

# FREE CHECK UP EVENT

## *California Child Passenger Safety Law:*

- Children under age 2 must be rear facing
- Children under age 8 must be properly buckled into a car seat or booster in the back seat.
- Children over age 8 may use the vehicle's seat belt if it fits properly so that the lap belt crosses the hips or thighs and the shoulder belt crosses the front of the chest. If children are not yet tall enough so that seat belt fits properly, they must ride in a booster or car seat.
- Children under age 16 must be properly buckled up.

If not properly buckled, it is a \$450 ticket (minimum) and a point on the parent's driving record. If the parent is not present, the driver gets the ticket.



**WHERE:** *Sutter County  
Children & Families  
Commission*

*1531A Butte House Road,  
Yuba City*

**WHEN:** *June 22, 2019*

**TIME:** *9:00 AM – 11:00 AM*



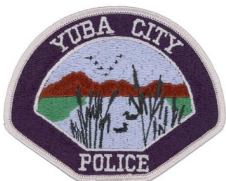
Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face.

*Check-ups are conducted on a first-come, first-served basis.  
Staffing limitations may prevent all customers from being served the day of the event.*

**HASPI**



Health and Social Policy Institute



Kiwanis of Yuba City



# Caregiver Cafe



*Are you a parent, parent-to-be, grandparent, or a caregiver of a child 0-5? Come and enjoy a cup of coffee, chat about things that matter, & speak your heart & mind.*

Learn ways to promote your child's development, strengthen your family, share challenges, & build friendships & support

**2019 Fall/Winter Dates**

**9/4, 10/2, 11/6, 12/4 at 9:30am-11:00am**

**Community Memorial Museum of Sutter County**


**1333 Butte House Road, Yuba City**

**FREE childcare for ages 0-5. Call 530-749-4044 to reserve your spot!**



# Sutter Caregiver Café Summary

## What comes naturally to you as a parent and why?

- ❖ Motherly instincts
  - Listening to cues
  - Being “in tune” and feeling their vibes
- ❖ Empathy
- ❖ Some discipline (depending on type)
- ❖ Structure/consistency
- ❖ Reading
- ❖ Follow through
- ❖ Going with the flow – **creativity allowed!**
- ❖ Adaptable
- ❖ Compromise
- ❖ Listening to cues
- ❖ Nurturing
- ❖ Protectiveness
- ❖ Being aware of learning moments
- ❖ Love 



## Who are the most important influences on you as a parent and how have they helped you?

- ❖ Family: for support and encouragement. Also, learning lessons from their choices.
- ❖ Mr. Rogers: taught to have calm demeanor, to be open, and to be role model
- ❖ Yoga
- ❖ Mindfulness teaching taught emotional regulation
- ❖ Friends/peers
- ❖ Mom groups
- ❖ ECE teachers

## Where do you seek academic, social and emotional assistance for your child?

- ❖ Family and Friends
- ❖ Community/Social Interactions
  - Teachers at child’s school or preschool
  - Church (small groups) – City Walk Church & MOPS
  - Playgroups
    - WOW Playgroup
    - FLIP
    - Bright Futures
    - Little Stars Music and Movement
- ❖ Gym
  - Youngsters, Inc.
- ❖ Online resources
  - [www.blissfulkids.com](http://www.blissfulkids.com)
- ❖ Kindle app and books
- ❖ US of A; The Great state of California
- ❖ Role Playing with emotions
- ❖ FB Mom groups
  - [Yuba City Moms](#)
  - [Yuba City Mommy Support Group](#)
  - [Let’s Play!](#)
  - [FLIP at Playzeum](#)
  - [Sutter County M.O.M.](#)
- ❖ TV programs – Daniel Tiger and Mr. Rogers



Further information on playgroups can be found at: <https://www.yubasutterplay.org/>

Further information on Youngsters, Inc. can be found at: <https://youngstersgym.com/>

# Sutter Buttes Day

🕒 05/04/2019 11:00AM → 05/04/2019 3:00PM

## RESULTS



**600**

Impressions



**200**

Interactions



**509**

Premiums  
Distributed



**5**

Avg. Child Age



**40**

Avg. Adult Age



**50%**

Caucasian



**25%**

Hispanic



**10%**

African-American



**5%**

Asian



**10%**

Other



**55%**

Female



**45%**

Male



**65**  
Stickers



**65**  
Tattoos



**53**  
Cook Books



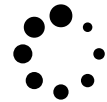
**53**  
Brainy Bird Books



**53**  
Healthy Body.  
Healthy Brain. English  
Brochure



**53**  
Healthy Body.  
Healthy Brain.  
Spanish Brochure



**53**  
Tote Bags



**1**  
Kits for New Parents  
English



**0**  
Kits for New Parents  
Spanish



**60**  
Coloring Crowns



**53**  
Magnets

## PHOTOS





# EVENT DETAILS

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**Description:** 10' x 30' talk, read and sing stations

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**When:** 🕒 May 04, 2019 11:00AM  
📅 May 04, 2019 3:00PM

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**Type:** Fair

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**Status:** Recap Complete

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**Region:** Northern

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**Market:** Sutter

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**Notes:** Today we had a good visit with the families attending the Sutter Buttes Day event. There were a number of free activities for the children to participate in such as face painting, building blocks, a dunk-style tank game, and other small games.

The children seemed to really enjoy all of the activities and the families appreciated the free premiums. At the end of the event, the hosts also raffled off a variety of prizes for attending families.

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**Quotes:** "I love the colors of your booth!" - female attendee  
"Can anyone sign up for the programs?" - female attendee  
"I'd never heard of First 5 before." - female attendee

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**Event Highlights:** There were a number of free, family-friendly activities that the children could participate in.

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**Giveaways:** The stickers and tattoos were the most popular premiums.

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**County Commission:** The Playzeum mobile, which receives funding from the local First 5, participated in the event today,

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**External Factors:** The weather was good today.

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**Recommendation:** We would recommend participating again in the future. The children seemed to enjoy all of the activities.

# DOCUMENTS

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Download [First5EventInfoGuide-050419\\_SutterButtes.pdf](#)

# CONTACT

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Address: Sutter Park  
7740 Butte House Rd.  
Sutter, CA 95982

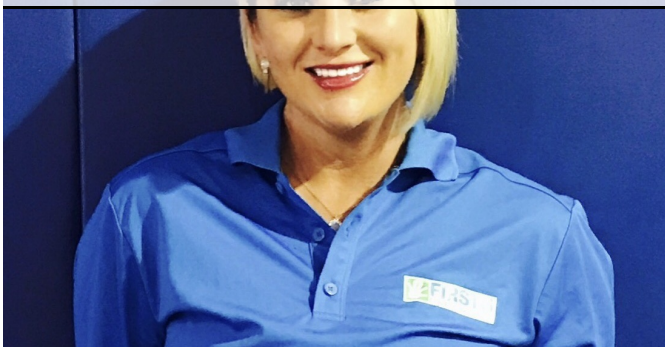
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Contact Info: Kim Moody / Staci Howell  
**Phone:** 530-518-2138 / 530-301-0623  
**Email:** kim\_moody@me.com

# STAFF

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Elizabeth Roessler



Roger Viano









# From Crying to Cuddling

No questions too big  
or too small.

SUTTER COUNTY  
**CHILDREN  
& FAMILIES**  
COMMISSION

(530) 822-7505  
[sutterkids.org](http://sutterkids.org)



# From Tantrums to Talking

No questions too big  
or too small.

SUTTER COUNTY  
**CHILDREN  
& FAMILIES**  
COMMISSION

(530) 822-7505  
[sutterkids.org](http://sutterkids.org)



# From Whining to Walking

No questions too big  
or too small.

SUTTER COUNTY  
**CHILDREN  
& FAMILIES**  
COMMISSION

(530) 822-7505  
[sutterkids.org](http://sutterkids.org)



## PRESS RELEASE

May 22, 2019

For Immediate Release

(YUBA CITY, CA) The Sutter County Children & Families Commission has launched a partnership with the City of Yuba City to provide a Life Jacket Loaner Program for infants and toddlers under the age of 5. Beginning Memorial Day weekend, life jackets will be available at the Feather River Parkway recreation area and can be borrowed for the day.

According to the World Health Organization, drowning is the 3<sup>rd</sup> leading cause of unintentional death worldwide. Globally, the highest drowning rates are among children 1-4 years of age, followed by children 5-9 years of age. "With area rivers running high and swift, our Commission and valued partners like the City of Yuba City, recognized an opportunity to improve the safety of Sutter County's youngest residents during warm Summer months," said Michele Blake, Executive Director for the Sutter County Children & Families Commission.

A total of ten (10) life jackets will be available for loan at the Feather River Parkway location, 5 infant (up to 30 lbs.) and 5 toddler (30-50 lbs). Each life jacket will be branded with a "Property of Yuba City" logo for easy identification. To ensure the longevity of the program the Partnership is relying on the honor system. "Feather River Parkway recreation area is an incredible asset to the citizens of Yuba City and our neighboring communities," said Yuba City Mayor, Shon Harris. "Yuba City values the opportunity to partner with the Sutter County Children & Families Commission to improve public safety."

This will be the third Life Jacket Loaner location launched by the Sutter County Children & Families Commission countywide. The first two loaner stations were established in 2017; one at the Live Oak boat launch and the other at the Tisdale boat launch through a Partnership with the Sutter County Deputy Sheriff's Association. XXXX

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NOT FOR PUBLIC RELEASE: For more information, contact Michele Blake, Executive Director, Sutter County Children & Families Commission at (530) 822-7505.

# CHILDREN DON'T FLOAT LOS NIÑOS NO FLOTAN

ਬੱਚੇ ਆਪਣੇ ਆਪ ਨਹੀਂ ਤੈਰਦੇ

## BORROW A LIFE JACKET:

PEDIR PRESTADO UN CHALECO SALVAVIDAS AQUÍ: ਇੱਥੇ ਲਾਈਵ ਵੈਸਟ (ਜੀਵਨ ਬਚਾਓ ਜੈਕਟ) ਪੁਆਰ ਕਰੋ

- 1 MAKE SURE IT'S THE CORRECT SIZE FOR YOUR CHILD (CHECK TAG BY WEIGHT)**  
ASEGÚRESE DE QUE ES EL TAMAÑO CORRECTO PARA SU NIÑO (VERIFICAR LA ETIQUETA POR PESO)  
ਯਕੀਨੀ ਬਣਾਓ ਕਿ ਇਹ ਆਪਣੀ ਦੇ ਖੱਬੇ/ਸੱਜੀ ਸਦੀ ਸਾਈਜ਼ (ਪੁਰੀ ਤਰਾ ਮੱਚ) ਹੈ (ਫਾਰ ਵਾਜਾ ਟੈਗ ਚੈਕ ਕਰੋ)
- 2 TRY ON THE JACKET TO ENSURE PROPER FIT**  
PRUEBE LA CHAQUETA PARA GARANTIZAR EL AJUSTE ADECUADO  
ਯਕੀਨੀ ਬਣਾਓ ਕਿ ਇਹ ਆਪਣੀ ਦੇ ਖੱਬੇ/ਸੱਜੀ ਦੇ ਪੁਰੀ ਤਰਾ ਮੱਚ ਹੈ, ਇਸਨੂੰ ਪਹਿਨਾ ਕੇ ਚੱਕੋ
- 3 ENJOY THE WATER SAFELY**  
DISFRUTA DEL AGUA DE MANERA SEGURA ਪਾਣੀ ਦਾ ਸੁਰੱਖਿਅਤ ਤਰੀਕੇ ਨਾਲ ਅਨੰਦ ਮਾਣੋ
- 4 RETURN THE JACKET FOR ANOTHER CHILD TO USE**  
REGRESE LA CHAQUETA PARA QUE PUEDA UTILIZARLO OTRO NIÑO  
ਇਹ ਜੈਕਟ ਵਾਪਸ ਕਰ ਦਿਓ ਤਾਂ ਕਿ ਕਿਸੇ ਹੋਰ ਬੱਚੇ/ਸੱਜੀ ਲਈ ਵਰਤ ਸਕੇ



This life jacket loan program is offered through a partnership between:

Este programa de prestar un chaleco salvavidas es ofrecido a través de una asociación entre:

Sutter County Children & Families Commission

SUTTER COUNTY  
**CHILDREN & FAMILIES**  
COMMISSION

YUBA CITY



## The Sutter County Children & Families Commission, in partnership with the City of Yuba City, has installed a Life Jacket Loaner station!

The “Children Don’t Float” program is now providing life jackets on loan to families with children ages 0-5 at Feather River Parkway on the west bank of the Feather River.

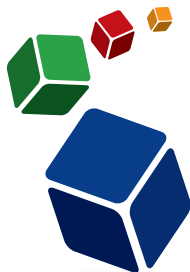
The loaner station has five (5) infant and five (5) toddler life jackets available from Memorial Day through Labor Day.

The Feather River Parkway life jacket loaner station is the third of its kind in Sutter County, joining the Live Oak and Tisdale boat launch locations installed in 2017 through a partnership with the Sutter County Deputy Sheriff’s Association.

Area waterways are a popular destination for families to cool off during warm Summer months.



*The Sutter County Children & Families Commissions reminds you...*

*Don't take a chance!  
Children Don't Float!*



SUTTER COUNTY  
**CHILDREN & FAMILIES**  
COMMISSION

1531-A BUTTE HOUSE ROAD  
YUBA CITY, CALIFORNIA 95993

(530) 822-7505  

[www.sutterkids.org](http://www.sutterkids.org)



**YOUR VOICE**

**MATTERS**



**SHARE YOUR THOUGHTS AS A STAKEHOLDER AND HELP US CREATE A GUIDE  
FOR THE FUTURE OF SUTTER COUNTY CHILDREN & FAMILIES**

**COMMISSION'S NEXT 5 YEARS**

**LUNCH PROVIDED**

**CALL (530) 822-7505 TO RSVP!**

**JUNE 19TH 12:00PM-2:00PM**

**1531-A BUTTE HOUSE ROAD, YUBA CITY**



**YOUR VOICE**

**MATTERS**



**SHARE YOUR THOUGHTS AND HELP US CREATE A GUIDE FOR THE FUTURE OF  
SUTTER COUNTY CHILDREN & FAMILIES COMMISSION'S NEXT 5 YEARS**

**REFRESHMENTS PROVIDED AND CHILDCARE PROVIDED UPON REQUEST  
CALL (530) 822-7505 TO RSVP!**

**JUNE 19TH 9:00AM-11:00AM**

**1531-A BUTTE HOUSE ROAD, YUBA CITY**



Family SOUP  
1650 Sierra Avenue, Ste. 106  
Yuba City, CA. 95991

May 31, 2019

**Prop 10 Community Mini Grant Final Narrative**

The Emergency Preparedness Workshop was held February 22, 2019 at the Sutter County Public Health Auditorium. Family SOUP partner with Sutter County Public Health, Yuba City Fire Department, Sutter County CAC, and the State Council on Developmental Disabilities to bring information to the community to better prepare them for an emergency disaster. The workshop was a success with 27 adults present, 4 children, and 8 professionals. An interpreter was not required as one of our board member attended and did the translation. We outreached the event on social media, website, mass email list and handout out flyers to the office of education and education professionals. Our project projected to serve 100 attendees; since this number was lowered, we distributed backpacks with supplies to Sutter County families with children ages 0-5 at our pop-up's tables at the following outreach: Children Fair on April 13<sup>th</sup>, Walk-n-Roll Disability Awareness on May 18<sup>th</sup>, and Park Ave. Pre-Kinder Open House on May 23<sup>rd</sup> while parents enrolled in the CODE RED emergency alert program. We currently have 20 backpacks left in the office that will be handed out to Sutter Co. families with children ages 0-5 that currently receive services from Family SOUP.

**Expenditure Report**

To Go Backpacks with Commission and Family SOUP logo w/ color setup charge.....	1006.00
Stress Balls for each child w/color setup charge.....	321.00
Shipping and Handling.....	190.46
Total.....	1517.46
Whistle with Logo including shipping and handling.....	235.23
USB including shipping and handling.....	343.00
Waterproof pouches/bags.....	31.98
Emergency Kit Raffle prize w/ tax.....	685.21
Color copies.....	337.00

*Handwritten signature and date: [Signature] 5/11/19*



# 9 STEPS TO READY

## YOU CAN DO THIS!

To help you evacuate or shelter-in-place\* in the event of an emergency, collect enough of these nine essential items to last at least three days:

*\*Shelter-in-place: To remain inside a building or vehicle.*

### 1 WATER



One gallon per person, per day.

### 2 FOOD



Enough non-perishable foods for each person (canned or packaged).

### 3 CLOTHES



One change of clothes and shoes, per person. Other items depending on weather conditions: rain jacket, gloves, hat, scarf.

### 4 HEALTH SUPPLIES



Prescription and other medications. Medical supplies and other equipment, including syringes, hearing aid, oxygen tank, inhaler or concentrator.

### 5 PERSONAL CARE



Basic items like soap, toothbrush, toothpaste, toilet paper, tissue, hand sanitizer, baby wipes and glasses or contact lenses.

### 6 SAFETY SUPPLIES



A first aid kit, emergency blanket, whistle, plastic trash bags, paper towels and household bleach (to sterilize items as needed).

### 7 ELECTRONICS



Cell phone with charger or portable battery, chargers for other electronics, extra batteries, flashlight and radio. Other items: laptop, tablet, hard drive back-up.

### 8 TOOLS



Extra cash, spare sets of keys, manual can opener, local maps and multipurpose tool (acts as a knife, pliers and screwdriver).

### 9 DOCUMENTS



Copies of emergency contacts, photo IDs, SSN, insurance and immunization cards, insurance policies, financial records, property records, vital medical information and other important documents (wills, trusts, deeds, certificates).

#### \*Other Items to Consider:

- Additional emergency kits to keep in common places (home, car, workplace, on-the-go)
- Full tank of gas for vehicles (recommended to fill-up at half tank of gas)
- Baby supplies (bottles, formula, baby food, toys, blankets and diapers)
- Games and activities for children
- Pet supplies (food and water, leash, carrier, medicine and medical records, a photo of your pet, bowls, litter box, grooming items and toys)

# Visual Checklist for your Disaster Supply Kit









 Water	 Food	 Medications	 First Aid Kit	 Baby Supplies	 Pet Supplies	 Bleach & Eye-Dropper
 Emergency Blanket	 Blankets	 Sleeping Bags	 Glasses & Eye Protection	 Extra Clothing	 Personal Hygiene Items	 Sani-Wipes
 Towels	 5-Gallon Bucket	 Trash Bags/ Plastic Sheets	 Tent	 Backpack	 N95 Mask	 Work Gloves
 Flashlight	 Batteries	 Matches	 Candles	 Lightsticks	 Medical Gloves	 Multi-purpose Tool w/ Knife
 Wrench, Pliers & Crowbar	 Rope/Cord	 Duct Tape	 Can Opener	 Kitchen Items	 Scissors	 Fire Extinguisher
 Games	 Pen & Paper	 Radio	 Cell Phone & Charger	 Whistle	 Signal Mirror	 2-Way Radios
 Paper Towels	 Toilet Paper	 WD-40	 Hard Candy	 Trail Mix	 Bug Spray	 Sun Screen
 Emergency Plan	 Family ID Documents	 Maps	 Compass	 Extra Keys	 Cash & Bank Checks	 Phonebook

## References

Check your kit every 6 months and replace outdated supplies, just like you would your smoke detector batteries.

**This Kit Last Checked:** \_\_\_\_\_ **Next Due:** \_\_\_\_\_

 **Disaster Prep** February 22, 2019  
For Special Needs Populations

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**Agenda**

- What is a disaster?
- Stories
- Have an Emergency Plan
- Make a Kit
- Get notified

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**GOAL**

- Be prepared
- Be informed
- Be ready

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### What is a disaster?

- A **disaster** is an event or situation that overwhelms available resources and results in injury, death, and/or destruction of property (2001, AAP).
  - Disasters happen to a community, not just you or your family.
- An **emergency** is something that needs immediate attention
  - May affect just one, a few or many people,
  - but doesn't overwhelm resources.

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### What disasters are we planning for?



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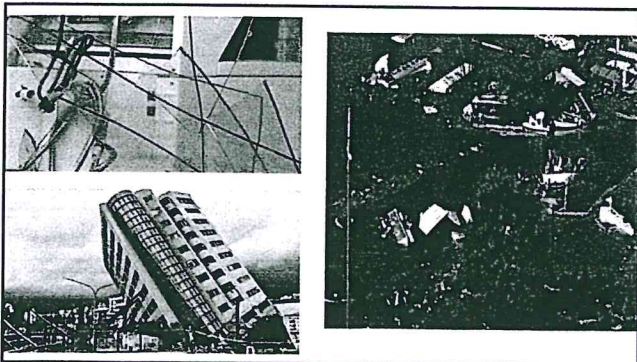
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Stories

Why you need to be Prepared

Evacuation  
Shelters  
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Emergency Plan –  
Make one, Practice the Plan

- Family communication and meeting place
- Sign up for evacuation notifications
- Know the evacuation routes – check on access
- Transportation: keep car gassed up; have a buddy if needed
- Consider destination arrangements (family/friends/etc.)
- Have emergency supplies, Go Bag ready
- Plan for school day, work schedules, back up plans
- Know your school's plan

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**FAMILY COMMUNICATION PLAN**




Household Contact Information & Relatives




Out of Town Contact






Schools/Daycare, Caregivers & Workplace



CAREGIVER



WORK

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### FAMILY COMMUNICATION PLAN



- Other Important Numbers
  - Emergency Services
  - Utilities
  - Service Providers
  - Medical Providers
  - Veterinarians
  - Insurance Companies



What's next on your communication plan? 



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### FAMILY COMMUNICATION PLAN



**Emergency Meeting Place**




- How might the type of disaster affect the location of your meeting place?



Once your Communication Plan is Complete

- Make Copies
- Distribute to Everyone in the Household

Be Sure to Provide a Copy to a Caregiver if Necessary!



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### INFORMATION PLAN



Incident Specific Information Resources During & After an Evacuation



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### INFORMATION PLAN

Information Resources During an Incident

- CodeRED
- Facebook

Sutter County OEM Facebook Page - Facebook.com/SutterCountyOEM  
 Yuba County OES Facebook Page - Facebook.com/YubaCountyOES  
 You do NOT need a profile to view the page!

- Yuba County OES -
- Sutter County OEM
- Emergency Alert System
- Radio
- EOC Call Center

BePreparedSutter.org BePreparedYuba.org

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### INFORMATION PLAN

#### CodeRed Emergency Notification System



- CodeRED
  - **Opt In** System Only
  - Residents must register **ALL** Phone Numbers to receive notification
  - Registered Phone **MUST** have service, be charged & on to receive notification
- Remember:
  - If your Home phone is a traditional Landline you **must still** register your phone number!
  - If your home phone is Voice Over IP (VOIP) and reliant on internet service you **may not** get the notification if power is out!
- Download the Cell Phone App
- Tech Support Call - (866) 939-0911
  - To Verify Registration
  - Password Resets
  - Other Website or Cell Phone App Difficulties

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### EVACUATION PLAN

The first rule in Evacuation Planning is considering **YOUR FAMILY'S** needs during each step!



- What is My Shelter Plan?
- When should I evacuate?
- How will I evacuate?
- Determine your Evacuation route?
- Build A Kit

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**EVACUATION PLAN — SHELTER PLAN**

• Where can or will I go?

**Family Outside the Impacted Area**

**Friends Outside the Impacted Area**

**Shelter in Place - VERY RARE & Generally a LAST RESORT**

• Be sure to close ALL Windows and Doors

• Turn of A/C or Heat

• Monitor Radio or TV

**Hotel Outside the Impacted Area**

Hotels fill up fast!

• Community Shelter

• Public Disaster Shelters can be noisy, with kids running around, and are generally crowded

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**EVACUATION PLAN — SHELTER PLAN**

• What to bring to a Public Shelter

**Service Animals Only**  
(All other animals will go to the designated Animal Shelter)

**Items to entertain your children**

**Essential Sleeping Items**

**Special Dietary Needs**

**Medications (at least a list)**

**Don't Forget Your Animals**  
Where will they go?  
Animal Shelters  
Boarding Facilities  
Transportation of Animals

Communicate your needs to shelter staff immediately

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**EVACUATION PLAN**

**Voluntary Evacuation**

**Mandatory Evacuation**

• More time to:

- Gather belongings
- Make Shelter Arrangements
- Arrange Transportation
- Make clear or more sound decisions

• Expect:

- Easier access to more Accessible Transportation
- Less Crowded Roads
- Better Access to Traditional Communications (unless otherwise impacted)

• Less time to:

- Gather belongings
- Arrange Transportation
- Make clear or more sound decisions

• Expect:

- Increased stress
- More difficult time making Shelter Arrangements
- Less access to more Accessible Transportation, and more likely to be delayed
- Crowded Roads, chaotic drivers
- Little to No Access to Traditional Communications

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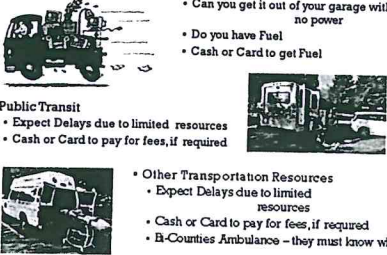
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### EVACUATION PLAN

What Transportation will you need to Evacuate?

- **Privately Owned Vehicle**
  - Can you get it out of your garage with no power
  - Do you have Fuel
  - Cash or Card to get Fuel
- **Public Transit**
  - Expect Delays due to limited resources
  - Cash or Card to pay for fees, if required
- **Other Transportation Resources**
  - Expect Delays due to limited resources
  - Cash or Card to pay for fees, if required
  - B-Counties Ambulance - they must know where you live!




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### BUILD A KIT

Basic Survival Supplies      Supplies should last for up to 3 days minimum

Water - One gallon per person per day.

Food - Canned or packaged, enough for each person.

Clothes - One change of clothes and shoes per person. Other items depending on weather.

Health Supplies - Prescription and other medications, supplies and other equipment.

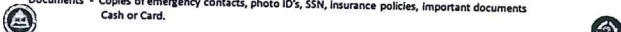
Personal Care - Basic items like soap, toothbrush, toothpaste, hand sanitizer, baby wipes...

Safety Supplies - First Aid Kit, emergency blankets, trash bags, paper towels...

Electronics - Cell phone with charger or portable battery, flashlight, radio, hard drive...

Tools - Pliers, screwdriver, knife, manual can opener, multipurpose tool.

Documents - Copies of emergency contacts, photo ID's, SSN, insurance policies, important documents  
Cash or Card.




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### IMPORTANT DOCUMENTS

• What would you need to start over?

- **List of Medications or Prescriptions**
- **Identification**
  - Birth Certificates, Death Certificates, Passports, Social Security Cards
- **Financial Documents**
  - Insurance Information
    - Life, Home, Auto, Disaster Specific
  - Tax Information
  - Estate, Trust or Will Information
- **Important Court or Medical Documents**
- **USB Drive, External Hard Drive, or CD's**
- **Family Photos**



Consider also scanning Important documents or photos into an external hard drive, USB Drive, or CD's. **UPDATE ANNUALLY!**

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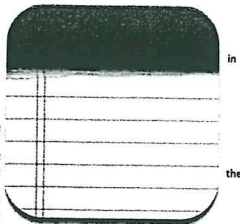
### FREE APPS TO SCAN DOCUMENTS

#### IPHONE/iPad

The document scanner is tucked away (iOS 11 and later).

Launch the Notes app on your iPhone

- Create a New Note.
- Tap the More button just above the
- Tap Scan Document from the list of
- Line up the document you want to
- If the scanner doesn't automatically document.
- Repeat the step above for each page
- Tap Save when you've scanned all document.




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#### Google Drive (Android/iOS)

- all you have to do is open Drive
- tap "Add New,"
- select "Scan."

Best of all, Google Drive is free on all platforms, and your scans are neatly saved both on your device and in your Google Drive account for safe keeping or retrieval later.



#### OTHER FREE APPS

- CamScanner
- ScannerPro
- Turbo Scan

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### PERSONAL DISASTER PLANNING RESOURCES




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Brought to you by Family SOUP  
Sponsored by Children and Families Commission  
In collaboration with Sutter County Public Health, Yuba City Fire  
Department, Sutter County CAC, State Council on Developmental  
Disabilities

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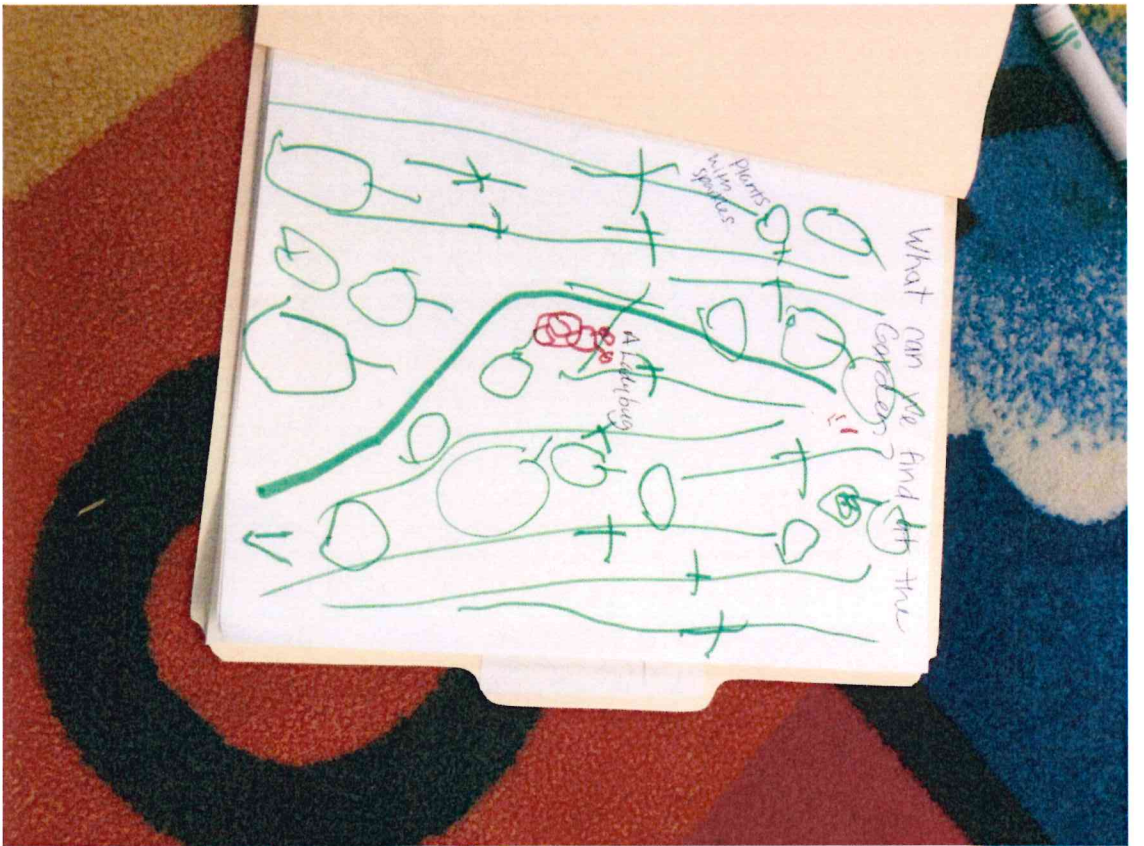


### Mini-Grant Final Report

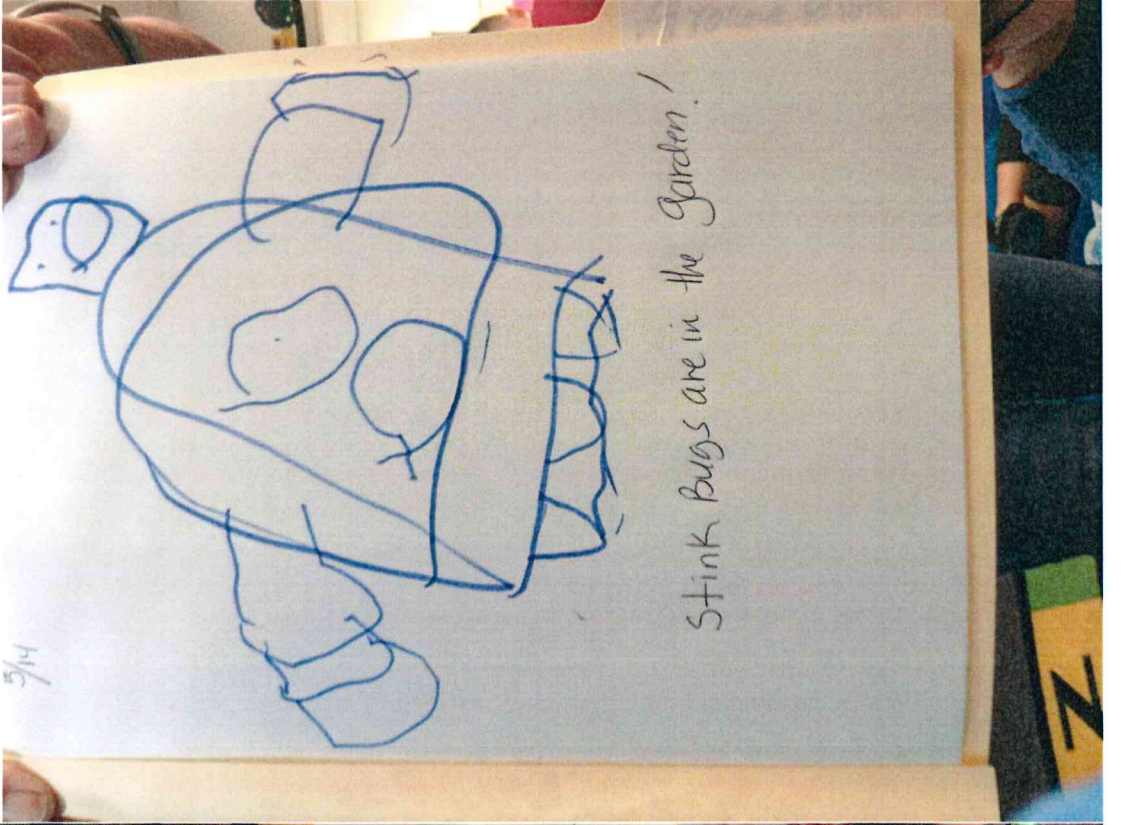
For the 2018-2019 Mini –grant, E Center selected the goal of “Improving Healthy Children and Families.” E Center used the funds from the mini-grant to create a center garden. The garden was named “The Cooper Family Garden.” The hope was to increase vegetable and fruit awareness and promote healthy eating habits with our children and families. Having the funds to create this project, we were able to complete this. We helped our children and families learn how to grow fresh fruits and vegetables and the importance of healthy eating. Overall the project went very well, with the support of our parents and the community we were able to complete our project. We feel as though with activities that were conducted both inside and outside of the classroom we were able to meet our objective. Some of the challenges that we faced were weather and parent availability. We had to ensure that the weather was good to work under and have our parents be available to support at the same time. We partnered with local community Health Department agency where they donated hoses, nozzles, 2 bags of soil, and garden tools to support our project. Please see attached photos.

*YCB  
12/11/19*



















Sutter County children 0-3 to ensure grant funds were successfully used to support families with promoting healthy child development and parent-child attachment. The Sutter County Child Development Behavioral Specialist and the Sutter County Child Welfare Public Health Nurse have been certified to use and are implementing the evidence-based Growing Great Kids (GGK) curriculum. Materials were ordered to engage families in the GGK curriculum activities, which encourage child development and parent-child interaction. The MCAH program served 4 families with the GGK curriculum. Some examples of how the materials were used. "Stay put suction bowls" were given to first time moms, with infants about 12 months old to discuss nutrition and positive parenting techniques and teach activities to encourage development of problem solving and personal social skills. Other supplies were used with a first time teen mom to make a home-made rattle with bells which was used to discuss importance of tummy time and parent interaction to encourage tracking and strengthening of neck, arm, and chest muscles. One teen mom with limited resources and support, and without her own transportation was provided a stroller to encourage her to function independently and support her ability to access services for herself and her infant.

The Sutter County Child Development Behavioral Specialist used GGK materials in her Best Parenting class attended by 6 teen parents. The materials were used to introduce the parents to positive parenting tools that teach parents empathic parenting and communication skills. Parents were able to make GGK activity toys to remind them of the importance of the skills and provide opportunities to practice the skills with their child. The last week of the class one parent shared how the empathic parenting tool had impacted her and how she had been practicing the empathic parenting skills with her child.

The Ages and Stages Questionnaires 3rd Edition Materials Kit is being used with MCAH home visiting families to provide efficient, effective, and accurate routine developmental screenings on all children enrolled in the program. The screenings are tracked through the Sutter County Children and Families Commission ASQ Enterprise online database.

Once again the MCAH program would like to express appreciation for the grant funds which have allowed and will continue to allow the program staff to provide resources and materials to support safe and healthy Sutter County moms and babies that would otherwise not be possible.

Respectfully submitted,



Sarah Ludwick RN PHN

Sutter County MCAH Director

*MS  
6/11/19*

# What Does A Safe Sleep Environment Look Like?

The image below shows a safe infant sleep environment.

Baby's sleep area is in the same room, next to where parents sleep.

Use a firm and flat sleep surface, such as a mattress in a safety-approved crib\*, covered by a fitted sheet.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

Do not smoke or let anyone else smoke around your baby.



Do not put pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area. Make sure nothing covers the baby's head.

Dress your baby in sleep clothing, such as a wearable blanket. Do not use a loose blanket, and do not overbundle.

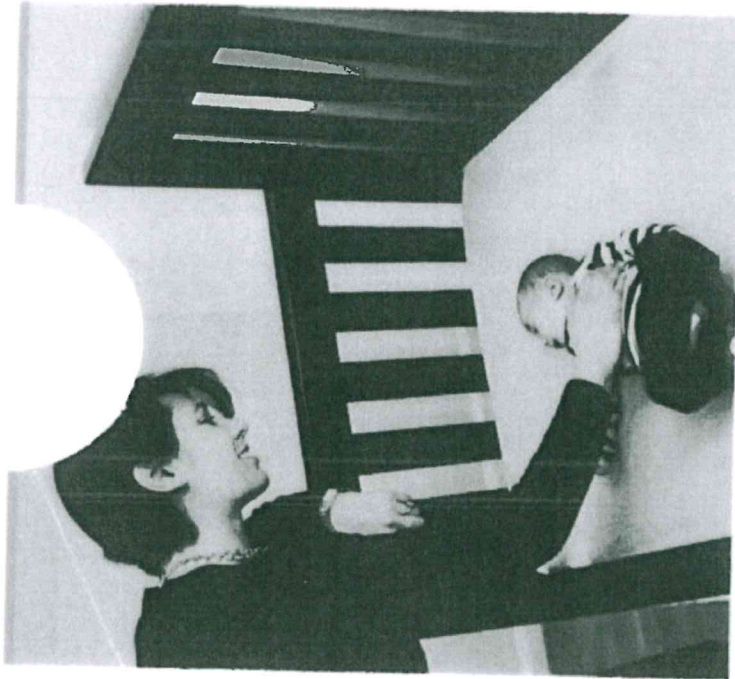
Always place your baby on his or her back to sleep, for naps and at night.



\* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.



# Safe Sleep For Your Baby



Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death



For more information about SIDS, contact the Safe to Sleep® campaign at 1-800-505-2742 (1-800-505-CRIB) or at <http://www.nichd.nih.gov/SIDS>.

U.S. Department of Health and Human Services • National Institutes of Health  
Eunice Kennedy Shriver National Institute of Child Health and Human Development

# Safe Sleep For Your Baby

## Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant Death

- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- To reduce the risk of SIDS, women should
  - Get regular health care during pregnancy, and
  - Not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born.
- To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby
- Breastfeed your baby to reduce the risk of SIDS
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS
- Do not let your baby get too hot during sleep.
- Follow health care provider guidance on your baby's vaccines and regular health checkups
- Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death
- Do not use home heart or breathing monitors to reduce the risk of SIDS
- Give your baby plenty of Tummy Time when he or she is awake and when someone is watching.

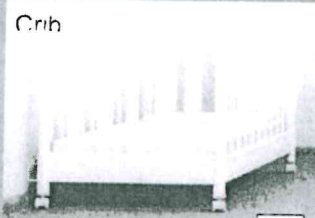


# Infant Sleep Survey

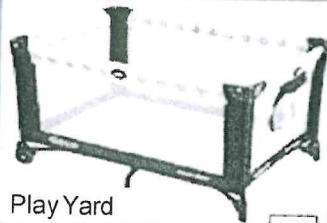


## Which of these do you have at home?

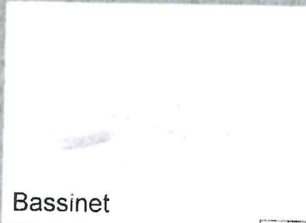
Crib



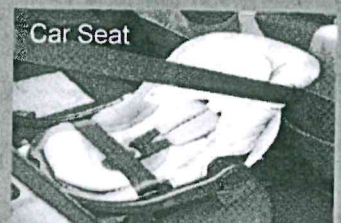
Play Yard



Bassinet



Car Seat



## Did you learn any new information about safe sleep?

Yes  No Additional comments: \_\_\_\_\_

## Sleep Position: How will your baby sleep?

### On his/her back

1 All of the time     2 Most of the     3 Sometimes     4 Never

### On his/her side or tummy

4 All of the time     3 Most of the time     2 Sometimes     1 Never

## Sleep Location: Where will your baby sleep at home?

### In a crib, play yard, or bassinet

1 All of the time     2 Most of the     3 Sometimes     4 Never

### With parents or others in an adult bed or child's bed

4 All of the time     3 Most of the time     2 Sometimes     1 Never

### In a car seat or infant swing

4 All of the time     3 Most of the time     2 Sometimes     1 Never

In another location: \_\_\_\_\_

### Staff Use Only:

Refer for safe sleep supplies

Supplies Received Signature: \_\_\_\_\_

### Scoring Guide

Add answer scores divide total by 5 = \_\_\_\_\_

Intent to follow safe sleep practices:

1 - Definitely    2-Probably    3-Maybe    4-Not likely

## Safe Sleep Assessment Tool

1. Which behaviors reduce the risk of SIDS?

- A. Breastfeeding      B. Getting Immunizations  
C. Living smoke free      D. Using pacifier      E. All of the above

2. Infants placed on their backs to sleep will choke on their own spit-up.

- A. True      B. False

3. The safest way for your baby to sleep is in a crib with;

- A. Pillows & Blankets      B. Bumper Pads  
C. Stuffed animals      D. Siblings or Pets      E. None of the above.

4. Supervised "Tummy time" includes allowing an infant to sleep on their stomach.

- A. True      B. False

5. Which is the correct position to put your baby to sleep?

A.



B.



C.



6. On a scale of 1 to 5 please rate your intention to follow the safe sleep and SIDS reduction practices discussed today.

- 1-Definitely      2-Probably      3-Maybe      4-Not likely      5-Definitely Not

Adopted from American Academy of Pediatric Recommendations( AAP.org)

[www.healthychildren.org](http://www.healthychildren.org)

[www.cpsc.gov](http://www.cpsc.gov)

### Budget Request Form

CATEGORY	Unit Cost	Units	Amount	Tax/Shipping	Grand Total
<b>Project Supplies and Material</b>					
				7.25%	
Back 'N Play	\$50.19	10	\$501.90	\$36.39	\$538.29
SleepSack Newborn	\$21.99	5	\$109.95	\$7.97	\$117.92
Lursing Breastfeeding Covers	\$8.99	10	\$89.90	\$6.52	\$96.42
Positioning Bookmark - English / Spanish	\$0.35	1000	\$350.00	\$40.85	\$390.85
Feeding Bookmark - English / Spanish	\$0.35	1000	\$350.00	\$40.86	\$390.86
SQ-3 Materials Kit	\$295.00	1	\$295.00	\$72.24	\$367.24
<b>Various Breastfeeding Supplies to Serve 10 Moms</b>					
Breast Milk Storage Bags	\$8.49	7	\$59.43	\$4.31	\$63.74
Medela Softshells	\$11.94	5	\$59.70	\$4.33	\$64.03
Nipple Cream	\$8.29	5	\$41.45	\$3.01	\$44.46
<b>Various Early Child Development Toys to Serve 10 Families</b>					
Textured Ball Set, Magnet Tiles, Stacking Cups, Puzzles, Beads	\$41.01	12	\$492.13	\$0.00	\$492.13
Stroller	\$59.00	1	\$59.00	\$4.28	\$63.28
<b>Other</b>					
	<b>TOTAL</b>		\$2,408.46	\$220.74	<b>\$2,629.20</b>
				Budget:	\$
					2,661.52
				Total Expenses:	\$
					2,629.20