members of the public present: Blanche Hilman (Benicia Police Department), Cookie Powell (Dixon Family Services)

Commissioner Comment: None

Public Comment: None

II. Consent Calendar

A. Approve the December 15, 2016 Program & Community Engagement Meeting Agenda

Motion: Approve the Program & Community Engagement Meeting Agenda for December 15, 2016.

Moved by Commissioner Ayala; Seconded by Commissioner Speck

Approved 3-0-0

Yea: Commissioners Ayala, Hannigan, Speck

Nay: None

Abstain: None

III. Compliance Action Plans

Gene Ibe presented compliance action plans for Benicia Family Resource Center (FRC) and Dixon FRC.

Ms. Ibe noted Benicia FRC's compliance action plan centered on not meeting the target number of families served (8 out of 10) and completing the pre and post assessments. Blanche Hilman noted that as a measure to increase the number of families served, a

quarterly outreach event will be held, along with introducing case management as part of the services for families being served.

Ms. Ibe noted the Dixon FRC compliance action plan centered on not meeting the target number of families served (1 out of 10) and completing the pre and post assessments. Additionally, the Dixon FRC compliance action plan also addresses ongoing administrative issues that hinder the FRC from accurately capturing and reporting contractually required data. Ms. Ibe noted that training will be provided to Dixon FRC employees to create protocols for assessments as well as training in Persimmony, the program used to track and report the assessment results for each visit.

IV. Early Childhood Mental Health Update

Megan Richards presented an update on funding available for early childhood mental health.

In June 2016, the Commission allocated additional funding to H&SS Mental Health to conduct Early Periodic Screening Diagnosis and Treatment (EPSDT) services. With the closure of Children's Nurturing Project (CNP), existing funds were used by H&SS to subcontract with a new provider, A Better Way, for EPSDT services and no new funding was needed.

In addition, recently, Child Haven opened the Care Clinic which serves children who have mental and developmental health concerns which are interfering with school readiness. Currently H&SS, SELPA, North Bay Regional Center, and Partnership HealthPlan are working on blended funding for the project. One option for First 5 Solano is to redirect the funding that was directed toward EPSDT and no longer needed toward gap funding for the project. The structure would allow children who do not meet the criteria to receive funding from these other funding streams to be covered by First 5 Solano funds. The Committee asked about alternatives. Staff reported that the Commission could leave the funds unspent, and they would roll back in to the Commissions reserve.

Committee members agreed that pursuit of funding gaps in services for the Care Clinic would be a positive use of the unallocated funds from 2016/17 and that staff should bring a motion for further consideration. Committee members requested that alternative uses of funds and impact to the budget be provided.

V. Pre-Kindergarten Academy Report

Juanita Morales presented on the conclusion of the 2016 Pre-Kindergarten Academy sessions, noting that the results were similar to 2015. Ms. Morales noted that the 2017 Pre-K Academies will be held at the same sites with the exceptions of Vallejo City Unified School District providing 2 sessions and Benicia Unified School District only providing 1 session. With Benicia only providing one session, there is funding for another session. Child Start Inc is interested in continuing providing services in Vallejo, but would need to provide 2 sessions to make it cost effective.

Megan Richards noted that each session costs \$10,000, with some sessions coming in under that resulting in nearly \$4,000 being left to partially cover an additional session. Ms. Richards asked if the Committee members would like staff to examine existing budget projections in an effort to identify a source for the remaining \$6,000 needed to allow Child Start to run a second session. Ms. Richards noted that the Commission's discretionary fund was eliminated and that it may be advisable for the 2017/18 budget to allow for a small discretionary fund to allow for opportunities that arise to be funded more fluidly. Commissioners agreed that staff should try to identify a source of funding to accommodate the pre-k academy sessions in Vallejo, and to also make a recommendation regarding an appropriate level of discretionary funding.

Commissioner Speck noted that to promote systems change, First 5 Solano should be looking to schools to contribute to these programs in the future.

VI. Program Updates

A. Community Engagement Activities

Ms. Morales noted distribution of 2017 calendars to community partners, schools, grantees, and FRCs has begun. Ms. Morales also noted the partnership with Solano Family Children's Services to distribute the calendars to all licensed childcare providers.

Ms. Morales described a new form of messaging being pursued through Pandora, a music service, for targeted messaging to an audience more appropriate to First 5 Solano for quarterly messages.

Ms. Morales noted that she will be bringing options for potential change in New Parent Kit customization items to a future Committee meeting.

Ms. Morales described an agreement made recently with SupplyBank.org to house a pilot program Vacaville FRC. The program would supply kits including a diaper bag, diapers, wipes, and related supplies to clients; the supplies could be picked up routinely to provide them until the child no longer needs them.

B. Early Learning System Activities

Ms. Morales reported that construction for the Head Start program at the 275 Beck site has been completed. Child Start is now waiting for licensing and once it has opened it will have the capacity to serve 16 early head start slots, age 18-36 months, and 20 Head Start slots.

Solano County Office of Education's Quality Rating and Improvement System (QRIS) has engaged 33 childcare providers and plans to engage with 8 more next year with their new cohort. SCOE has been awarded \$48,000 more in funding from the State for migrant centers to support funding of QRIS. First 5 Solano has partnered with the 8 Solano County libraries to produce a parent engagement kit, Solano Parent Active

Reading Kit (SPARK), which can be checked out by parents like a book as a means to engage with their children.

VII. Future Agenda Items, Meeting Time/Date/Location

The next Program & Community Engagement Committee Meeting will be held on February 2, 2017 at 2:00 PM at 601 Texas Street, Fairfield, CA 94533.

Adjourn

Commissioner Erin Hannigan adjourned the meeting at 3:26pm.

Andrew Boatright, Office Assistant III

Approved:



CHILDREN ARE OUR BOTTOM LINE

DATE: January 5, 2017
TO: First 5 Solano Commission
FROM: Michele Harris, Executive Director
SUBJ: Executive Director's Report for January 2017

First 5 California Summit: In November 2016, First 5 Solano staff attended the annual First 5 California Child Health, Education, and Care Summit. The 3-day conference included presentations addressing the value of a Quality Rating and Improvement System (QRIS) to assess the level of quality in early care and education, adopting trauma informed care strategies to support children, teachers, and families, and integrating primary care systems for early healthy child development.

Highlights of the summit also included keynote speeches from Emada Tingiredes, Lieutenant with the Los Angeles Police Department, Alison Gopnik, UC Berkeley Professor of Psychology and author of influential books on cognitive development, and Sylvia Acevedo, who serves on the President's Advisory Commission on Educational Excellence for Hispanics and has earned recognition for her work addressing universal access to education and healthcare. The summit concluded with an inspiring keynote address by Dr. Junlei Li, Co-Director of the Fred Rogers Center, who shared Fred Rogers' philosophy and approach to serve children and key caregivers.

Hewlett Foundation's 50th Anniversary Symposium: Megan Richards, First 5 Solano, and Joanie Erickson, Solano Coalition for Better Health, joined approximately 250 funders, non-profits, and others at the Hewlett Foundation's 50th Anniversary Symposium entitled "From Promise to Progress in the Social Sector." The Conference included a look at the past and future of philanthropy as well as discussions on how philanthropy can make a greater difference in social sector issues, such as poverty, health, and serving diverse populations.

In addition to provocative discussions, the conference served as an opportunity to network with other funders and share information on the needs in Solano.

Measure A & B Update: The Solano Fund for Children and the Children's Alliance worked with the Board of Supervisor to place Measure A & B as a ¼ cent county-wide General Sales Tax and companion advisory measure on the November 2016 ballot. The First 5 Solano Commission took a position of support on both measures, as well as provided informational materials in both English and Spanish on the Measures. Unfortunately, Measure A, which was needed to generate the revenue, did not pass.

Solano Community Health Improvement Plan: First 5 Solano staff have been participating the in Solano Community Health Improvement Plan (CHIP) strategic planning sessions led by Solano County Public Health. The CHIP looks at Solano County's Community Health Assessment (which includes the Community Health Needs Assessment) and creates a

community strategic plan to address the health issues identified in the Community Health Assessment. The Community Health Needs Assessment, Community Health Improvement Plan, and Solano Public Health's Strategic Plan are the prerequisite documents for Solano County Health & Social Services, Public Health Division to submit an application for accreditation to the Public Health Accreditation Board.

The CHIP work has included conducting four community health assessments which are being utilized to identify strategic issues. The group is currently in the process of narrowing 15 strategic issues that have been identified to those that are most critical to community health. Once completed, a community action plan will be developed for those strategic issues.

If you would like to participate in the prioritization process, you can take the survey at: https://www.surveymonkey.com/r/Solano_Strategic_Issues. The links to the assessment data and information about each issue can be accessed from the survey as well.

Napa-Solano Healthcare Industry Partnership Launch Meeting: First 5 staff attended the Napa/Solano Healthcare Industry Partnership launch meeting as an activity supporting its systems change efforts. Recognizing the value in collectively addressing issues related to healthcare industry competitiveness and growth, representatives from NorthBay Healthcare, Solano Coalition for Better Health, Aldea Children & Family Services, OLE Health, and Partnership HealthPlan of California invited community partners from education, workforce development, and economic development to discuss opportunities for partnership, identify group priorities, and define specific areas for action. At this first meeting, the group identified areas such as training and education for healthcare workers and providing services to the community's aging population as common priorities.

Smaller groups addressing action areas have agreed to meet and continue discussions as needed, while all partnership members will convene quarterly to discuss progress and provide input to the entire group.