It’s a 20-year anniversary!!!

Through the voter approved Prop 10 initiative, the State of CA has been able to raise nearly $9 billion statewide towards the mission of First 5 – to promote, support, and improve the early development of children from prenatal through age five years. After the Board of Equalization’s administrative adjustment to the revenue, twenty percent (20%) of those billions is allocated to the First 5 CA Commission. The remainder is distributed to the 58 local commissions, based on the number of live births in their County. First 5 San Bernardino has received about $700 million during this 20 year period, and believe it or not, it is not nearly enough to meet the incredible needs of babies, children and families in our own communities.

As anticipated at its inception, tobacco tax revenues under Prop 10 have declined over time due to falling consumption, responsible changes in legislation such as the raising of the age for tobacco purchase to 21, and higher taxation. Despite this decline in revenue, the Children and Families Commission’s have met great needs in their respective communities, have gained tremendous knowledge, amassed valuable data and invested in our number one priority - children ages prenatal through five.

As we embark on the celebration of 20 years of Prop 10, we move to make greater impact for children and families. Previously autonomous Commissions are now joining together to create a Statewide Network, a collective impact approach, to improving the lives of young children.

Commissions will continue to develop and support their individual strategic plans, crafted for the needs within their own jurisdictions, while also banding together as a State Network to share resources, use common indicators and a strong communication strategy to strengthen visibility, develop mutual
March is National Nutrition Month!

Ingredients for Healthy Cooking

One of the best ways to battle childhood obesity is to cook healthy at home. Here’s a few staple items to keep in your kitchen to prepare a healthy dish with balanced nutrition.

Extra Virgin Olive Oil
Great for cooking or as a topping for salad dressing, olive oil is a healthy ingredient for hearts and a good source of the right fatty acids for expecting moms, infants and toddlers. Prepare your next dish with this to supply the healthy fats you and your child need.

Lemons
Lemons balance out flavors and are a great source of Vitamin C. Add a touch to your next grilled chicken and steamed vegetables. Lemons also make for good desserts!

Garlic & Onions
Cook chopped garlic and onions together to ignite an appetite! They set a tasty foundation for any good dish.

Salt & Sugar
Used in moderation and under your control, salt and sugar can add just the right amount of flavor you need for your children to eat a home cooked meal. The appropriate amount of salt can help boil water or season your homemade sauces.

With consideration of the amount of sugar provided through other sources such as sodas, juices, and processed foods, control the amount you contribute to your dishes for flavoring if they are consumed regularly by your children.

Source: Child Nutrition and Cooking 2.0 by Maya Adam, MD, Stanford University
First 5 California will convene in Glendale, California for their third annual summit this April. The theme for the event is “California - Leading the Way for Children”, which acknowledges the event’s evolution of building partnerships and promoting collective impact while fostering leadership in early childhood development investments.

The preliminary agenda features Andrew N. Meltzoorf, Professor of Psychology & Co-Director of Institute of Learning and Brain Sciences; Dr. Dana Suskind, Founder of the Thirty Million Words Initiative; Dowell Myers, Ph.D., Professor of Policy, Planning, and Demography; Dr. Ajay Chaudry, co-author of “Cradle to Kindergarten: A New Plan to Combat Inequality”; Dr. Vincent Felitti, Physician and Research Expert on Childhood Trauma; and Mario Lopez, Host of EXTRA and Recipient of the Talk. Read. Sing.® Award.

For more information and registration details, visit First 5 California’s website at www.cfc.ca.gov/about/summit.html. The summit will be held at the Hilton Los Angeles North/Glendale from April 10-12, 2018.

San Bernardino County Human Services Video Highlights B.O.N.U.S. Program

County of San Bernardino Human Services launched a campaign called #EmpowerSBC, featuring stories from county programs and services that are impacting the lives of residents who are living near or in poverty. In addition to the Career Online High School program funded in part by First 5 San Bernardino, the series featured the Babies Optimal Nutrition and Ultimate Support program (also known as B.O.N.U.S) in the series.

B.O.N.U.S. is a breastfeeding support program that provides a free consultation service to parents who are seeking answers to breastfeeding questions and concerns. By dialing 2-1-1 a parent will be connected to a lactation specialist to speak to directly to someone who can help, at any time, 24 hours a day. Pooneh Navab is a Health Education Specialist I for the program and is featured in the video discussing how breastfeeding can be financially impactful to residents in poverty as they can see savings for up to $1,500 annually by choosing to breastfeed and increase their child’s overall health. To see the video, visit Human Services on Facebook at https://www.facebook.com/SBCountyHumanServices.
Thank you for your service to the Advisory Committee Board Dr. Margaret Hill!

Our February 22, 2018 Advisory Committee meeting started off with a farewell to our former Committee Chair Dr. Margaret Hill.

We welcome our new Chairman Alan H. Garrett to the role.