

Ready Kids East County

January 2025

Womb to Classroom | Table Discussion Highlights

Theme 1

Womb to Community
Cast a wider net to bring even more partners into the work and create cross-sector collaboration, which will lead to greater impact and sustainability

Theme 2

Bolster Prenatal & Postnatal Supports
Provide mental health resources for both parents surrounding postpartum and families have access to the necessary tools and support systems to navigate the transition into parenthood

Theme 3

Center Black Parents & Caregivers
Use outreach and engagement strategies that include the whole family and create opportunities for parents to build on lived experiences through self-advocacy and leadership trainings

Based on ‘Womb to Classroom’ plans, what are you most excited about?

**Community & Program Expansion**
Ensure all families can connect with services through “no wrong door” approach

**Collaboration & Relationships**
Strengthen community networks and provide early support for Black birthing people; creating villages

**Prevention & Systemic Approach**
Shift from reactive support to proactive, system-wide prevention strategies; incorporate birthing efforts

**Long-term Goals & School Readiness**
Shift focus from preparing children to preparing organizations in the community to support school readiness and transitions

What’s needed to better support young Black children in East County?

**Data & Community-Centered Strategies**
Use data-driven approaches while amplifying community voices in decision-making

**Mental Health & Wellness**
Reduce vulnerability in spaces that don’t center Black and African American experiences and support mental health needs of both moms and dads

**Family Empowerment & Male Caregiver Involvement**
Strengthen self-advocacy efforts and disrupt gender stereotypes of fathers’ roles (nurturing vs providing)

**Culturally Relevant Support & Representation**
Cultivate Black providers and educate other ethnic groups on systemic inequities

**Community & Systemic Support**
Make East County feel like home, reduce reliance on services from neighboring areas, and move to Womb to Community Approach

**Early Childhood Education & Development**
Focus on literacy, math, and care through out the parenting process for life-long success

What other change efforts should we explore connecting to?

**Community Engagement & Access to Services**
Improve outreach to marginalized communities and create welcoming environments in schools and public spaces

**Access to Resources & Economic Support**
Support fair wages, transportation access, and affordable housing to reduce instability and reduce homelessness

**Cultural Awareness & Center Black Families**
Expand Afro-centric programming, strengthen faith-based community ties to better serve and connect with local families

**Collaboration & Integration of Services**
Connect schools, healthcare, and social services to create a more unified and accessible support system

**Support for Mental Health & Wellness**
Integrate wellness into support systems and ensure equitable access to mental health services, especially in marginalized communities

**Sustainability & Long-Term Impact**
Sustainably fund community programs, ensure long-term effectiveness and proactively identify and address service gaps

Who else should be part of this effort to support and empower Black families in East County?

**Collaboration: Families & Community Partners**

**Community Groups**

**Education: Child Care Providers & School System**

**Health & Wellness**

**Justice-Involved & Reentry Support Services**

**Public Services**

**Faith-Based Organizations**