

THINK BIGGER



Big Topic



Image by County of San Mateo

The **2020 Census** is fast approaching! Every 10 years, the federal government is required to count everyone living in the US... and we mean everyone. All of the information that is gathered is used to make sure everyone is equally represented in our political system and that government resources are allocated fairly. It is also used to make important decisions about community programs and services, like where to build homes and parks, establish public transit routes, build new roads and offer language access services.

In the 2010 Census, a staggering one in five children were missed. There are many reasons why children weren't counted. Some families simply didn't return the form, and some parents didn't know that babies, toddlers and young children are supposed to be included.

So, why does it matter that children are included in the census? An accurate count of all the children in San Mateo County ensures that our community will get the resources our children need; like funding for school libraries, school lunches, head start, childcare initiatives and other necessary programs. When children aren't counted, we lose vital community resources—from schools to hospitals—that are critical to every child's long-term success.

You can help ensure that every child in San Mateo County is counted. Here's how: [Count All Kids](#). Stay tuned for more 2020 Census information in [San Mateo County](#).

Making Strides



Big things are happening at **Build Up**. In March, San Mateo County Supervisors approved [\\$50,000 in Measure K](#) funding to help expand local childcare options. "Like housing, affordable, high-quality child care and preschool facilities are in short supply in San Mateo County," said Supervisor Dave Pine who is also the Co-Chair for the Build Up Advisory Body. "Investing in the organizational and support capacity of Build Up will accelerate the creation of new childcare spaces which are so desperately needed for children and families to thrive." Read the press releases [here](#).

Meanwhile, work to identify new spaces in which to open quality child care facilities continues, including exploring ways in which faith-based organizations can help to close the educational opportunity gap. Read more about how Build Up staff are helping local churches to assess their potential to host onsite early learning programs, assist with permitting, licensing and renovation processes on the [Build Up blog](#).

Community Support

On May 22, First 5 San Mateo County will be hosting “It Takes A Village,” an event exploring the unique and complex experiences of LGBTQ+ immigrants and families in San Mateo County, and how we can best support them. We are honored to have Annette Pakhchian, ASW, LGBTQ+ Community Outreach Worker for Behavioral Health and Recovery Services, as a guest presenter. Lunch will be provided, so please bring your appetite and come join us for an insightful afternoon from 12:00 p.m. to 3:00 p.m.!



Please RSVP by May 15th: <https://first5smc-lgbtq.eventbrite.com/>

Community Impact

As you might know, our **Virtual Dental Home** (VDH) program helps improve and maintain the oral health of children and the community by providing parental and staff education, as well as dental care in places where people live, work, attend school, receive social services, and more. The virtual model allows extremely talented and passionate people to provide convenient preventative dental care services, decrease children’s fear of dental care, increase dental health literacy of families, improve oral health outcomes, and establish a primary dental home. Through the Ravenswood Family Health Center and led by its Director, Dr. Yogita Thakur, more than 1,125 children have been served outside of the center’s walls.

Children all over San Mateo County receive the care that they need in the comfort of their schools, and as they graduate from the program, they are later connected to a regular care facility of their choice. Since last year, VDH has provided dental services in 11 locations, with over 1,000 patient visits, including 650 kids. Thanks to VDH, families in San Mateo County can receive the dental care services they need and establish a healthy dental routine for their future.

Read some of our recent success stories, [here](#).



News to Use

Check out the [Children Now 2018-19 California County Scorecard of Children’s Well-Being](#) interactive

map. This online report tool gives users a current and comprehensive picture of children's health, education, and welfare in all of California's counties. In San Mateo County:

- 94% of newborns were not low birthweight,
- 97% of kindergarteners were up-to-date with their immunizations and
- 97% of children had health insurance, *but...*
- Only 25% of children (0-5) visited a dentist in the last year!

Explore the San Mateo County report for county-level data mapping, tracking of key indicators of child well-being over time, and by race and ethnicity.



Impact Spotlight

On any given day in 2018, nearly 7,000 of California's families experienced homelessness. Supporting homeless families with young children in San Mateo County is made more challenging by the dearth of high quality, affordable child care and mental health services. In order to look for work or maintain employment, parents who are homeless need to feel confident that their children are safe and well-cared-for, and children who have experienced the trauma of losing their homes often require specialized care.

For more than 10 years, in partnership with Peninsula Family Service, First 5 San Mateo County has funded on-site preschools at two family shelters. Serving children ages 18 months through 5 years of age, these Therapeutic Centers provide trauma-informed early learning environments including developmental and social-emotional screening, occupational therapy, and mental and behavioral health services for both parents and children. In FY 17-18, this program screened 124 children, provided one-on-one psychotherapy for 47 parents, and provided occupational therapy and behavioral services to 100 children.

One of those children was Mariana*, a sweet girl who was overwhelmed by her situation and had trouble trusting her teachers and classmates. She refused to remove her jacket and backpack at preschool, and defended herself by hitting and biting when approached. Mariana's father Joe had difficulty managing her behavior, which often resulted in power struggles. The preschool team worked with both father and daughter—providing developmental guidance and parental skills training to Joe, and reassuring Mariana that her feelings were valid and that she was safe. Gradually, Mariana became comfortable in the classroom. She began to take off her backpack and jacket, and play with her peers. Best of all, her relationship with her father improved, and the two were once again able to enjoy spending time together.

***All names have been changed for privacy.**

Advocacy Day

**PRIORITIZE FUNDING
FOR EARLY CHILDHOOD**



**SO ALL OF CALIFORNIA'S
CHILDREN CAN THRIVE**

#CA4AllKids #CAKidsNow2019



Image from First 5 Association

On April 30, 2019, First 5 San Mateo County joined other First 5 Commissions from across the state at the State Capitol for Advocacy Day in support of Governor Newsom's new budget. The budget will place more than \$2.7 billion into early childhood and will align with First 5's long-held priorities: quality early learning, comprehensive health and development, and family resiliency. We urge you to make a difference by supporting early care and education proposals, too.

For photos of the event click [here](#) and for more information click [here](#).

We'll be bringing you more news on topics like maternal mental health, early learning workforce development, oral health and more in the next edition of the Think Bigger newsletter.

[Visit our Website](#)

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