



**FIRST 5 MARIN**

Learn. Grow. Thrive.

## **Spotlight:** **Emergency** **Preparedness**

If a firefighter knocked on your door and you had to leave your house immediately, what would you grab on your way out?



*Do you have an idea? Do you have a list?*

Join the next **Marin Communications Forum** on for a free presentation that will help you get ready.

**FREE FORUM:**

## **Disaster Preparedness & Emergency Communications**

**Thursday, September 23rd - 10 am to noon**

\*Learn what to pack in a "Go Bag" so you can be ready to evacuate at a moment's notice.

\*Learn how to make a **family plan**, and make sure everyone knows about it.

\*Learn where to **sign up for emergency alerts** in Marin.

**RSVP** to [Michelle@First5Marin.org](mailto:Michelle@First5Marin.org).

**First 5 Marin's next Commission  
meeting: Monday, September 13th,**

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](mailto:Michelle@First5Marin.org) for the Zoom link.



## Healthy Minds: Nurturing Your Child's Optimal

## Development

### **PARENTS & PROVIDERS!**

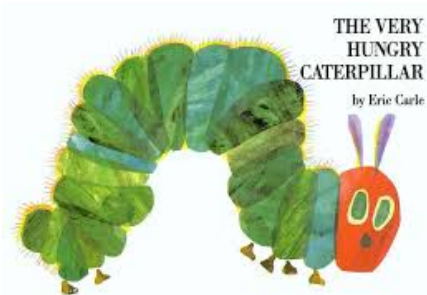
What do we really know about how a young child develops? What can parents do to best support their child's healthy development and growing brain?

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.**