September 25, 2006
To submit comments or items (3 weeks in advance) for this e-newsletter, please contact Vivien Hao, public affairs officer, First 5 LA at vhao@first5la.org or (213) 482-7563.

Subscribe Past Issues Forward

IN THIS ISSUE

Toddler Tantrums
Parent Education

John Hatekayama Honored
Linda Schwartz Champion Profile
Hispanic Heritage

CALENDAR

September 29, 2 p.m.- 4 p.m.: Nutrition/Fitness Fair at Queen Anne Elementary School, 1212 Queen Anne Pl., LA 90019 sponsored by Cedars Sinai Hospital, Queen Anne Ready For School and Queen Anne Healthy Start. Contact Nikki Dana at ndana@lausd.k12.ca.us or (323) 936-8506.

October 3, 12, & 26, 10-11:30 a.m.: Healthy City Focus Groups for feedback on LA County WIC data additions and navigational elements for the new website. For reservations and location information, contact Mercedes Perez at mperez@advanceproj.org or (213) 989-1300 x 33.

October 7, 8 a.m.-3 p.m.: The 9th Annual Parent U Conference 2006 on positive parenting at the Hyatt Valencia 24500 Town Center Dr., Santa Clarita 91355, presented by the City of Santa Clarita. $25 registration by Sept. 29. Visit www.santaclarita.com/seasons or call (661) 255-4965.

KTTV FOX 11 PREVIEW
Mother Seeks Help to Defuse Toddler's Frequent Tantrums

Nicole Mathis says she was completely frustrated over her 3-year-old daughter's constant tantrums. "She would scream and yell for two hours straight over the smallest thing," said Mathis, a Long Beach single mother working two jobs. "I was afraid to take her out anywhere because she would embarrass me."

What's a mother to do? In the final installment this week of "Good Beginnings," the First 5 LA/KTTV Fox 11 weekly TV new series on children's health, safety, and early learning, viewers will see first-hand how a toddler's tantrums can impact a family's life.

The segments will air Thursday 8-9 a.m. and 10-11 p.m., followed by a live studio interview on Friday 8-9 a.m.

Psychologist Lexi Welanetz, from the Family Resource Counseling Center in West LA, gives parents tips on how to defuse tantrums by first acknowledging the child's emotions, and then establishing ground rules and consequences for breaking those rules.

"Consistency is key," said Welanetz. "Children respond better when father, mother, grandparent, babysitter, and everyone who cares for the toddler is on the same page."

For more tips and information about resources available to address infant and early childhood mental health issues, visit www.zerotothree.org and www.first5la.org.

Commissioner Hatakeyama Honored
For Service to Children and Families

First 5 LA honored retiring commissioner John Hatakeyama at the September commission meeting for his 30 years of service to children and families in LA County.
October 7, 8:30 a.m.-2 p.m.: Family Literacy Support Network’s 4th Annual Family Literacy Learning Luau at the Sheraton, 12725 Center Court Dr., Cerritos 90703. Limited registration is available at $75 by Sept. 29. Contact at Elida Garcia (562) 922-6560 or Garcia_Elida@lacoe.edu. (Click here) for registration form.

October 7, 10 a.m.-2 p.m.: Third Annual Councilmember Wendy Gruel Child Health and Safety Fair at the Valley Plaza Recreation Center, 6451 Saint Clair Ave., North Hollywood 91606. Call Jackie Keen at (818) 352-3287.

October 9, 9 a.m.-4:30 p.m.: Breastfeeding Beyond Infancy Issues and Answers presented by the Breastfeeding Taskforce of Greater Los Angeles, Providence St. Joseph Medical Center, 501 S. Buena Vista St., Burbank 91505. Call Debbie Cowley at (213) 596-5776 or visit www.breastfeedla.org.

October 14, 7 a.m.-4:30 p.m.: 21st Annual Discover Conference: Focus on Child Guidance and Behavior sponsored by Long Beach City College, Children’s Home Society of California and the William J. Reid Foundation at Long Beach City College Auditorium, 4901 E. Carson St., Long Beach 90808. $40 registration. Call (562) 938-4712 or discover.lbcc.edu.


October 19-20, 7 a.m.-4:30 p.m.: ICAN Conference on Child Abuse and Neglect at the Sheraton Universal, 333 Universal Hollywood Dr., Universal City 91608. To register, call (800) 858-7743 or visit www.cce.csus.edu/ican.

November 15, 9 a.m.-4:30 p.m.: Proactive Breastfeeding Support and Management presented by the Breastfeeding Taskforce of Greater Los Angeles, St. Mary Medical Center, 1050 Linden Ave., Long Beach 90813. Call Debbie Cowley at (213) 596-5776 or visit www.breastfeedla.org.

As deputy director of the Child, Youth and Family Program Administration for the Los Angeles County Mental Health Department, he dramatically expanded services for children and families during his 18-year tenure in the position.

Within the county system, he has also served as a clinical psychologist, program chief, program head and district chief of the Asian Pacific Counseling and Treatment Center.

Interned as a young child in a Northern California camp for Japanese Americans during World War II, Hatakeyama moved with his family to Los Angeles after the war. He graduated from Belmont High School and earned a BA in psychology and an MS in rehabilitation from Cal State LA.

After serving in the U.S. Army as a clinical psychology specialist, serving children and families at Tripler Army Medical Center in Hawaii in 1970, he returned to Los Angeles, where he began his county career.

A leader in the Asian American community, he has served in a wide variety of volunteer positions, including as a charter board member and chairperson of the Asian Rehabilitation Services, board member of the Los Angeles Hompa Hongwanji Buddhist Temple, Asian American Mental Health Task Force, and Asian Pacific Planning Council (A3PCON).

He was also program director of the Youth Services Center, MacLaren Children Center and has served on the boards of California Institute for Mental Health, California Mental Health Advocates for Children and Youth, the Children’s System of Care Committee for the California Mental Health Directors Association (CMHDA), and as chair of the Southern Counties Children Coordinators and treasurer of the California Coalition for Mental Health.

In 2005, Hatakeyama was recognized for his dedication and advocacy for services to families and children in mental health by CMHDA and was awarded the Career Achievement Award at the Rose Jenkins Conference.

GRANTEE PROFILE
Parenting Education Improves Wilmington Mother’s Relationships

Claudia Sandoval didn’t know how to get her 4-year-old daughter, Angela, to pick up her own toys or come in promptly for dinner from playing outside. With a new baby at home, the Wilmington mother was also having trouble nursing, and she knew she needed help.

She found it at Wilmington Community Clinic, which provides comprehensive health services to families in the South Bay.
EVIE'S DESK
Hispanic Heritage Month Honors Past, Present, and Future

We are in the midst of National Hispanic Heritage Month, observed each year from Sept. 15 - Oct. 15 through cultural celebrations in many communities in the United States.

While this is a time to celebrate the contributions of Americans of Hispanic heritage, it's also a time to look forward to the future of America's fastest growing minority group. The future, of course, will be in the hands of today's children.

One out of two babies born in this country is of Hispanic heritage. These are Americans who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean.

In Los Angeles County, the home of 4.7 million Hispanics, almost two out of three babies born are of Hispanic heritage.

At First 5 LA, we seek to serve these children-and all children, as well as their families, because we know that everyone will benefit if they are given the best possible start in life.

During this month of cultural observances, let us all be reminded of the fact that our nation is great largely because of its diversity.

Let us honor Americans of Hispanic heritage and especially the parents, caregivers, teachers, health care providers, and others who are helping to mold a new generation in Los Angeles County.

The clinic serves 6,000 low-income patients annually, including 1,600 families through its First 5 LA-funded programs to cover immunizations, developmental assessments, family planning, family literacy, and nutrition, breastfeeding, prenatal, health, and parenting education.

"After the lactation educator helped me with my breastfeeding problem with baby, I started attending the parenting groups, where eight to ten mothers and fathers get together each week to learn and share with each other about how to be better parents," Sandoval said.

Sandoval said she soon began to use parenting techniques such as short "time outs" and tracking good behavior on a chart. "My relationship with my daughter is so much more peaceful now," she said. "And I also learned how to read my baby's cues, so I'm a better mother to him too."

According to Evelyn Hernandez, program coordinator, dozens of parents have benefited in similar ways from the parent education provided by Wilmington Community Clinic. "Many of our clients are recent immigrants who themselves were not parented in the best way," she said. "If they are open to new ways to parent, we can show them how."

For information, contact Hernandez at (310) 549-6513 or (310) 549-9787.

CHAMPION PROFILE
Linda Schwartz Reaches Out to Parents To Help Prepare Children for School

Linda Schwartz is an outreach facilitator for the Ready for School program in the Early Childhood Education Division of the Los Angeles Unified School District (LAUSD).

With more than 38 years in early childhood education, she oversees the First 5 LA-funded school readiness programs at nine school sites, serving children birth to 5 years old.

Schwartz is a former director of early childhood education centers in two local districts of LAUSD that served more than 3,500 preschool children. She also has experience as a preschool principal, consultant, and teacher.

She serves as the southern president and the state president of the California Child Development Administrators Association, and has been recognized as the Association of California State Administrators as "administrator of the year."

She is a member of the National Association for the Education of Young Children, the Child Development Policy Institute and the East Los Angeles Community College Advisory Council.

Schwartz received her master's in education and child development from Cal State Dominguez Hills.
Which book has most influenced your life?
The Sense of Wonder by Rachel Carson.

What makes you happy?
Hearing children laughing and playing.

Which historical figure do you most admire?
Martin Luther King, Jr., for his dedication in fighting for the rights of all people.

Which living person do you most admire and why?
Maya Angelou because she doesn't mince her words.

What is your motto?
"Stop whining and do something!"