

First 5 Marin's Newsletter: August 2023



FIRST 5 MARIN

Learn. Grow. Thrive.



August Spotlight: **Summer Learning Backpacks & Free Books for Kids!**

In a fabulous partnership with our friends at the **Marin County Free Library**, **First 5 Marin** has joined **The Learning Bus** at special events all over Marin County this summer to distribute **1500 backpacks** filled with school and art supplies... and a matching lunchbox!

The events also included bilingual sing-a-longs and stories from **Mariela's Music Time** and distribution of hundreds of books sponsored by **Friends of the Marin County Free Library**.

The **First 5 Marin Children and Families Commission** voted to

provide \$25,000 to purchase the backpacks, lunch boxes and supplies last spring. They were handed out at special events with The Learning Bus. Several commissioners were able to join our new executive director Maria Niggle and communications manager Michelle Fadelli around the county to hand out the backpacks to young children.

All the kids have been truly delighted with the colorful backpacks, and each event has been a truly heartwarming event.

THANK YOU COMMISSIONERS!





Join us for the next meeting of the First 5 Marin Children and Families Commission Wednesday, September 20th from 5:30 to 7:30 pm at First 5 Marin, 1050 Northgate, Suite 130, in San Rafael. Email Beatriz@First5Marin.org for more information.

First 5 Things to Read in the News Today!

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

Scientific American:
Racism in Health: The Roots of the U.S. Black Maternal Mortality Crisis
What is behind the Black maternal mortality crisis, and what needs to change? In this podcast from Nature and Scientific American, leading academics unpack the racism at the heart of the system.



PBS:

Child care advocates brace for end of pandemic relief funds

The federal government has been using COVID relief funds to support child care programs across the country. That funding is set to expire at the end of September.

U.S. News & World Report:

Feds Warn Parents: Don't Use La-La-Me Infant Loungers Due to Suffocation Risk

Parents and caregivers are being advised to immediately stop using La-La-Me Infant Loungers because they pose a risk to babies of suffocation and falling.

The Washington Post:

A pill for postpartum depression is a game changer for women's health

Up to 1 in 7 new mothers suffer from postpartum depression, a serious mental health condition following childbirth. Yet despite the illness's prevalence, there has been no oral medication to treat it specifically

National Geographic:

Many women struggle to breastfeed. Scientists are starting to ask why.

Even in her groggy, post-sedation haze, Chandra Burnside was adamant about breastfeeding her firstborn son.

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***** FOLLOW the Marin Communications Forum [HERE!](#)**



Children and Digital Media: A New Public Health Issue

August 3, 2023 10am via Zoom



**ZOOM
LINK!
FORUM
on**

Children and Screens

We hope you got to join the **Marin Communications Forum** on August 3rd for a compelling discussion about children and screens-- screen time, the impact on child development, physical and mental health.

The link to the Zoom recording is [HERE](#). Passcode: ZHvLX.*4

SAVE THE DATE!

Mark your calendar for the next Marin Communications forum about **Children's Mental Health and Well-Being:**

Wednesday, September 20th from 9 am to noon at the Embassy Suites Hotel in San Rafael. *Simultaneous interpretation in Spanish!*

RSVP to Michelle@First5Marin.org

FINALLY--

**Check out these parenting resources
from First 5 California:**

***ENGLISH**

***SPANISH**

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