



## A Message from Dr. White

*As families prepare for back-to-school during the COVID-19 pandemic, First 5 Riverside asked Dr. Judy White, Riverside County Superintendent of Schools and a First 5 Riverside Commissioner, if she would prepare a message for parents and caregivers and those who support them in the September First 5 Riverside Executive Director's report.*

### Lessons Learned

*By Riverside County Superintendent of Schools, Judy D. White, Ed.D.*

As we enter the Fall of 2020, we must ask ourselves, "What have we learned?" I believe we have learned that life is valuable and that moments matter. Our educators have worked tirelessly to create a new learning experience for students while both students and parents have responded in positive and persevering ways. Let us remember to say thank you to one another and for learning things that we never knew we would have to learn.

Who would have thought nine months ago that masks and hand sanitizer would become a multimillion-dollar competitive market? We have learned to make hard decisions, to sacrifice for others so that we can just simply live. We have learned that the washing of hands for 20 seconds or more can deter a virus.

The new learning for this month is to understand the importance of cohorts. A group of people banded together and treated as a group will be the cohorts of

this Fall. As some schools transition from isolation to targeted cohorts coming back on campuses, the cohort must stay together, and only interact with their group, which should be 16 or less.

Let us remember to infuse peace, unity, and the valuing of humanity and appreciation for one another as we connect and create these bubbles of interaction. Children are resilient but need our intentional feeding of their emotional souls and affirmation of kindness. They need reassurance that things will get better. This only happens when you take care of you.

Whether it is early in the morning, late at night, or during a quick break from the madness of your day, please remember to take care of you. If you are not taking care of your own needs, you will have less energy, space, and patience to be your best for your children and everyone in your life.

The traits of self-care, along with resiliency, a positive mindset, and adaptability that the children in our lives observe in us today, will pay dividends later when they face obstacles that threaten to hinder their life plans.

Thank you for all you are doing to balance your life to ensure that the next generation of nurses, entrepreneurs, accountants, electricians, and teachers in our classrooms today get the start on education that they deserve.

As parents of school-age children, adjusting to the world of distance learning is yet another challenge facing us each day. To help you get into a new “back to school” groove unlike any we have seen before, here are [five tips to help children of any age succeed in distance learning](#).

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## **Child Vaccinations During the COVID-19 Outbreak**

A [CDC report](#) released in May 2020 found a troubling drop in routine childhood vaccinations as a result of families staying at home. While families followed public health warnings about going out, an unfortunate result was many missed routine vaccinations. CDC and the American Academy of Pediatrics (AAP) recommend every child continues to receive routine vaccinations during the COVID-19 outbreak. [Read the guidance here.](#)

## **First 5 Riverside Re-Opens During COVID-19**



As we continue to adapt and determine how to best support our service providers and families during this uncertain time of COVID-19, three First 5 Riverside offices are now **OPEN** to the public, but with restrictions in place to keep everyone safe during the coronavirus pandemic. Please call us at **(951) 955-0200** before you come down in person so we can determine how to best help you.

## F5R Welcomes Family Resource Centers (FRCs)

Riverside County's **Family Resource Centers (FRCs)** are now officially part of the First 5 Riverside family! As of July 2, F5R is now partnering with the county's Department of Public Social Services to support five FRCs throughout Riverside County. The FRCs serve as community hubs in partnership



with a multitude of public and non-profit organizations that bring together services and activities in one location to educate, develop skills, and promote healthier lifestyles for families, children, and the communities they serve.

The inclusion of the FRCs creates a critical platform under the Resilient Families goal area and supports F5R's overall mission to seek new partnerships with other community-based organizations and hubs throughout Riverside County.

A list of each FRC location and contact information is included below, or may be accessed on the First 5 Riverside website at: <https://rccfc.org/Family-Resource-Centers>

First 5 Riverside is excited to welcome the FRC staff members to our team! They are vital to our communities throughout the County and have supported families in so many ways, including through parenting classes, child care and play groups, developmental screenings, bilingual services, family literacy, and so much more. As part of the F5R organization, we all have the potential to work together to link families to additional support, including pre-natal services, home visitation programs, Adverse Childhood Experiences (ACEs) awareness, and the Help Me Grow network.

Staff at each FRC are available to assist and support families. The Mecca and Mead Valley FRCs will be open by appointment and with limited walk-in hours during COVID-19; and the other centers will be supported with staff who continue to telecommute during the pandemic. First 5 Riverside Quality Start

coaches and other staff will provide additional support in the FRC communities. Please refer to the list of FRCs below to learn about the hours open and/or how to make an appointment.

F5R received an emergency grant for almost \$200,000 from the California Family Resource Association to purchase and distribute concrete supports for families served through the FRCs. The following supplies and items are being distributed to families at the FRCs:

**SUPPLIES PURCHASED WITH FUNDING**

Diaper kits, toilet paper, masks, gloves and cleaning supplies for families and community organizations

Protective gear for farm workers

Personal computers for families

## Riverside County Family Resource Center Locations and Team Members

<p><b>Desert Hot Springs</b>  14201 Palm Dr., Ste.108  Desert Hot Springs, CA 92240  Please call for remote services: (760) 288-3313  Fax (760) 288-2854</p>	 <p><b>Cynthia Mendez</b>-Community Program Specialist II  <b>Yosmin Nunez</b>-Social Services Asst. Mecca/DHS  <b>Cecilia Aguirre</b>-Office Assistant II</p>
<p><b>Mead Valley</b>  21091 Rider Street, Ste. 204  Perris, CA 92570  Please call for services or to make an appointment: (951) 210-1550  <b>Appointments available 8 a.m. to 2 p.m. Monday through Friday</b>  <b>Center will be open to the public from 3 p.m. to 5 p.m. Monday through Friday</b>  Fax (951) 210-1551</p>	<p><b>Giovanna Sedgwick</b>-Community Program Specialist II</p> 
<p><b>Mecca</b>  91-275 66th Avenue Ste.100  Mecca, CA 92554  Please call for services or to make an appointment: (760) 863-7860  <b>Appointments available 8 a.m. to 2 p.m. Monday through Friday</b>  <b>Center will be open to the public from 3 p.m. to 5 p.m. Monday through Friday</b>  Fax (760) 863-7860</p>	<p><b>Maria G. Machuca</b>, Community Program Specialist II  <b>Carmen Lopez</b>-Office Assistant II  <b>Lourdes Brown</b>-Office Assistant II</p> 
<p><b>Perris</b>  2055 N. Perris Blvd, Ste. C-1  Perris, CA 92571  Please call for remote services: (951) 443-1158  Fax (951) 940-1964</p>	<p><b>Gitna Alcantara</b>-Office Assistant II</p> 
<p><b>Rubidoux</b>  5473 Mission Blvd.  Jurupa Valley, CA 92509  Please call for remote services: (951) 328-1575  Fax (951) 683-2613</p>	 <p><b>Francisco Ramirez</b>-Community Program Specialist II  <b>Rosario (Maria) Alvarez</b>-Office Assistant II</p>

## Staff Update

In addition to our new staff with the FRCs, we would also like to welcome our newest team members who have joined our administrative staff.

<b>Nancy Aguirre</b>	Research Specialist II
<b>Gonzalo Lozano</b>	Accounting Technician II
<b>Victoria Jaramillo</b>	Accounting Technician II
<b>John Wayne Willard</b>	Accounting Technician II

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## **Supplies Continue to Flow to Child Care Providers!**

F5R continues to distribute emergency sanitation kits for child care providers serving essential workers in partnership with Riverside County Office of Education and Consortium for Early Learning staff and with the support of teams from Riverside County's Emergency Operations Center and Community Action Partnership.

Here is a snapshot of the number of supply kits and other items distributed to child care providers to-date:



**SUPPORT PROVIDED DURING COVID-19**



**1,435**  
Essential Workers Receiving  
Child Care Subsidy



**2,273**  
Children of Essential  
Workers Receiving Care



**1,590**

Providers Currently  
Opened to Serve  
Essential Workers

**ESSENTIAL WORKERS' CHILDREN RECEIVING CARE AT:**



**19%**  
Licensed  
Exempt Care



**39%**  
Child Care  
Centers



**42%**  
Family Child  
Care Homes

**SUPPORT FOR CHILDCARE PROVIDERS DURING COVID-19**



**2,462**  
Diaper Kits to  
Families



**1,487**  
Emergency Stipends  
to Early Learning  
Educators



**987**  
Sanitation Supply  
Kits to Early  
Learning Providers



**424**  
Funding for Emergency  
Supplies for Early  
Learning Providers

**Additional Funding and Resources for COVID-19 Related Activities Supported by**



9/14/2022

Child care providers and F5R partners who have received emergency supply kits have also shared their gratitude on social media:



## New State Budget Prioritizes Children and Families

Despite many difficult cuts due to the COVID-19 health emergency, the 2020-2021 CA State Budget still prioritizes young children and their families and promotes equitable outcomes. The budget supports policies and programs that First 5 has long elevated as essential to the state's health and economic well-being. These include quality early care and education; early identification and intervention; infant and maternal health; paid family leave; and tax credits for working families - all in service of helping families most in need. To read about the specific budget plans, read the [First 5 Association press release here](#).

## Fun Activities for Children During COVID-19



What do you do with children ages 0-5 while in a pandemic? First 5 Riverside is here to help! We have compiled a list of activities that parents and caregivers can do with their young children during the “Year of COVID-19.”

Here is a list of some of our favorite ways for families to still have fun while socially distancing.

**Visit virtually.** Use an online virtual map with photographs, take a virtual walk from your childhood home to your childhood elementary school and tell your children the memories that come up for you. You can also “explore” places you might like to visit, or have already gone, such as a theme park, a different neighborhood, or where relatives live. Here are some websites offering virtual visits too:



- [Explore.com Live Nature Cams](#)
- [Aquarium Live](#)
- [National Parks Live Cams & Ranger Talks](#)
- [Virtual Arboretum & Garden Visits](#)
- [Los Angeles Zoo: Bringing the Zoo to You](#)
- [San Diego Zoo Live Cam](#)

**Getting outside** will probably be refreshing and a great change of scenery for all of you. Though to maintain social distancing, play dates are a no-go. Avoid touching playground equipment. Instead, run, roll down hills, jump like kangaroos, or lie back and look at the clouds. Wash hands thoroughly after returning home from any outdoor play.

**For infants:** Bring their stroller outside for a walk or a story. Lay a blanket on the grass for tummy time. Enjoy bubbles, listen to music and sing together, talk about what you see outside. Park the stroller or hold your baby so they can watch an older sibling or other children play.

**For toddlers:** Play ‘I spy’ (keep it simple, “I spy something blue”, “I spy something that moves”). Collect rocks or leaves, then sort them by size, color, and shape. Kick, roll, or toss a ball back and forth. Dig in the dirt (don’t forget buckets, bowls, measuring cups, spoons, gardening tools, whatever you have!). Play with sidewalk chalk: draw pictures, trace one another’s outline, and more. Paint with water. Fill a cup with water and give your child a brush to “paint” the sidewalk, door, etc. Blow bubbles. Play “I’m going to catch you.” Pretend to be the different animals you might see in your neighborhood: Birds, squirrels, rabbits, deer, etc.

Most play that happens inside the house can also happen outside, so if the weather allows, bring some blocks outside, read together outdoors, color, or paint a cardboard box in the yard.

**Physical play while indoors** is possible. After all, little ones need to move and work their bodies...and voices. They will need opportunities to be loud, run, climb, and jump. This may happen outside or inside. Here are some ideas:

Turn on some music and have a dance party. Put couch cushions on the floor and crawl, walk, or jump from one to the next (don't touch the floor, it's hot lava!). Use a bedsheet as a parachute (open it wide and raise it up above your heads, then bring it down to the floor). For infants, raise and lower a light blanket over them while playing peek-a-boo. Build a fort with sheets, blankets, couch cushions, pillows, chairs, and more. You can even "camp-out" indoors! Create an obstacle course using furniture, pillows, and toys.

**Pretend play.** You can make a pretend "set" of a favorite show or book your child likes to watch or read. In the picture below, F5R Executive Director Tammi Graham's granddaughter Olivia likes to pretend she is Disney's *Doc McStuffins*, a show about a young girl with a hospital for stuffed pets. Her mother helped her create the pet hospital using things they already have in their home.



Executive Director Tammi Graham's granddaughter Olivia plays doctor based off of her favorite show, Doc McStuffins



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**Quiet Play:** Children (and you) will also need some quiet time each day. This is great for relaxing, recharging, and maybe even allowing you to get some work done. Read together or independently (toddlers can flip through books and talk about what they see in the illustrations). More quiet activities include: coloring, puzzles, block building, sorting objects; stickers on paper – you can draw large shapes, letters, or numbers on paper and your child can line the shape with stickers; tape on paper – you can cut short pieces of masking tape and your

child can stick it to a piece of paper (sounds boring, but little ones love it); pretend play with stuffed animals, dolls, trains, cars, or household items for playing “house” or “veterinarian.”

**Have an alphabet day.** Have your child choose a letter in the evening — any letter. The next day, create activities surrounding things that begin with that letter. For example, if the letter is “L,” you might include a lemon in something you eat that day, think of animals that begin with “L”, and come up with silly phrases where each word begins with “L,” like “Lovely Little Leopard.”

**Play “Help the Parents.”** Remember that one of the most favorite types of play for children is helping you with “real” work. Think about whether your toddler can help with meal preparation, setting the table, sorting or putting away laundry, cleaning up (for example, putting shoes in the closet) or putting new toilet paper rolls in a basket in the bathroom. These tasks may take a bit longer with our toddlers, but it’s fun for them and also teaches the value of cooperation.

[Click Here for Other Resources for Things to Do with Kids at Home](#)

#### Sources

<https://www.familyvacationcritic.com/things-to-do-at-home-with-kids-during-coronavirus-outbreak/art/>

<https://www.first5la.org/parenting/articles/activities-for-parents-and-children-during-the-covid-19-quarantine-/>

<https://www.zerotothree.org/resources/3264-at-home-activity-guide>

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**Dental Transformation Initiative Impact Report Released**



A report of the impact of the Dental Transformation Initiative (DTI) state-funded 4-year pilot program to improve oral health outcomes for children in the Inland Empire is **available here**.

The \$12 million grant funded pilot is administered by F5R in partnership with First 5 San Bernardino to increase utilization of Medi-Cal oral health services among children.

The report shows overall that innovative strategies used to increase access to care and educate parents about positive oral health habits for their children has de-stigmatized dental health care, increased oral health education, reached families sooner for early intervention and built effective community connections.

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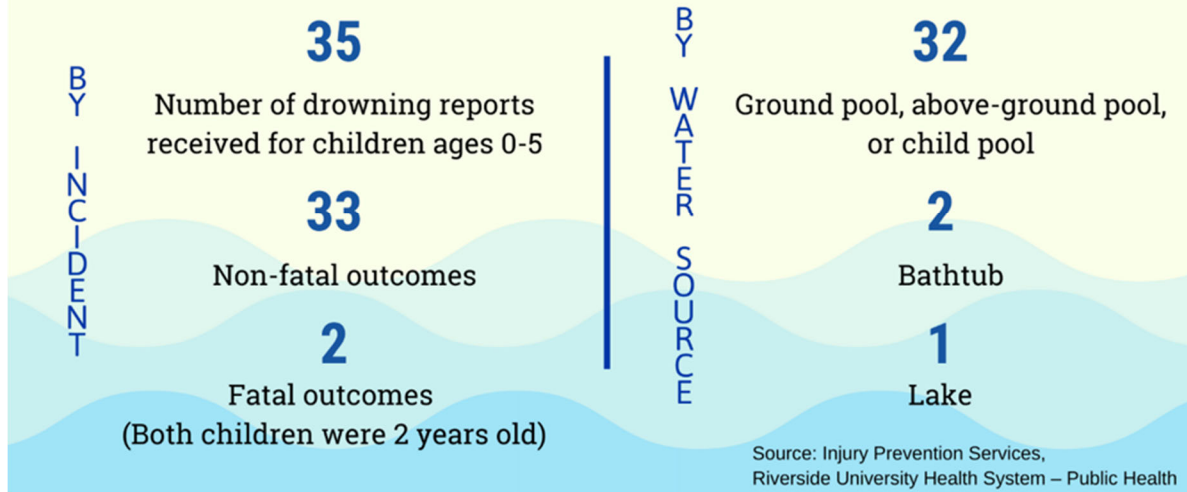
## **Drowning Prevention – Children Drown Without a Sound!**

The Riverside University Health System has released guidelines on how to keep children safe around water. Tragically, drowning incidents have increased during the COVID-19 pandemic. Please read and share the word with anyone you know who has little ones, whether they may be taking their family on a late-summer beach trip or could use reminders about proper safety during bath time. We all need to work together to prevent avoidable tragedies due to drowning. First 5 Riverside has partnered with the Riverside County University Health System – Public Health to create a drowning prevention video using wording from actual drowning incidents this year. [Watch it here.](#)

# BE WATER SAFE THIS SUMMER

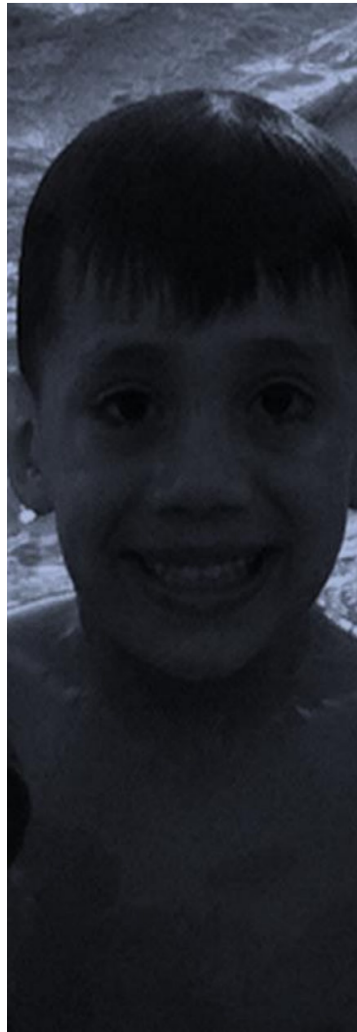
There have already been a number of accidents in Riverside County this year involving young children and water. Tragically, two of them were fatal. As we head in to summer, be aware of the prevalence of water-related accidents so you always keep your children safe.

January 1, 2020 - July 31, 2020





## Children Drown Without a Sound! Know the ABC's of Pool Safety!



**A – Adult Supervision**  
**Assign a “Water Watcher”**

- Assign an adult “water watcher” who can swim to specifically watch the water.
- Designate an adult to supervise the children in and around the pool/spa area especially during social gatherings.
- Never leave children in or around a pool unattended..not even for one second.
- Take the children out of and away from the swimming pool/spa area for any distractions, such as a telephone call or to use the restroom.
- Do not rely on flotation devices. They should not be used as a substitute for Adult Supervision.
- Post pool address and an emergency number, including 9-1-1!

**B – Barriers**

- Install and maintain proper fencing around the pool to isolate your swimming area from the home and play area.
- Use multiple layers of protection such as safety covers, gate alarms, door alarms, and motion detectors on devices. Inspect them monthly.
- Make sure all gates are self-closing, self-latching and open outward away from the pool.
- Take away all objects that allow a child to climb up to reach the gate latch or climb over the fence.

**C – Classes (“CPR”)**

- Learn CPR, first aid, and rescue techniques.
- Learn swim skills through on-going qualified instruction.
- Keep rescue equipment such as a shepherd’s hook, life-saving ring, and CPR instructions mounted by the pool to assist potential rescuers.
- Find out and understand the proper behavior in and around the water. Teach children the same behaviors.

**What To Do if A Child Falls Into A Pool!**

- Yell for help and check the scene to make sure that you can safely help the child
- Get the child out of the pool and onto the pool deck.
- Check for consciousness by tapping and shouting, “are you okay?”
- If someone is with you, have them call 9-1-1. Determine if the child is breathing tilt the head back, if you don’t hear or feel breathing or see the chest rising, give two (2) Rescue Breaths, then check for a pulse.
- Begin Rescue Breathing or CPR immediately and continue until emergency help arrives.
- If you are alone and the child is not breathing and/or does not have a pulse, start Rescue Breathing or CPR immediately.

After one minute, call 9-1-1. Return to the child and continue CPR until help arrives.

Click the poster to read the ABCs of Pool Safety

The **American Academy of Pediatrics** urges parents and other adults to plan multiple layers of protection to keep children and teens safe around water. This is especially important during the COVID-19 pandemic, as children spend more time at home with caregivers who may be distracted by work and other responsibilities.

Drowning is the single leading cause of death for children ages 1 to 4, and it's one of the top causes of death for teens. As children are at home more due to social isolation recommendations, they may have more access to pools, bathtubs, and other sources of water - all of which pose a drowning risk.

[Access all resources \(Videos\) here.](#)

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## ACEs Webinars with CA Surgeon General Dr. Nadine Burke Harris



California Surgeon General Dr. Nadine Burke Harris and three other health care providers recently held a webinar about ACEs. They discussed two case studies to show how ACE screening can impact clinical decision-making. [You can view the webinar here.](#)

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## Sharon Baskett Retires



We would like to give our heartfelt congratulations and appreciation to Sharon Baskett as she retired on June 30 after nearly 40 years of service in education. Sharon served on the First 5 Riverside Commission for six years and as the interim Executive Director for one year. She most recently served as the Riverside County Office of Education Assistant Superintendent of Early Learning Services.

Sharon continued to fill a prominent role with F5R as the co-lead for the Quality Rating Improvement System. Her energy and enthusiasm have always matched her extensive knowledge and experience in the field of early education. We will miss her warmth, kindness, and dedication, but are happy for her as we celebrate a wonderful career!

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## Georgann Koenig Resigns from the Advisory Committee



Georgann has resigned from the Advisory Committee. She served on the Advisory Committee from 2001-2020, acting as its Vice chair from 2010-2012 and Chair from 2016-2018. We thank Georgann for her many years of service to First 5 Riverside and to the children and families of Riverside County. We wish Georgann the best and thank her for her years of service to First 5 Riverside!