COMM
UNITY
ACTION
MARIN

FAMILY CONNECTION

Keeping you informed and engaged

FALL 2024

Calendar

- **NOVEMBER 1, 2024**
  Early Dismissal
  1:00pm dismissal
- **NOVEMBER 11, 2024**
  Holiday (No School)
- **NOVEMBER 12, 2024**
  Parent Leadership Council Meeting
  6pm - 8pm
- **NOVEMBER 28-29, 2024**
  Holiday (No School)

Community Events/Resources

- **EVERY SATURDAY**
  Sep. 21 to Dec. 14,
  9am - 12pm
  Join the Fall Harvest at Community Action Marin's Old Gallinas Site!
  Coffee, gardening, harvesting, & fun!

Education

Welcome to Family Connection, Community Action Marin's newsletter for Children & Family Services! We're excited to partner with you to support your child's growth this year. At school, we focus on hands-on activities to help children explore and learn. You can continue this learning at home by engaging in simple, everyday activities. Play is a great way for children to learn about their world. Sensory play, which includes feeling different textures and materials, helps children understand their environment and build their vocabulary.

Tip: You can create a sensory experience at home with items you already have. Use things like rice, beans, pasta, or fabric scraps. Place them in a box or bowl and ask your child to describe how they feel. Ask questions like, "Is it soft or hard?" or "How does this feel in your hand?" This simple activity builds their language skills while encouraging curiosity.

(Cont.) Community Events/Resources

- **SUPPORT FOR TRANSITIONAL AGE YOUTH (TAY):**

  Community Action Marin provides essential support for unhoused Transitional Age Youth (TAY), ages 18-24, who face unique challenges in accessing services

  With a focus on long-term health, housing, and well-being, our case managers offer tailored assistance, understanding the specific needs and strengths of these young adults.

  In partnership with the county and supported by a $1.5M funding effort, we aim to assist up to 180 youth annually through outreach, case management, and housing navigation.

  For more information, contact Valentina Bravo, TAY Housing Services Program Manager, at **vbravo@camarin.org**.

IN YOUR CORNER®

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Health and Safety

Vision is critical to a child's development. Any impairment may impact a child's ability to learn. Because eyes continue to change throughout childhood, it is important to have your child's vision checked regularly.

Your child's healthcare provider should conduct a vision screening during a well child check and make a referral to a vision specialist for a full eye exam if there are any concerns.

It is recommended that children have a comprehensive eye exam between 6-16 months old, again between ages 3-5, before starting first grade, and annually after that.

To protect your child's vision, encourage time outdoors, a diet rich in diverse fruits and vegetables, plenty of sleep, and wearing protective eyewear in the sun and during sports. Regular visits to an eye doctor are also essential to maintaining healthy vision.

Sources:

- *aoa.org/healthy-eyes/caring-for-your-eyes/eye-exams*
- *cdc.gov/vision-health/prevention/youth-vision-problems.html*

Nutrition

September was National Fruit and Vegetable Month! Adding fruits and vegetables to your child's diet is important for their growth and development. They provide the vitamins, minerals, and fiber to keep them strong and healthy. Encouraging consumption of these foods early on also assists your child in establishing their eating habits as they get older. Include fruits and vegetables with meals and snacks.

Fruits and vegetables can be fresh, frozen, canned, or dried. For canned or frozen options, choose those labeled as low in sodium and free from added sugars.

The amount of fruits and vegetables your child needs depends on their age and activity level, but in general:

12-23 months:
1/2 - 1 cup fruit and
2/3 - 1 cup vegetable

2-3 years:
1 - 1½ cups fruit and
1 - 1½ cups vegetable

4-8 years:
1-2 cups fruit and
1½ - 2½ cups vegetable

Sources:

- *cdc.gov/nutrition/features/good-nutrition-startsearly.html*
- *myplate.gov/eat-healthy/what-is-myplate*