



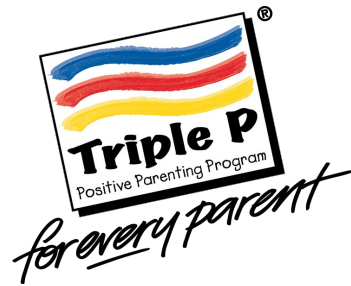
A Bit Better

News From First 5 Santa Cruz County

January is Positive Parenting Awareness Month

Positive Parenting is Vital to Well-being

by Nicole Young, Triple P Coordinator



Dear parents, foster parents, grandparents, relative caregivers, and other adults raising children and teens: **we're celebrating YOU in**

January 2021! The County Board of Supervisors has partnered with First 5 Santa Cruz County to declare January as Positive Parenting Awareness Month for the ninth year in a row. Other California counties are doing the same, and the California Assembly will pass a resolution any day now, declaring January 2021 as Positive Parenting Awareness Month across the state.

What does this mean? It means that local and state elected officials recognize that positive parenting is vital to the current and future well-being of children, families, and the entire community. It means that across the state, we're calling attention to the fact that raising children and youth to be confident, capable, caring, and independent is the most demanding, exhausting, important, rewarding (and underpaid) job many of us will ever have. It means that as a community, we recognize that being a parent or caregiver can be difficult, confusing, stressful, and isolating during "normal" times, and this past year has been nowhere near normal.

[Read More in Triple P's January Newsletter](#)

Triple P has *Family Quality Time Calendars* with Parenting Tips and Ideas for the month of January



Here are the links to the
Family Quality Time Calendars:

Online in **English** and **Spanish**
& Printable in **English** and **Spanish**

Santa Cruz County ACEs Aware Network of Care Sessions Continue

Join us for the second session of the Santa Cruz County (SCC) ACEs Network of Care Learning Series on January 14, 2021, *Connecting Across Sectors*, presented by Wendy Ellis and Jeff Hild of the **Center for Community Resilience** (CCR) at George Washington University.

This bilingual, virtual event will build on the concepts and tools covered in the November 12 session on The Pair of ACEs in Practice. Join us as we continue to learn ways to address Adverse Childhood Experiences by addressing root causes and barriers in Adverse Community Environments through policy and practice changes.

[Click here to Register Now-](#)

Last Day to Register is January 12th, 2021

"We look forward to working with all partners to advance our collective awareness of Adverse Childhood Experiences (ACEs) and our ability as a community to collectively prevent them, and support the children, families and individuals who have experienced them."

~ David Brody, Executive Director of First 5 Santa Cruz County.

**Learn more about the ACEs Aware Network of
Care January 14th Event**



Santa Cruz County ACEs Network

Learning Series

La Red de ACEs del Condado de Santa Cruz

Serie de Aprendizaje



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California Surgeon General 's Report

On December 10th, 2020 California Surgeon General, Dr. Nadine Burke Harris, released the *Roadmap to Resilience* outlining a sector-specific and cross-sector approach to addressing ACEs and toxic stress.

“ACEs and toxic stress are a public health crisis in California and throughout our nation. But ACEs are not destiny,” said California Surgeon General Nadine Burke Harris. “I am thrilled to share this report as a roadmap for prevention, early detection and cross-sector, coordinated interventions to address ACEs and toxic stress in a systematic way. None of these strategies are sufficient alone and each extends the reach of others.”

To read more visit the report website: [Roadmap for Resilience](#)

To watch the December 10th webinar unveiling of the Roadmap for Resilience you can visit the [ACES Aware Educational Events page](#)

December Supply Giveaway

On December 5th, 2020 First 5 Santa Cruz County participated in its third emergency supply giveaway in partnership with the County

Office of Education's Child Development Resource Center. Thanks to supplies received from First 5 California and the California Department of Social Services 161 family child care providers and 37 centers received adult disposable masks, cloth child masks, hand sanitizer, hand soap, disinfectant spray, paper towels, gloves and a CD of children's songs (created and gifted by Toby Salciccia from Happy Days Children's Learning Center).

Thank you to all who participated in putting this together!



Community Announcements

Local Pediatric Dental Appointments Available

There are openings at local clinics for pediatric dental appointments for children 0 to 3. Please check out the flyer below for more information about the importance of bringing young children in to have regular dental checkups.

[Click here to see the flyer with more information](#)

Local Assistance Available to Help with Health Insurance and CalFresh Applications

Having access to health insurance and food for our families is of vital importance. If you, a family member, friend or neighbor need help completing or renewing an application to county or state health insurance programs Certified Application Assistors can answer your questions and offer free application assistance. Call an Application Assistor directly at any of the agencies listed on this **flyer** for more information.

Community Resources

Parenting and Caregiver Resources

- First 5 Santa Cruz County- **Triple P parenting support**
- **New** resources from Sesame Street in Communities on **Managing Emotions**
- First 5 Association - **Resources for Families, Children and Communities**
- First 5 California's **New Parenting Website**
- Community Foundation Santa Cruz County: **January Family Resource Calender**
- Santa Cruz County Office of Education website focused on **Distance Learning**
- PBS: Find Ways to Play - **Fun and Educational activities for the whole family**
- California Surgeon General's Playbook: **Stress Relief for Caregivers and Kids during COVID-19**
- From the National Institute of Mental Health - Flyers on Stress and Anxiety in **English** and **Spanish**

If you are in need of child care,
please call the Child Development Resource Center



Child Development Resource Center

Serving those who care for and educate young children.

(831) 466-5820

cdrc@santacruzcoe.org

COVID-19 Related Community Resources

- Eviction Information for Tenants and Landlords: **[bilingual flyer](#)**.
 - Abriendo Puertas Shares Multi-Lingual COVID-19 Resources for Families: **[Website](#)**
 - Mental Health Tips & Local Resources for COVID-19
– **[ENGLISH](#)** & **[SPANISH](#)**
 - County of Santa Cruz Health Services Agency:
 - **[COVID -19 Resources and Information Website](#)**
 - **[Testing Sites](#)**
 - California Coronavirus (COVID-19) Response:
 - **[COVID -19 Resources and Information Website](#)**
-

Preparing for Winter Storms

- **[Post-Fire Recovery Resources](#)**
- **[Debris removal](#)**
- **[Emergency Reverse 911](#)**



CALL

TEXT

VISIT

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ENVÍE

VISITE

2-1-1
OR (800-273-6222)

Send your zip-code
to 898-211

211santacruzcounty.org

2-1-1
O (800-273-6222)

Su código postal
por texto a 898-211

211santacruzcounty.org

This newsletter is a collaborative effort of First 5 Santa Cruz County staff.



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If you missed our last few newsletters you can find them here:

[November 2020](#)

[Fall 2020](#)

[Summer 2020](#)