

# THINK BIGGER



## Big Topic

### Help Me Grow Website Launch



First 5 San Mateo County, in partnership with Gatepath and Stanford Children's Health, is excited to announce the launch of a [new website](#) that will serve as a centralized access point for local parents, caregivers and providers. Our new "[Help Me Grow San Mateo County](#)" website provides powerful tools and information that help children grow, develop and thrive, including:

- Information and resources about child development and helpful tools for families
- Access to a free online developmental screening tool
- An interactive look at a child's milestones from ages 2 months to 5 years
- Downloadable forms for providers, including a screening conversation guide
- Requests for presentations or trainings for providers
- Easy access to reach out to the Help Me Grow team to answer questions or concerns
- And so much more!

To learn more about Help Me Grow and connect with these new resources, click [here](#) or contact us directly [online](#) or by phone: 650-762-6930.

## Census 2020



It's 2020 which means the census is right around the corner! Making sure all San Mateo County kids are counted in the census ensures that our community will receive vital resources, including childcare programs, housing, health care, food programs, Medi-Cal, libraries and much, much more. Your voice counts/matters! The 2010 census missed more than 10% of all children under age 5 in the U.S.

Please mark your calendars for April and visit [Count All Kids](#) for more information regarding the 2020 Census in [San Mateo County](#).

### More census news:

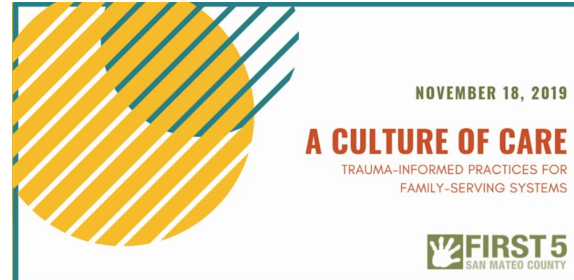
- The County of San Mateo is seeking proposals from community organizations to assist in outreach to educate, motivate and activate residents to participate in Census 2020. This RFP will

- total up to \$100,000 and must be submitted by February 19 at 5:00 P.M. View the RFP [here](#).
- Read about "[Why the census matters more than ever](#)" from the *Daily Journal* and learn more about why participation in the census is so critical.

Image by County of San Mateo

## A Look Back: Culture of Care Conference Recap

On November 18, 2019, First 5 San Mateo County brought together trauma- and resiliency-informed systems leaders and service providers from across the county for a day of learning, connection and more at “A Culture of Care: Trauma-Informed Practices for Family-Serving Institutes.” The day was full of lively and healing discussions from keynote speakers, breakout session leaders, panelists and audience members. Here is a list of conference sessions along with some takeaway quotes from conference speakers:



### **Morning Keynote:**

#### **Transforming Trauma – How to do this work and sustain**

*“Don’t wait for big waves to happen in life before you get fluent with gratitude.” – Laura van Dernoot Lipsky, Trauma Stewardship Institute*

### **Morning Breakout Sessions:**

A Culture of Care: Transgenerational Perspective  
Culture of Self-Care  
Prepped to Change: Relational Leadership

### **Leadership Panel:**

Culture of Care Convening: A Multi-Sector Leadership Panel

*“It’s like any other system, you just have to start, then you have to have persistence and grit.” – Toni DeMarco, Deputy Director of Child and Youth Services, San Mateo County Health*

### **Afternoon Breakout Sessions:**

Centering Racial Equity in Trauma-Informed Practice  
The Art of Self-Care  
Supportive Team Practices  
Trauma Screening: Exploring the Local Impact of State Policy

### **Closing Keynote:**

Relational Healing in the Time of Evidence

*“Trauma is historical, structural, political, intergenerational, interpersonal and embodied. So, then, must be our healing.” – Dr. Ken Epstein, systems leadership consultant*

Take a look at some pictures from the conference [here](#). Read more about the conference from [ACEs Connection](#) and don’t forget to stay [up to date with everything San Mateo County ACEs](#) related!

## In the Media

The Foster City Area Guide, *living!LOCAL*, has featured Build Up San Mateo County in their latest online and print edition! This exciting feature takes an in-depth look at Build Up for San Mateo County’s Children (Build Up SMC) and the impact it is making on our communities. You can check-out the online version [here](#) or keep an eye out around town to pick up a printed version! To learn more about Build Up SMC, [click here](#).

Along with *living!LOCAL*, the *Daily Journal* also gave attention to the great work of Build Up SMC and featured an article by Rosanne Foust. Check out the eye opening feature by Foust, "[Solving the county's child care and preschool shortage.](#)"



Image by Foster City *living!LOCAL*

## 2020 and Beyond

### Governor's Budget

From Paid Family Leave expansion to Adverse Childhood Experiences trainings, Governor Newsom's 2020-21 budget announcement was packed with exciting things to look forward to for early childhood development. With these critical steps from the Governor's office, First 5 San Mateo County is excited to continue generating lasting returns on the investment in our children. Check out the Governor's budget [here](#) for all that is to come in 2020-21.

### Strategic Plan

First 5 San Mateo County's new strategic plan for 2020-2025 is here! We are excited to continue to promote positive outcomes for young children and their families through strategic investments, community leadership and effective partnerships going into the next five years. Here is what you can expect to see us continue with over the next five years:

- Prioritizing San Mateo County's Young Children Through Policy, Advocacy, and Building Awareness
- Focus Area: Quality Care and Education
- Focus Area: Healthy Children
- Focus Area: Resilient Families

To review the full strategic plan, click [here](#).

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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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STAY CONNECTED

