



## **Spotlight:** **Marin County Scorecard of Child Well-Being**

On March 25th, the **Marin Communications Forum** will feature a presentation of important data about children and youth in Marin County-- covering health, education and well-being.

We are pleased to welcome Kelly Hardy from **Children Now**-- a prominent advocate for children in California. Kelly will be presenting their new report, the "**2021 California County Scorecard of Children's Well-Being.**"

### **Did you know:**

- \* **Poverty** - **21%** of Marin children live at or below twice the poverty level (just \$53,000 for a family of four)?
- \* **Homelessness** - **1,140** of our children and youth are experiencing homelessness?
- \* **Immigration** - More than **one-fourth** of our children have at least one immigrant parent?

JOIN US on **Thursday, March 25th from 10 am to Noon** for this important presentation. Please email [Michelle@First5Marin.org](mailto:Michelle@First5Marin.org) for the Zoom link.

**First 5 Marin's March Commission Meeting:  
Wednesday, March 17th at 5:30 pm. Please email  
[Michelle@First5Marin.org](mailto:Michelle@First5Marin.org) for the Zoom link.**



# Help Me Grow

MARIN COUNTY

First 5 Marin is very pleased to announce the long-awaited launch of "Help Me Grow Marin"-- a new program to help children and youth in Marin County by providing support for parents, healthcare providers and community service providers.

Help Me Grow Marin has information on child development, behavior, social-emotional and physical health PLUS referrals to services, programs and helpful resources.

**Call us!** 415-720-1283

**Email us!** [Info@HelpMeGrowMarin.org](mailto:Info@HelpMeGrowMarin.org)

**Follow us on Facebook!** Click [HERE](#).

Help Me Grow Marin offers free and confidential professional support in English or Spanish. Staff will follow up with families and stay connected to ensure that every child gets the services they need.

## Help Me Grow Marin

Connecting your child to a community of care

### DESKTOP: What We're Reading

Take a look at some of the recent articles about important issues related to children and families:

**[The Washington Post](#)**: [What the pandemic teaches us about the need for parental leave](#)

That better balance must include reasonable family leave. Parents shouldn't need a pandemic to have the right to bond with their babies in the first year of life. (Livingstone, 3/4/21)

**[First Five Years Fund](#)**: [Mothers of Young Children Have Been Pushed Out of the Workforce by Pandemic](#)

Parents with young children under the age of five have been under immense pressure since the pandemic began. But it appears the burden of child



care has been falling largely on mothers. (Danley, 3/3/21)

**Forbes: Five Ways Companies Can Help Mothers Struggling With Remote Work**

What can companies do to support parents working remotely, particularly these mothers? Here are five ideas to consider (Baskin, 3/4/21)

**CalMatters: More than 12,000 coronavirus cases have been reported at California child care centers**

Experts aren't sure if the numbers are good or bad because of the number of variables involved and lack of similar data. Child care providers hope new relief from the state will help. (Aguilera, 3/4/21)

**CNET: Parents of 2020 babies could get an extra \$1,100 stimulus check. Here's how**

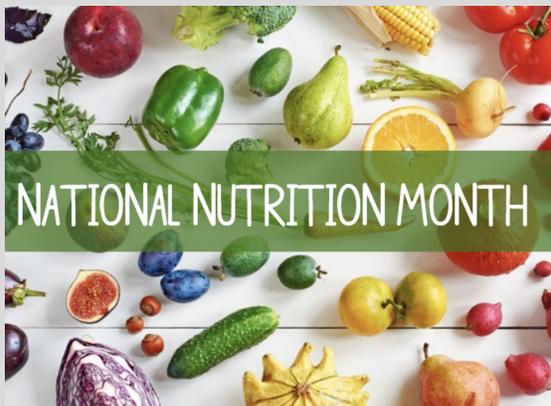
It's time to claim missing stimulus check money for babies born in 2020. Here's exactly how to do it. (Langlo, 3/3/2021)

**Scientific American: Science and Society Are Failing Children in the COVID Era**

The school reopening debate points toward a broader range of problems facing the young. (Maani, 3/3/21)

\*\*\* FOLLOW **First 5 Marin** on Facebook! [CLICK HERE.](#)

## National Nutrition Month



## “Eat Right, Bite by Bite”

March is National Nutrition Month®, the Academy of Nutrition and Dietetics celebrates this annually. As part of their campaign, they invite the public to focus on the importance of **making informed food choices and developing sound eating and physical activity habits.**

National Nutrition Month 2020 is themed **“Eat Right, Bite by Bite”** and the overall message is that quality nutrition isn't restrictive,

but that small changes to diet can have a cumulative effect on health over time. **Every healthy nutritional choice is a choice in the right direction!**