

West County First 5 Center September 2023



In partnership with:



Bay Area Community Resources

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--------------------------------------|
| | | | | 1 Book Bees 10:30-11:30 (2-3 yrs) Pencils & Puzzles 11:30-12:30 (3-5 yrs) | 2 |
| 4 Center closed for Labor Day | 5 Nurturing Parents (Eng/parents) 5:30-7:30 | 6 Swap 10-11:30 Peekaboo Baby 1-2 (0-12m) | 7 Amazing Self 10-11 (2-3 yrs) | 8 | 9 Dad's Gathering 9-11 |
| 11 HMG Developmental Playgroup 9:15-10:15 Baby Zumbini 10-11 (11-23m) Everyday Moments: Potty Training (span) 10-12pm Cuddles & Snuggles 11-12 (0-10m) | 12 Roadmap to Kindergarten 10-11:30 (4 yrs) Cuddles & Snuggles 10:30-11:30 (0-10m) Shake, Pour, Throw! 1-2 (1 yr) Vibrant Creations 1-2 (2-3 yrs) Everyday Moments: Potty Training (Eng) 6-8pm Nurturing Parents (Eng/parents) 5:30-7:30 | 13 Calm Butterflies 10-11 (1-2 yrs) The Village (Eng/parents) 11-12 Story Cycles 1:30-2:30 (2-3 yrs) Brain Play 5-6 (2-5 yrs) | 14 Fun Science 10-11 (2-3 yrs) My Sensory World 10:30-11:30 (1 yr) Book Bees 12:30-1:30 (2-3 yrs) Jumpbunch 1-2 (3-5 yrs) Library Classics 4-4:45 (2-5 yrs) | 15 Bright Babies 10-11 (0-12m) Many Hello's 11:30-12:30 (2-3 yrs) Art Masters 1-2 (2-3 yrs) Special Event for Johnnie Greenstock & the 4 P's of Nutrition 3-4 (3-5 yrs) | 16 I'm an Artist! 10-11 (2-5 yrs) |
| 18 HMG Developmental Playgroup 9:15-10:15 Baby Zumbini 10-11 (11-23m) Cuddles & Snuggles 11-12 (0-10m) | 19 Roadmap to Kindergarten 10-11:30 (4 yrs) Cuddles & Snuggles 10:30-11:30 (0-10m) Shake, Pour, Throw! 1-2 (1 yr) Vibrant Creations 1-2 (2-3 yrs) Parent Power 3-4:30pm (English) Nurturing Parents (Eng/parents) 5:30-7:30 | 20 Calm Butterflies 10-11 (1-2 yrs) Little Petals 11-12 (2-3 yrs) The Village (Eng/parents) 11-12 Story Cycles 1:30-2:30 (2-3 yrs) Tiempo de Té (Sp/parents) 1-2:30 Brain Play 5-6 (2-5 yrs) | 21 Fun Science 10-11 (2-3 yrs) My Sensory World 10:30-11:30 (1 yr) Book Bees 12:30-1:30 (2-3 yrs) Jumpbunch 1-2 (3-5 yrs) Library Classics 4-4:45 (2-5 yrs) Triple P (Sp/parents) 4-6 | 22 Bright Babies 10-11 (0-12m) Story Adventures 10:30-11:30 (3-5 yrs) Many Hello's 11:30-12:30 (2-3 yrs) Art Masters 1-2 (2-3 yrs) Johnnie Greenstock & the 4 P's of Nutrition 3-4 (3-5 yrs) Dad's Zoom Meet Up 5-6:30 | 23 I'm an Artist! 10-11 (2-5 yrs) |
| 25 HMG Developmental Playgroup 9:15-10:15 Baby Zumbini 10-11 (11-23m) Cuddles & Snuggles 11-12 (0-10m) | 26 Roadmap to Kindergarten 10-11:30 (4 yrs) Cuddles & Snuggles 10:30-11:30 (0-10m) Shake, Pour, Throw! 1-2 (1 yr) Vibrant Creations 1-2 (2-3 yrs) Parent Power 3-4:30pm (Spanish) Nurturing Parents (Eng/parents) 5:30-7:30 | 27 Calm Butterflies 10-11 (1-2 yrs) Little Petals 11-12 (2-3 yrs) The Village (Eng/parents) 11-12 Story Cycles 1:30-2:30 (2-3 yrs) Tiempo de Té (Sp/parents) 1-2:30 Brain Play 5-6 (2-5 yrs) | 28 Fun Science 10-11 (2-3 yrs) My Sensory World 10:30-11:30 (1 yr) Book Bees 12:30-1:30 (2-3 yrs) Jumpbunch 1-2 (3-5 yrs) Library Classics 4-4:45 (2-5 yrs) Triple P (Sp/parents) 4-6 | 29 Bright Babies 10-11 (0-12m) Story Adventures 10:30-11:30 (3-5 yrs) Many Hello's 11:30-12:30 (2-3 yrs) Art Masters 1-2 (2-3 yrs) Johnnie Greenstock & the 4 P's of Nutrition 3-4 (3-5 yrs) | 30 I'm an Artist! 10-11 (2-5 yrs) |

Classes are for parents/caregivers and children ages 0-5 years to participate together. Classes highlighted in orange will meet virtually via Zoom, all other classes are currently offered in-person in San Pablo.

2707 Dover Ave · San Pablo · 510.232.5650

West County First 5 Center Class Descriptions

September-October 2023

TUESDAY ZOOM PARENTING CLASSES

- **Cooking Matters (English), 1:00 - 2:30 pm** Learn the fundamentals of healthy cooking for your family! Topics include choosing fruit and veggies, healthy and yummy substitutes for traditional not-so-healthy foods, strategies to have a productive trip to the grocery store with your child, and more! Includes a weekly bag of groceries to complete the virtual group cooking activities.

WEDNESDAY ZOOM PARENTING CLASSES

- **The Village (English), 11:00 - 12:00 pm** Black parenting is a unique, wonderful, and, at times, challenging experience in today's society. The Village can be helpful and empowering for all caregivers in a child's life to increase black boy joy and black girl magic! Share your parenting strategies, experiences, concerns, and inspirations, while also exploring identity and creating community. Includes rich conversations, collective support, self-care activities, and more.
- **Tiempo de Té (Spanish), 1:00 - 2:30 pm** Increase personal empowerment in a space where you will find information, leadership and a community of women like you—free, brave and powerful. Achieve well-being through learning, love and self-care. A space where you can grow, empower yourself, bring pampering to your life and feel accomplished.

THURSDAY ZOOM PARENTING CLASSES

- **Triple P (SPANISH), 4:00 - 6:00 pm** Triple P suggests simple routines that can make a big difference to your family and positive discipline with your child ages 0-5 years. Reflect on the things you already say, think, feel and do in new ways to help build positive relationships with your children.

THURSDAY ZOOM

- **Library Classics, 2-5 years, 4:00 - 4:45 pm** This is a class where great books found from a personal or public library will be read in class. The children will suggest their favorite books from their library or books they borrowed from a library. The class will vote on the books to be read in class and do activities that relate to the themes found in the books. The class will take a field trip to the San Pablo library.

MONDAY In-Person

- **Baby Zumbini, 10-23 months, 10:00 - 11:00 am** Yay for Zumbini!!! Move, groove, and grow with can't-stop, won't-stop bonding, learning, and fun for you and your little one! This class is designed for infants/toddlers to introduce them to music and its benefits.
- **Cuddles & Snuggles Infant Massage, 0-10 months, 11:00 - 12:00 pm** Baby cuddling and massage results in long term social benefits for children, including self confidence, empathy, friendships, and the ability to cope with stress. Parents will engage in conversation about how to develop these experiences through massage, song and playtime.

TUESDAY In-Person

- **Cuddles & Snuggles, 0-10 months, 10:30 - 11:30 am** Baby cuddling and massage results in long term social benefits for children, including self confidence, empathy, friendships, and the ability to cope with stress. Parents will engage in conversation about how to develop these experiences through massage, song and playtime.
- **Shake, Pour, Throw!, 1 year, 1:00 - 2:00 pm** Children at this curious age love shaking, pouring out and throwing things. In this class your child will be doing just that as they use their curiosity, senses and development skills to shake up items, pour them out and some of it might end up on the floor in our messy arts room...it's okay!

- **Vibrant Creations, 2-3 years, 1:00 - 2:00 pm** Children will have the ability to visual and sensory stimulation experiences through exploring colors. A colorful experience awaits the parents and children through literacy, art and hands-on experiences.

WEDNESDAY In-Person

- **Calm Butterflies, 1-2 years, 10:00 - 11:00 am** Toddlers are naturally mindful. They're curious, they love to explore everything, take their time and deeply immerse themselves in their experiences, and feel emotions fully. They are the first to "stop and smell the roses," and living in the moment is the only thing they know how to do. This class will provide children with the opportunity to play, explore nature, practice focused breathing and playful movements, and mindfully work through their emotions as they come up.
- **Little Petals, 2-3 years, 11:00 - 12:00 pm** Come and discover the importance of the exposure of nature for your child... art, music, gardening and more!
- **StoryCycles, 2-3 years, 1:30 - 2:30 pm** It's time to cuddle books with your child! Support your child's developing literacy through fun activities. Families will rotate bags of 3 great books, and participate in a weekly literacy class, which includes activities that encourage a love of books in children.
- **Brain Play, 2-5 years, 5:00 - 6:00 pm** Let's explore what benefits our children get from playing with open ended and loose parts materials, such as blocks, empty boxes, and items from nature. As a careful observer of young children we will notice that what seems ordinary at a superficial glance is actually quite extraordinary!

THURSDAY In-Person

- **Fun Science, 2-3 years, 10:00 - 11:00 am** Create science projects utilizing items that can be found in families' homes or the dollar store, inspiring parents to engage in simple science projects with their children while creating memories together.
- **My Sensory World, 1 year, 10:30 - 11:30 am** One year olds learn and discover best through their senses! Children will delight in sensory activities that will also highlight words like "squishy", "scented", "smooth", "sour," "floral", "textured" and more!
- **Book Bees, 2-3 years, 12:30 - 1:30 pm** Book Bees is a literacy-based class which presents a different book each week, with art, science, cooking, and creative movement activities to extend the learning!
- **JumpBunch, 3-5 years, 1:00 - 2:00 pm** Come learn more about how to engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing them to the basics of sports activities, preparing them for success with teamwork and school!

FRIDAY In-Person

- **Bright Babies, 0-12 months, 10:00 - 11:00 am** You are your child's first teacher; come and participate in a variety of easy to implement parent/child interactive activities that stimulate learning and bonding time with your children! Activities can be done using items found in your own home and your own creativity! Participants receive a copy of the activity cards.
- **Story Adventures, 3-5 years, 10:30 - 11:30 am** Story Adventures focuses on one book, and explores a variety of extension activities related to the book's theme, including art, science, math, and creative movement.
- **Many Hellos, 2-3 years, 11:30 - 12:30 pm** This class will encourage families to find picture books that introduce different languages that may be new to their child. The instructor will share books that support dual language immersion, books that support ASL, and books with characters from different countries that include common greetings from their language. Songs and games from around the world will also be included.
- **Art Masters, 2-3 years, 1:00 - 2:00 pm** Through books and art, children will meet some of the world's greatest artists! Art and literacy will be explored through stories, shared literacy activities, mixed media, and the creation of their own museum walk!
- **Johnnie Greenstock and the 4 P's of Nutrition, 3-5 years, 3:00 - 4:00 pm** Through his special book and fun activities, "Johnnie Greenstock" helps parents and children easily connect the four pillars of nutrition: Planting, Plate, Palate, and Play. The four pillars help parents and children identify the basics of nutrition through connecting seeds to food, preparation of fruit and vegetables, and how food is turned into energy for play and exercise. In short, without seed we will not have food on our plates, our palates will not be pleased, and we will not have energy for play.

SATURDAY In-Person

- **I'm an Artist!, 2-5 years, 10:00 - 11:00 am** Children will gain confidence in their self expression as they practice their emerging skills through art activities.