

from 5:15 pm to 7:15 pm online. Meet our newest commissioner, Dr. Jessica Hollman, a pediatrician with Marin Community Clinics. And learn about our new Strategic Planning process. Email Michelle@First5Marin.org for the Zoom link.



Healthy Minds: Nurturing Your Child's Optimal

Development

PARENTS & PROVIDERS!

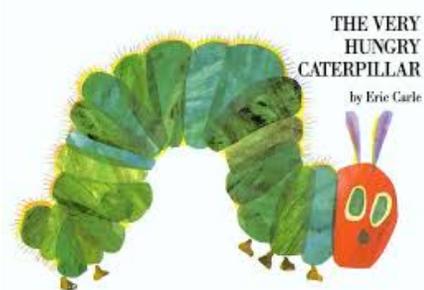
What do we really know about how a young child develops? What can parents do to best support their child's healthy development and growing brain?

Some of the answers are in new age-based handouts from "Zero to Three." Each are based on findings from a report from the **National Academy of Sciences** on child and brain development, "From Neurons to Neighborhoods: The Science of Early Development."

[CLICK HERE](#) to view the handouts online in English or Spanish; scroll down to the age group you are interested in.

DESKTOP: **What We're Reading**

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



Fortune: Is anyone listening to burned-out parents?

As the pandemic heads into a third school year, are people who aren't parents of young kids paying attention? (Hinchliffe, 8/26/21)

The Atlantic: Child-Care Workers Might Not Come Back

Some child-care workers are opting out of the industry just at the moment when families need them desperately. That's entirely understandable—but leaves parents of young children with fewer and fewer options for support. (Le Beau Lucchesi, 8/28/21)

New America: Out Today: Federal and State Policy

Recommendations to Improve Outdoor Learning in Child Care

These policy recommendations can help state and federal leaders to promote healthy child development, support the early childhood workforce, and enhance health equity in communities. (Sklar, 8/30/21)

The Washington Post: Why visualizing images is so important for young readers, and how to foster the skill

Educators share ways, including asking questions while reading aloud, to help kids create rich inner world through words. (Lorch, 8/26/21)

NPR Marketplace: Childhood hunger declines as tax credit payments arrive

Census data released Wednesday shows a recent decrease in both hunger and poverty for households with kids. That coincides with families receiving the expanded Child Tax Credit, a per-child monthly payment of up to \$300 that started in July. (Peacher, 8/26/21)

CNBC: These tax credits could boost refunds for low-income families this year

The child tax credit payments are just half of the total benefit, meaning that families will see the other half applied when they file their 2021 tax returns next year. Thus, getting the money early may impact tax refunds for some families. (Reinicke, 8/27/21)

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**SAVE THE DATE:
First 5 Marin's Policy
Breakfast Friday, December
3rd, 2021**

**This event is being planned
for the Embassy Suites Hotel
in San Rafael. We will watch
COVID recommendations
and confirm in November.**