November 6, 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.

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CALENDAR

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

November 15, 9:30 a.m.-3:30 p.m.: Healthy Births Through Healthy Communities Partners Symposium 2006 at Holman United Methodist Church sponsored by LA Best Babies Network. For information, contact (213) 250-7273 x 111 or kjeter@labestbabies.org.

TELEMUNDO PREVIEW

High-Risk Pregnancies Topic of This Week’s Spanish TV Segment

This week's installment of First 5 LA/Telemundo Los Angeles KVEA 52’s series on pregnancy, "Primeros Pasos," will focus on how to avoid and deal with high risk pregnancies. Airing this Wednesday during the 6 p.m. newscast, the segment will feature doctors who specialize in caring for women whose pregnancies are considered high risk because of age, weight, existing medical conditions, lifestyles, family history, or substance abuse.

"There are many reasons why a woman would be high risk, such as previous miscarriages or if she is under 18 or over 35," said Dr. Kathleen Berkowitz, a perinatologist at Long Beach Memorial Medical Center. "One of the most common issues is obesity-- among the women I see who have high-risk pregnancies, their average weight at the time their pregnancy is confirmed is 200 pounds with an average height is 5’4’’,” she added. "This puts them at much greater risk for gestational diabetes, pre-eclampsia, Cesarean births, and many other complications of pregnancy."

Experts say it's important for women to work with their doctors to develop a weight loss plan prior to pregnancy, and to maintain a healthy, balanced diet during pregnancy to ensure appropriate weight gain.

For information in Spanish about high-risk pregnancies, click here or call 888-FIRST5LA for information about free and low-cost health care during pregnancy.

Request for Proposals Open for Informal Child Care Provider Training

Proposals are being accepted by First 5 LA through 5 p.m., January 5, 2007 for qualified groups or individuals to design and implement pilot programs to provide training and mentoring to family, friends, and neighbors who provide informal child care.
This program will mark the launch of the Workforce Development Initiative, designed to address the growing shortage of qualified early care and education professionals with funds from a First 5 LA investment of $15 million to train, mentor, and recruit child care providers.

The primary goals of this project are to raise providers' awareness about quality child care and child development, and increase their social connectedness and use of community resources.

"First 5 LA's investment in workforce development represents a major step in ensuring we have an adequate supply of qualified caregivers and teachers who can give our children the early learning boost they need to succeed in school and in life," said First 5 LA Executive Director Evelyn V. Martinez.

"Research shows there is a shortfall of more than 3,000 child care spaces in LA County due to a lack of teachers and facilities. At a time when more than half of children 5 years and under have parents who work outside the home, there is also a great need for recruitment and training of new teachers, as one in five preschool teachers is now over 50 years old," she added.

About 590,000 children between ages of 0-12 years old receive care in license-exempt settings throughout LA County, according to a study published by the LA County Child Care Planning Committee in 2005.

For information on how to submit a proposal, click here.

CHAMPION PROFILE

Rose Clark Advocates for Native American Children

Champion Profiles feature individuals who exemplify First 5 LA’s tagline, "Champions for Our Children."

Rose L. Clark is a licensed psychologist and the administrative clinical director for United American Indian Involvement, Inc.’s Robert Sundance Family Wellness Center and the Ah No Ven (Healing) Home, which are substance abuse treatment programs for American Indian adults and youth in California.

She is active in numerous American Indian advocacy organizations in the areas of administration, program development, research, teaching, and direct service.

She earned her BA in psychology from Loyola Marymount University in Los Angeles and her PhD in clinical psychology with an emphasis in multicultural community clinical issues from the California School of Professional Psychology in Los Angeles.

A member of the Navajo Nation from Crownpoint, New Mexico, Clark was born and raised in Albuquerque. Her maternal clan is Ta'nees zahnii (Tangle People) and her paternal clan is Naakai Dine’ e (Mexican People).
Which book has most influenced your life?
I'll Go And Do More: Annie Dodge Wauneka, Navajo Leader And Activist (American Indian Lives Series) by Carolyn Niethammer

What makes you happy?
Watching my 7-year-old daughter laugh and smile.

Which historical figure do you most admire?
Annie Dodge Wauneka, a Presidential Medal of Freedom recipient and a vital force in Indian health care and education.

What is your idea of a perfect world?
Where everyone is created equal.

Which living person do you most admire?
Don Coyhis, the founder of White Bison and a facilitator of the Wellbriety Movement.