February 13, 2006
To submit comments or items for this e-newsletter, please contact Vivien Hao, Public Affairs Officer, First 5 LA at vhao@first5.org or (213) 482-7563.

IN THIS ISSUE
Child Abuse Consultant
Preschool Initiative Update
Brazelton on LA Panel
Sharing Data
Arts for Abused Children
Dan Siegel Champion Profile
10 Ways to Show Love

CALENDAR
Feb. 22: 8 a.m.-1:50 p.m., Buenanueva Foundation 8th Annual Teen Parent Conference at the De Paul Center, 1105 Bluff Rd., Montebello 90640. For information, call Aracelly Alvarez at (626) 795-7055.

Feb. 23: 10 a.m.-noon, A Conversation with a Panel of Early Intervention Experts: T. Berry Brazelton, MD, Leslie Richard, MD, and Maria Trozzi, MEd on caring for children with special health needs and early childhood development, at the UCLA Neuroscience Research Building Auditorium, 635 Charles E. Young Dr. S., LA 90095. $25 per person. To register, visit www.idaofcal.org or call (916) 453-8801.

Mar. 4: 9 a.m.-2 p.m., Baldwin Village Community Health, Safety & Job Fair presented by LA City Attorney Rocky Delgadillo, 4041 Hillcrest Dr., LA 90008. To reserve a booth, call Monica Barajas at (213) 978-8399 for Feb. 17.

Child Abuse Prevention Program Consultant Applications Due March 1
First 5 LA has issued a request for qualifications for a consultant to facilitate meetings, workshops and trainings for the Partnerships for Families (PFF) Initiative, a landmark $50 million child abuse and neglect prevention initiative in LA County. Deadline for submissions is 5 p.m., March 1, 2006.

PFF takes an innovative approach to one of the most significant issues affecting the well-being of children by providing families with the support services they need to improve their quality of life.

The selected applicant(s) will work closely with First 5 LA staff, PFF grantees and initiative evaluators to promote and enhance collaborative learning. The contract will be for an amount not to exceed $710,000 over a period of approximately five years (April 2006-March 2011), to be renewed annually.

The consultant will have expertise in various nodes of knowledge exchange as well as experience working with complex community-based initiatives and with community groups and agencies to promote social learning and capacity building.

The consultant must also be knowledgeable about current practices in child maltreatment prevention.

For complete qualification requirements, click here.

For information, contact Dawn Kurtz at dkurtz@first5.org or (213) 482-9487.

Initiative Creating Right to Preschool To Appear on June 2006 Ballot
The Preschool for All Initiative, which will provide a high-quality, voluntary preschool education for every 4-year old in California, has been designated as Proposition 82 on the statewide ballot in June.

Supported by film director and child advocate Rob Reiner, Governor Arnold Schwarzenegger, and a broad coalition of children's organizations, business leaders, educators, law enforcement and public officials, Proposition 82 is a landmark initiative that, if passed by voters, would establish the right to voluntary public preschool for all 4-year old children.

Mar. 11: 9 a.m.-3 p.m., 2nd Annual Antelope Valley Health Births Fair, featuring workshops on breastfeeding, medical insurance, infant massage and free screenings for qualified families, 2251 West Ave. H, Lancaster 93536. For information, call Nicki Brown at (661) 949-1206 ext 224 or Tomi Perkins at (661) 816-8593.

Mar. 13 & 14: 9 a.m.-4 p.m., ZERO TO THREE and Infant Development Assn. of California’s Developmentally Based Diagnosis of Mental Health and Developmental Disorders of Infancy and Early Childhood Training at the Elks Lodge, 6446 Riverside Blvd., Sacramento 95831. For information, call Lenore Matthews at (202) 638-1144 ext 664.

Mar. 18: 8:30 a.m.-3:30 p.m., 9th Annual African American Women’s Health Conference, at Lake Avenue Church, 393 N. Lake, Pasadena 91101. For information, call Kay Benjamin at (626) 744-6184.

Mar. 24 & 25: 8 a.m.-3:30 p.m. Child Development Media’s Kit for New Parents 2nd Annual Conference at the Hilton Pasadena, 168 S. Los Robles Ave., Pasadena 91101. For information, call (800) 405-8942.

Mar. 24: 8:30 a.m.-1:30 p.m., 2nd Annual Family Literacy & Health Parent Conference, at the Carson Community Center, 801 E. Carson St., Carson 90745. To register by Mar. 10, call Elida Garcia at (562) 922-6280 or Donielle Cole at (310) 679-7984 ext 258.

The preschools would be administered by the state Superintendent of Public Instruction and county school superintendents, except in two counties, including LA, where Los Angeles Universal Preschool, the organization established in 2004 by First 5 LA, would administer the local network of preschools.

Statewide, funds would come from an additional 1.7 percent tax on individual income above $400,000 annually; $800,000 for couples. The increased taxes on high-income earners would begin in 2007, with revenues reaching approximately $2.4 billion annually in 2010-11.

For information about the initiative, visit www.preschoolforallca.com.

Brazelton to Speak on Panel on Early Intervention for Special Needs

Nationally-known pediatrician and author T. Berry Brazelton will lead a panel of early intervention experts in a dialogue about early childhood development and caring for children with special needs, 10 a.m.-noon at Feb. 23 at UCLA Neuroscience Research Building Auditorium.

The event is hosted by Lanterman Local Interagency Coordinating Board for Early Intervention Services and sponsored by WestEd and the Brazelton Early Intervention Education Fund.

Other sponsors include UCLA Center for Healthier Children, Families and Communities, CHAT UCLA, Infant Development Association, Koch-Young Resource Center, and the Frank D. Lanterman Regional Center.

Joining Brazelton on the panel will be Maria Trozzi, assistant professor of Pediatrics at Boston University School of Medicine, and Leslie Richard, a consultant pediatrician to Frank D. Lanterman Regional Center.

For information and registration, visit www.idaofcal.org or call (916) 453-8801. Admission is $25 per person.

Data Sharing Meeting Offers LA County Agencies Opportunities to Network

More than 90 representatives from 30 public and private agencies participated in an unprecedented data sharing meeting convened by First 5 LA last Monday.

"This was the largest gathering of organizations that develop and disseminate data on such issues as health, education, social services, community needs, and economic indicators," said First 5 LA Executive Director Evelyn V. Martinez.
Valentine’s Day is a good time to reflect on the importance of showing those we love how we feel about them. Here are ten ideas that have been suggested to me over the years—and I pass them along now to you, as a fellow parent, who sometimes needs to be reminded not to take my children for granted.

1. **Spend time alone with each of your children.** Go out to lunch, take a leisurely walk, or just hang out together letting them know you love them unconditionally and value them as individuals.

2. **Praise your child’s good effort**—not just results.

3. **Celebrate everyday accomplishments.** Make a special dinner with your child as the guest of honor to toast losing a tooth, making the soccer team or getting a good grade on a science paper.

4. **Teach children to think positive by being positive.** Instead of noting how dirty they are when they come in for dinner, say, "Looks like you had a great time!"

5. **Read "just one more book"** even if it’s late and you’re tired.

6. **Get out the photo albums** and their baby books and tell your children stories about their beginnings.

7. **Remind them of something they’ve taught you.**

8. **Let your children overhear you complimenting them** to someone else.

9. **Forget yesterday—start each day fresh.** Make each new morning another chance to fall in love with your children all over again.

10. **Say, “I love you.”**

_Evelyn V. Martinez_
Executive Director
First 5 LA

"As part of First 5 LA’s mission to create collaborations that benefit children and families, this event was just one of the ways in which we are responding to the networking needs expressed by our partners and community groups," Martinez added.

Among the agencies represented were California Health Interview Survey-UCLA Center for Health Policy Research, USC's Metamorphosis Project, Healthy City Project, , Long Beach Department of Health and Human Services, 211 LA County, Pasadena Public Health Department, WIC Data Mining Team, Commission for Children, Youth, and Their Families, and LA County's Dept. of Children and Family Services and Department of Mental Health.

Participants gave the meeting high marks. "This networking meeting was a great way for us to get the word out about the Urban Research Sector's demographic forecast data, which can help agencies and policy makers plan for future needs," said Pete Fonda-Bonardi, information specialist from the LA County Chief Administrative Office's Service Integration Branch.

For information about future data sharing events, contact Marc Davidson at mdavidson@first5.org or (213) 482-7538.

**GRANTEE PROFILE**

**Arts Program Helps Abused Moms Bond with Their Children**

Although Jennifer had escaped an abusive situation at home, her life was far from stable. Having just turned 18, she was living with her 4-year old daughter, Dalasha, at St. Anne's transitional housing for teen mothers and their children.

That’s when the pair joined a weekly creative arts program sponsored by Free Arts for Abused Children, a First 5 LA grantee.

"Many of the teen mothers at St. Anne’s don’t know how to help their children in this tenuous time in their lives," said Barb Polland, a Cal State Northridge professor of Child and Adolescent Development, who designed the program. "Some of the children start the program quiet and withdrawn. But due to the variety of new experiences we offer, we see them blossom—becoming happy and expressive."

"We use drama, music, arts and crafts to transform the lives of at-risk children by helping them develop positive interactions," she explained. "It’s amazing how the children open up and the mothers see for the first time what a difference this interaction can make in their child’s development."

The program, which utilizes volunteers to work with the parents, caregivers and children, was recently expanded to a second location, Stepping Stones in the San Fernando Valley, where emotionally disturbed children are also learning trust, improving social skills, and building self-esteem.

For information, visit www.freearts.org.
UCLA's Dan Siegel Leads Understanding Importance of Early Development

Dan Siegel is a nationally-recognized child and family psychiatrist, educator, and author of numerous articles and books on early development. His widely acclaimed *The Developing Mind: Toward a Neurobiology of Interpersonal Experience*, is used by numerous early intervention programs and such diverse organizations as the US Justice Department and the Vatican's Pontifical Council for the Family. After earning an MD from Harvard University, Siegel did postgraduate work at UCLA in pediatrics and child, adolescent and adult psychiatry. He served as a National Institute of Mental Health Research Fellow at UCLA, and currently is an associate clinical professor of psychiatry at the UCLA School of Medicine. He is also director of the Center for Human Development.

What makes you happy? Angry?

Compassionate empathy makes me happy. Lack of kindness makes me angry.

What is your idea of a perfect world?

I don’t use that concept of "perfection," but I feel a direction toward compassion in which people naturally attune to others, and to themselves.

Which living person do you most admire and why?

I don’t single out one person, but admire Albert Einstein, who said, "A human being is a part of the whole, called by us 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison..."

What is your motto?

At this moment I am filled with a few: "Pay attention to the present moment as if your life depended on it"; "We are all interconnected"; "The mind can shape the brain, the social organ of our bodies."