

Healthy Start, Grow Smart: Prepare My Child for School

• Your Newborn

You have a new baby, and you are a proud parent. Do you sometimes feel excited but also a little nervous about taking care of your new baby? ...Even in the first days of life, your baby is starting to find out who you are.

• Your One Month Old

During the first month of your baby's life, you and your baby spend a lot of time getting to know each other. Sometimes, you may feel tired and nervous. These feelings are a signal that you need to take care of yourself. Here are some ways to do it.

• Your Two Month Old

At two months of age, your baby will begin to notice and reach out to the world around her. She can see better now. She can watch a person or object moving directly in front of her. She is more alert and can respond to you more. The world around her is more interesting to her.

• Your Three Month Old

You and your baby are "talking" to each other even though he doesn't say words yet. You are doing what comes naturally. You are using body language as well as words.

• Your Four Month Old

When your baby reaches the age of four months, things will really start to happen fast. She is growing and learning about her world. She is interested in everything she sees or hears. She is reaching for things and putting them in her mouth. This is how she learns about them.

• Your Five Month Old

Your five-month-old is full of energy. He wakes himself up in the morning and is ready to dive into his day.

• Your Six Month Old

Your baby is halfway through her first year. She is really active now. She may be grabbing at things and shaking her rattle. She may be sitting up with support. She babbles and makes a variety of sounds

• Your Seven Month Old

At seven months, your baby is doing all kinds of things he could not do even a few weeks ago. He may sit up straight for a moment without falling over. Usually, he sits leaning forward on both hands. He can support his weight on his feet when standing. If you hold him in a standing position,

he may bounce up and down. He may be moving around the floor on his belly. He may try to feed himself. He likes to clap, pull, bang, poke and grab with his hands. He makes sounds on purpose.



• Your Eight Month Old

At eight months, your baby is curious about everything. This is a fun time for both of you. Your baby may surprise you with how well she can get around the house. Let her explore, but keep her safe.

• Your Nine Month Old

Mickey is nine months old. His parents, Lisa and José, have plans for their family. Lisa has gone back to school and looks forward to graduation. José has found a better job in the neighborhood superstore

• Your Ten Month Old

Ruby and Albert are excited by 10-month-old Jessica's new skills. This month there are so many! Jessica calls to her parents saying "Mama" or "Dada." She wants to feed herself at every meal. She sometimes drinks from a cup without spilling. She tries to pull herself up to stand. She likes to practice stepping sideways along the sofa. But she knows that she has to hold on to stay steady. Crawling still helps her get around the house in a hurry.

• Your Eleven Month Old

Fred and Ramona are getting ready for Jacob's entry into toddlerhood. Their baby seems to be mastering new skills every day. Yesterday he was trying to pull himself up at the kitchen table. Today he's pushing a chair around the living room - and walking! He's not steady on his feet, but Ramona and Fred know that he'll soon be harder to keep up with.

• Your Twelve Month Old

Alice has invited a half dozen family members to celebrate Lisette's first birthday. They include Uncle Matt, Aunt Melinda and their 14-month-old son, Jake. Placed together on the floor, Jake and Lisette watch each other at first. Lisette picks up a wooden block and turns it over in her hands. Jake does the same. For the next few minutes, they play with the blocks, watching and copying each other.

Healthy Start, Grow Smart: Prepare My Child for School. Dept of Agriculture/Dept of Education/DHHS. Healthy Start Grow Smart Series. 2002. English.

Nuestra misión es cultivar el desarrollo saludable de los niños y familias en nuestra comunidad. Ofrecemos recursos, referencias, apoyo y oportunidades a los proveedores de cuidado de niños, familias y comunidades en el Oeste de Condado de Sonoma

"Our mission is to nurture the healthy development of children and families in our community. We offer resources, referrals, support and opportunities to child care providers, families and communities in western Sonoma County".



BUEN COMIENZO, BUEN FUTURO: PREPARACIÓN ESCOLAR DE MI HIJO

- **Su recién nacido**

Ya llegó su recién nacido y están orgullosos. ¿Se sienten a veces muy emocionados pero a la vez un poco nerviosos sobre cómo cuidar a su nuevo bebé? Si es así, entonces son como la mayoría de los padres. Aún en los primeros días de vida, su bebé se está dando cuenta de quiénes son ustedes.

- **El bebé de un mes**

Durante el primer mes de vida de su bebé, ustedes pasarán mucho tiempo conociéndose. Su bebé pasará la mayoría del tiempo dormido. Usted pasará la mayor parte de su tiempo buscando la mejor manera de satisfacer las necesidades del bebé. Es posible que a veces se sienta cansada y nerviosa. Si se siente así, es una señal de que debe cuidarse. Aquí tiene algunas sugerencias de cómo hacerlo.

- **El bebé de dos meses**

A los 2 meses su bebé empieza a darse cuenta del mundo que lo rodea y desea conocerlo. Ahora ve mejor. Puede mirar a una persona o un objeto que se mueve directamente delante de él. Está más alerta y le responde más a usted. Le interesa más el mundo que lo rodea.

- **El bebé de tres meses**

Usted y el bebé están “hablando” aunque él todavía no use palabras. Usted lo hace con toda naturalidad. Usa el lenguaje corporal al igual que las palabras.

- **El bebé de cuatro meses**

Cuando su bebé cumple 4 meses, todo empieza a cambiar muy rápidamente. Está creciendo y aprendiendo sobre el mundo. Le interesa todo lo que ve y oye. Alcanza los objetos y se los mete a la boca. Así aprende sobre ellos.

- **El bebé de cinco meses**

Su hijo de 5 meses está lleno de energía. Por la mañana se despierta listo para lanzarse a las actividades del día.

- **El bebé de seis meses**

Su bebé ya va en la mitad de su primer año de vida. Ahora es muy activo. Puede que agarre cosas y agite la sonaja. Quizás se siente con ayuda. Balbucea y hace una variedad de sonidos.

- **El bebé de siete meses**

A los 7 meses, su bebé está haciendo todo tipo de cosas que no podía hacer ni siquiera hace unas semanas. Es posible que se siente derecho por un momento sin irse de lado. Por lo general, se sienta inclinándose hacia adelante y apoyándose en las manos. Puede pararse y sostener su propio peso. Si usted lo para, puede que suba y baje. Puede que se arrastre por el piso cuando está boca abajo. También puede que quiera tratar de comer sin ayuda. Le gusta aplaudir, jalar, dar golpes, tocar y agarrar con las manos. Hace sonidos a propósito.

- **El bebé de ocho meses**

A los 8 meses, su bebé siente curiosidad por todo. Ésta es una época divertida para ambos. Posiblemente le sorprenda la facilidad con la que se mueve por la casa. Déjelo explorar pero manténgalo seguro.

- **El bebé de nueve meses**

Miguelito tiene 9 meses. Sus padres, Elisa y José, tienen planes para su familia. Elisa ha regresado a la escuela y espera con ilusión graduarse. José ha encontrado un mejor trabajo en la tienda grande del vecindario.

- **El bebé de diez meses**

Rubí y Alberto están emocionados con las nuevas habilidades de Yésica que tiene 10 meses. ¡Este mes son tantas! Yésica llama a sus papás diciendo “Mamá” o “Papá”. Quiere alimentarse sola en cada comida. A veces toma de su taza sin derramar nada. Trata de pararse sola. Le gusta practicar dando pasitos de lado a lo largo del sofá, y sabe que tiene que prenderse de algo para mantenerse estable. Aún gatea para moverse deprisa en la casa.

- **El bebé de once meses**

Federico y Ramona se están preparando para la niñez de Jacobo. Parece que el bebé domina nuevas habilidades todos los días. Ayer, trató de sentarse en la mesa solo apoyándose en una silla. Hoy, empuja una silla por toda la sala ¡y camina! No camina a paso seguro, pero Ramona y Federico saben que pronto será difícil seguirle el ritmo.

- **El bebé de doce meses**

Alicia ha invitado a seis familiares para celebrar el primer cumpleaños de Lizette. Entre ellos están el tío Mateo, la tía Melinda y su hijo, Jacobo, de 14 meses. Al principio, Jacobo y Lizette se miran el uno al otro cuando los ponen juntos en el piso. Lizette levanta un bloque de madera y le da vueltas en las manos. Jacobo hace lo mismo. Por unos minutos, juegan con los bloques, viéndose y copiándose.

Buen comienzo, buen futuro: Preparación escolar de mi hijo. Dept of Agriculture/Dept of Education/DHHS. 2002. Español.

Calendar August 2013 Agosto Calendario

- ◆ 8/5: Attendance sheets due in RCCS by 5 PM / Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 8/5 & 6: Kindergym in Guerneville
- ◆ 8/7: Kindergym in Forestville
- ◆ 8/8: Kindergym in Bodega Bay
- ◆ 8/10: Russian River Sisters of Perpetual Indulgence BINGO for RCCS 6:00 PM at the Guerneville Vets Hall
- ◆ 8/12 & 13: Kindergym in Guerneville
- ◆ 8/13: Padres Abriendo Caminos (PAC) se reúne a las 6:00 PM en RCCS. Por favor llamar a Soledad al 707-869-3613 x 107
- ◆ 8/14: Kindergym in Forestville
- ◆ 8/15: Open House at STARS Preschool Guerneville School campus, 6:00 to 7:30 PM
- ◆ 8/19: Open House at STARS Preschool Montgomery School campus, Cazadero, 6:00 - 7:30 PM.
- ◆ 8/19 & 20: Kindergym in Guerneville
- ◆ 8/20: Open House at STARS Preschool Monte Rio School campus, 6:00 - 7:30 PM.
- ◆ 8/21: Kindergym in Forestville
- ◆ 8/26 & 27: Kindergym in Guerneville
- ◆ 8/28: Kindergym in Forestville
- ◆ 8/28: Provider Workshop/Taller de proveedores: 6:15 to 8:15 PM , in/en Guerneville Vets Hall
- ◆ 8/28: Board of Directors meeting / Mesa Directiva de RCCS se reúne, 6:00 PM at RCCS
- ◆ 8/28: Outreach Committee meeting 5:00 PM at RCCS / El comité de publicidad de RCCS se reúne de 5:00 PM en RCCS

Ongoing Children's Activities from RCCS:

Kindergym:

- ☑ River to Coast Children's Services brings Kindergym to Forestville on Wednesday 9:30 AM to 12:30 PM. Held at the Forestville United Methodist Church, 6550 Covey Road in downtown Forestville. A bilingual program, features activities for children 0 to 5 years (accompanied by their care givers) FREE, but donations are accepted, Call 707.869.3613 for current schedule or check the current RCCS newsletter online at www.rccservices.org
- ☑ River to Coast Children's Services offers Kindergym Monday and Tuesday mornings 9:45 AM to 12:20 PM in Guerneville at the Guerneville Vets' Hall, located on the corner of 1st and Church Streets in downtown Guerneville. Features activities for children 0 to 6 years (accompanied by their care givers). FREE, but donations are accepted! Call 707.869.3613 for current schedule or check the current RCCS newsletter online at www.rccservices.org
- ☑ NEW! River to Coast Children's Services offers Kindergym in Bodega Bay 10:00 AM to 12:30 PM on the 2nd Thursday of each month. Held at the Bodega Bay Union Church, 1320 Bayview St. Features activities for children 0 to 5 years (accompanied by their care givers) FREE, but donations are accepted, Call 707.869.3613 for current schedule or check the current RCCS newsletter online at www.rccservices.org



River to Coast Children's Services

P.O.Box 16/16300 1st St.
 Guerneville, Ca 95446
 (707)869-3613
 Fax(707) 869-2616
 email: info@rccservices.org
<http://www.rccservices.org>

Sirviendo el Oeste del Condado de Sonoma con:

- Referencias para el Cuidado de Niños
- Recursos para los Niños y sus Familias
- Apoyo para los Proveedores del Cuidado de Niños
- Ayuda Monetaria para el Cuidado de Niños
- Programa de suministros de Emergencia
- Gimnasio para Niños en Guerneville, Forestville y Bodega Bay
- Programa de Asientos de Seguridad
- Programa de Conserjería
- Prescolar

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Serving west Sonoma County with:

- Help paying for child care
- Referrals for child care
- Resources for children and their families
- Support for child care providers
- Emergency Resources Program
- Kindergym and Infantgym in Guerneville, Forestville and Bodega Bay
- Car Safety Seat Program
- Counseling Program for children and their families
- Preschools

Upcoming Provider Workshops

August 28, 2013 6:15 PM-8:15PM

"Music and Movement in the FCCH Environment"

Lisa Hannon (BA in Art) will be the presenting this provider workshop. "I think Lisa and I are both wearing tutus. You can too if you want to!", Mendy Behrens.

September 2013 TBA

October 2013 Date TBA

"Providers Bring It"

When asked at the Provider Appreciation, "What you would like to have for workshops?", I got some great suggestions. Providers asked for more art, theme ideas, a Q&A night, SCOE recommendations for school readiness, creative outdoor games, Montessori or Reggio Emmelia ideas, trouble shooting problem behavior, and provider led workshops. I am in the process of sorting through these suggestions, keeping in mind the CCIP requirements for the modules, foundations, and curriculum Framework.

Thanks for your fabulous ideas and feedback.

Mendy, RSVP 869-3613 ext 117

GOVERNMENT OFFICIALS

GOVERNOR of CALIFORNIA

Governor Jerry Brown
c/o State Capitol, Suite 1173
Sacramento, CA 95814
Phone: (916) 445-2841
Fax: (916) 558-3160

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Office of U.S. Senator Barbara Boxer
70 Washington Street, Ste 303
Oakland, CA 94607
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Fax: (202) 224-0454

Senator Diane Feinstein
One Post Street, Suite 2450
San Francisco, CA 94104
Phone: (415) 393-0707
Fax: (415) 393-0710

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Representative Jared Huffman
999 Fifth Ave Suite 290
San Rafael, CA 94901
Phone: (415) 258-9657
FAX: (415) 258-9913

Representative Mike Thompson
2300 County Center Dr Suite A100

Santa Rosa, CA 95403
Phone: (707) 542-7182
Fax: (707) 542-2745

CALIFORNIA STATE SENATE

State Senator Mark Leno
455 Golden Gate Avenue, Suite 14800
San Francisco, CA 94102
Phone: (415) 557-1300
Fax: (415) 557-1252

State Senator Noreen Evans
50 D Street, Suite 120 A
Santa Rosa, CA 95404
Phone: (707) 576-2771
Fax: (707) 576-2773

State Senator Lois Wolk
State Capitol Room 5114
Sacramento, CA 94258
Phone: (916) 651-4005

CALIFORNIA STATE ASSEMBLY

Assemblyman Wes Chesbro
50 D Street, Suite 450
Santa Rosa, CA 95404
Phone: (707) 576-2526
Fax: (707) 576-2297

Assemblyman Marc Levine
11 English Street
Petaluma, CA 94952
Phone: (916) 319-2101

River to Coast Children's Services

Staff and their phone number extensions.

(707) 869-3613

(toll free calling from the Sonoma Coast 1-800-994-3613)

- Jynx Lopez (Executive Director) 111
- Andy Hilldale (Bookkeeper) 106
- Soledad Cardona (Lead Family Case Manager, Senior NHTSA Certified Car Safety Seat Technician) 107
- Josh Baker (Family Case Manager) 114
- Ana Martinez (Family Case Manager) 109
- Mel Wainwright (Family Case Manager) 155
- Mendy Behrens (Child Development Resource Specialist) 117
- Kari Wilson (Child Development Resource Specialist) 112
- Lupita Dominguez (Child Development Resource Specialist) 118
- Patience Foster and Jayme Melum (P/S Program Director) 105
- Elaina Boyce (Community Resources & Referral Coordinator) 104
- Puresa Vasquez (Reception & R&R Counselor) 101
- David Cameron (Program Manager - Vets Hall) (707) 604-7725
- Counseling Intern, call 869-3613 to set up an appointment

ADDENDUM TO HANDBOOK

Our Service Delivery Area. RCCS' service area includes the West Sonoma County Union High School, Monte Rio, Guerneville, Harmony, Fort Ross, Oak Grove, Montgomery, Sonoma County portion of Shoreline Unified School and the Kashia Reservation School Districts.

For AP funding: For families in the Alternative Payment Programs, either the care must be used OR the family must live in the service area described above.

For CFCC Funding: For families in the Family Child Care (CFCC) programs, child care must be provided by our contracted providers in the RCCS Family Child Care Network

YOUR CASE MANAGER WILL SHARE NETWORK PROVIDERS WITH YOU.

ALGUNOS PUNTOS DE NUESTRA POLIZA DE REFERENCIAS

La poliza de referencias de RIVER TO COAST CHILDREN'S SERVICES respeta la preferencia de los padres. La responsabilidad de escoger el cuidado de niños es de los padres. Asistimos a los padres a encontrar la variedad más amplia de cuidado de niños que se ofrece y ofrecemos información para evaluar el cuidado de niños. Una recomendación de RCCS no significa una garantía de calidad. Les pedimos a los padres que hagan una entrevista cuidadosa y que examinen las recomendaciones antes de que dejen un niño al cuidado de otra persona.

Padres que están buscando información acerca de quejas previas de una casa o centro con licencia para cuidar niños, pueden llamar a Community Care Licensing tel. 588-5026.

Para registrar una queja llamen al mismo numero al River to Coast Children's Services. 707.869-3613.

OUR REFERRAL POLICY

RIVER TO COAST CHILDREN'S SERVICES' referral policy is based on respecting parental choice. Responsibility for selecting child care rests with each parent. RCCS assists parents in finding the widest range of available child care and offers information to help families evaluate available child care options. A RIVER TO COAST CHILDREN'S SERVICES' referral is not a recommendation or a guarantee of quality care. Parents should carefully interview and check references of potential child care providers before leaving a child in their care.

For Information on all licensed family child care homes and centers call Community Care Licensing at 707.588.5026

River to Coast Children's Services. 707.869-3613. info@rccservices.org / www.rccservices.org

Visit us on Facebook:

<http://www.facebook.com/pages/River-to-Coast-Childrens-Services/229456943781488>

& NEW VETS HALL FACEBOOK PAGE:

<http://www.facebook.com/GuernevilleVeteransHall>



THE NEW VETS HALL WEBSITE IS UP @
<http://www.guernevillevetshall.org/>

Need Help Paying For Child Care?

River to Coast Children's Services is enrolling eligible families NOW in both the preschools and other subsidy programs !



Resources, Referrals, and Support / Recursos, Referencias, y Apoyo
707.869.3613 / info@rccservices.org / www.rccservices.org

Family Size Tamaño de Familia	Income per month Ingresos por mes
2	\$3,218
3	\$3,518
4	\$3,908
5	\$4,534

Call/Llama 869-3613

for an application- Funding is available now.

Llame y pida una aplicacion- los fondos estan disponibles ahora.

¿Necesita ayuda para pagar por el cuidado de sus niños?

River to Coast Children's Services esta matriculando familias que sean elegibles para los prescolares y otros programas de subsidio para cuidado de niños.

Spring/Summer 2013 Primavera/Verano



Resources, Referrals, and Support / Recursos, Referencias, y Apoyo

You're invited to our preschool open houses.



Meet the teachers, tour the classrooms, and learn more about our Preschool programs offered by RCCS.

**Guerneville School Campus
Open House**

**Thursday, August 15, 2013
6:00 - 7:30 PM**

**Monte Rio School Campus Open House
Tuesday, August 20, 2013
6:00 - 7:30 PM**



**Montgomery School
Campus (Cazadero)
Open House
Monday, August 19, 2013
6:00 - 7:30 PM**

Call RCCS at 869-3613
for more information

Parents & Children:



News from the Preschools

NEW PRESCHOOLS OPENING THIS AUGUST

We are excited to announce that RCCS will be opening two new preschools this August. One at **Guerneville Elementary School** and one on the campus of **Analy High School**, in Sebastopol.

In addition we will continue to operate our preschools at **Monte Rio Elementary School** and **Montgomery Elementary School** in Cazadero. Enrollment is open now and funding is available for qualified families!

**For more information or enrollment call Melanie Wainwright:
(707) 869-3613 x155**

Re-opening this fall...



On the campus of ANALY HIGH SCHOOL



**FULL-TIME & PART-TIME
PLACES AVAILABLE**
(Funding for qualified families)
ENROLLING NOW
(707) 869-3613

Run by River to Coast Children's Services and partnering with West Sonoma County Union High School District

**STARS PRESCHOOLS
ENROLLING
FAMILIES NOW!!**



River to Coast Children's Services is enrolling families NOW in the Monte Rio STARS Preschool Program and enrolling for Fall in the Guerneville STARS Preschool Program.

Full time & part time slots available.
Private pay and subsidized families welcome.
MONDAY - FRIDAY, 8:30 AM TO 5:30 PM
Ranuras de tiempo completo y tiempo parcial disponibles. Pago privado y las familias subsidiadas bienvenidos.

River to Coast Children's Services esta inscribiendo familias para las escuelas prescolares en Monte Rio y Guerneville.



Resources, Referrals, and Support / Recursos, Referencias, y Apoyo
707.869.3613 / info@rccservices.org / www.rccservices.org

Call/Llame al 869-3613
for an application.
FUNDING IS AVAILABLE NOW.
Llame y pida una aplicacion.
LOS FONDAS ESTAN DISPONIBLES AHORA.



Los Comienzos Sólidos Empiezan con la Preparación Escolar

El ayudar a los niños a tener éxito en la escuela requiere más que preparar almuerzos y llevarlos a la parada del autobús a tiempo. De hecho, el trabajo para que tengan éxito en la escuela empieza desde antes de que nazcan.

En Primeros 5 California, la preparación escolar significa que todos los niños ingresen a la escuela listos para triunfar físicamente, socialmente y emocionalmente. También requiere que los proveedores de educación y cuidado temprano, los preescolares, centros de cuidado infantil y proveedores de cuidado infantil trabajen juntos para prepararlos.

Logros Hasta la Fecha: Preparándose para la Escuela

-  Primeros 5 California tiene más de 206 programas de Preparación Escolar disponibles para las familias que más los necesitan. Más del 60 por ciento de los programas benefician a familias biculturales y bilingües.
-  En el año fiscal 2005-06, más de 220,000 padres y 311,000 niños asistieron a programas familiares de alfabetización.
-  Primeros 5 California ha administrado más de 750,000 exámenes de salud, casi medio millón de vacunas y más de 1.2 millones de evaluaciones de nutrición y servicios de educación desde 1998.



Dos tercios de los niños que ingresan al Kinder en las escuelas de alta prioridad en el estado no tienen las habilidades de desarrollo necesarias para tener éxito escolar.

-  Primeros 5 California y las comisiones de condado están invirtiendo más de \$800 millones a lo largo de ocho años en programas de Preparación Escolar que ayudarán a preparar a más niños para tener éxito.
-  Todas las 58 comisiones de condado se involucran en la preparación escolar para que todos los niños en el estado tengan la oportunidad de ingresar a la escuela saludablemente y listos para aprender.
-  Los programas de Preparación Escolar están en los vecindarios que más los necesitan, brindando acceso a programas familiares de alfabetización, cuidado médico, programas de aprendizaje temprano, educación para los padres y otros recursos para familias con niños de 0 a 5 años de edad.

"He aprendido a ser su maestra además de ser su mamá. Me ha ayudado mucho el saber que aunque no puedo inscribirla en el preescolar, sí puedo ser su maestra."

*-- Justine, madre participante en el programa
Home Instruction for Parents of Preschool
Youngsters de Primeros 5 California*

Teaching Starts on Day One!

As a parent or caregiver, you are a child's first teacher. From the time they are born, there are simple things you can do to help them develop and be ready to succeed in school when the time comes. Check out the diagram below for some tips!

Child Development Tips



How My Child Thinks

Cognitive Development is a fancy term for exploring and understanding how your child's brain works and how he or she builds knowledge. It includes skills like processing images, events, concepts and symbols. It refers to a child's ability to learn and solve problems. **One Quick Tip:** Kids love to sort. Turn this into a fun learning game by asking your three-year-old to sort his toys by size or color and call out each size or color name as he goes.

How My Child Touches the World

When your child learns to hold a pencil, turn the pages of a book or cut with scissors, these are called Fine Motor Skills. Specifically, it refers to her ability to control her hands, fingers and other small muscles. **One Quick Tip:** Fill a shoebox with crayons, colored pencils and finger paints, and spend time each week creating mini-masterpieces with your preschool child.

How My Child Feels

How your child forms relationships and adapts to different people and situations is called his Emotional and Social Development. Early examples include learning to smile, giving hugs and expressing emotions. Later, these skills will help him meet new friends, follow rules in school and understand the difference between right and wrong. **One Quick Tip:** Children under five need love and limits, but the greater of these is love.

How My Child Moves

The ability to use larger muscles and muscle groups is called Gross Motor Skills. When an infant learns to hold his head up, when a baby develops the strength to sit up on her own, and when a child learns to walk, run and skip, these are all important milestones. **One Quick Tip:** The park is a great place to work on gross motor skills with your child. Climbing ladders, sliding down slides, throwing a ball or chasing mom or dad across the grass will all help with this type of development.

How My Child Talks

Speech and Language skills are the building blocks for all learning. **One Quick Tip:** Talk to your baby all the time, start the practice even before she's born! Once she's arrived, read aloud or sing to her every day and make blocks a part of her life.



HAVING A FAMILY PARTY OR EVENT?

Why not rent the Veterans Hall: our auditorium can seat up to 250 people and hourly rates start as low as \$51 at the weekend. We also have a kitchen and smaller meeting rooms available.

For more info call David (707) 604-7725



guerneville veterans hall
a project of River to Coast Children's Services



Resources, Referrals & Support ❖ Recursos, Referencias y Apoyo

P.O. Box 16
Guerneville, CA 95446

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RETURN SERVICE REQUESTED

FREE SUMMER LUNCH! ¡LONCHE GRATIS ESTE VERANO!

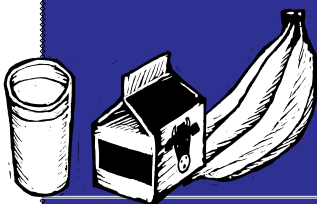
at the Guerneville Veterans building
M - F , 12:00-1:00 PM
(closed July 4th, cerrado 4 de julio)



for children under 18 years old
para todos los niños 18 años y menores
(no other restrictions apply)

for more information call 869-3613
para más información llame al 869-3613

WEDNESDAYS ARE KIDS MOVIE DAY!

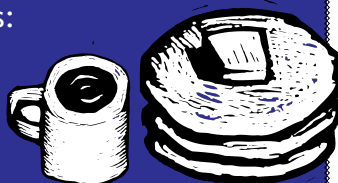


LAZY BEAR BREAKFAST

August 3rd from 8am -11am
at the Guerneville Vets Hall

Breakfast is \$10 and includes:

- 3 hotcakes
- scrambled eggs
- 3 link sausage
- coffee or juice
- Mimosas \$6 (or discounted to \$5 if you show your bear Tag!)



The Russian River Sisters present

Under the Sea Bingo!

A Benefit for
River to Coast Children's Services

Bigger Cash Prizes!
Free SHy!
Snack Bar!
Costume Contest!

Reserved
VIP Group Seating
for Groups of 10
(Available!)

Pre-Sale Ticket Holders
Admitted at 5:30pm
Doors open at 6pm,
Games begin at 7pm
Purchase Advance Tickets @
www.rrsisters.org
Please NO ALCOHOL in the Bingo Hall!

Saturday August 10th, 2013
Veteran's Memorial Hall
Guerneville/CA
18 and over only
\$15/1 Card \$20/2 Cards