

JANUARY 2011

# The Bill of Rights for Children and Youth of San Mateo County

Implementation Framework:  
Strategies Focused on Children Prenatal to Age 5

A guide for parents, educators, business and government



First 5 San Mateo County dedicates The Bill of Rights for the Children and Youth of San Mateo County Implementation Framework to former First 5 Commissioner Richard J. Gordon for his visionary leadership and years of service as an advocate for children and families in San Mateo County.

First 5 San Mateo County Staff ~ 2011



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## I. MESSAGE FROM FIRST 5 SAN MATEO COUNTY

At First 5 San Mateo County, we strive to connect children with the resources they need so that they are well-positioned to succeed in school and in life. Predicated on a vision of Success for Every Child, First 5 San Mateo County directs funding and activities to implement strategies within the four focus areas of Early Learning, Child Health and Development, Family Support and Engagement, and Communication and Systems Change.

Growing research demonstrates that a child's brain develops dramatically during the first five years of a child's life which will guide how they feel, think, learn and remember for the rest of their lives. As an advocate for the healthy development of all children, First 5 San Mateo County serves in the following multifaceted roles:

- \* **Community Partner:** First 5 San Mateo County partners with other agencies and organizations to provide leadership in the community on behalf of children from a prenatal stage through age five and their families. The Commission convenes partners to jointly identify solutions to unmet needs, participates in existing efforts, advocates on behalf of young children, and is a visible voice in the community for children.
- \* **Systems Change Agent:** First 5 San Mateo County serves as an agent for change benefiting young children and families. In partnership and in coordination with other efforts county-wide, the Commission identifies how practices can be improved and policies can be adopted that promote high quality and easily accessible services.
- \* **Funder:** First 5 San Mateo County identifies the most critical needs of children from a prenatal stage through age five and responsibly invests in programs and services to achieve desired results for children as outlined in its strategic plan. The Commission targets funded services to serve children and their caregivers with the highest need and to programs that are the most likely to produce long lasting positive outcomes.



- \* **Steward of Funds:** First 5 San Mateo County is an effective steward of the Proposition 10 resources and is accountable to the community for investing in strategies that have the highest likelihood of resulting in the best outcomes for children. The Commission ensures that there is strong internal fiscal accountability and that all funded organizations are held accountable for the dollars that they receive.

First 5 San Mateo County recognizes that funding alone will not provide the additional services that are needed to make lasting change in the community and by continuing to work together, we can make a difference and ensure, “All children in San Mateo County will be emotionally, socially and physically healthy; have a loving attachment to a parent or caregiver; and live in an environment that promotes learning.” As you peruse the Implementation Framework, we invite you to consider how you can join our county-wide efforts.

## II. WHAT ARE THE OBJECTIVES OF THE IMPLEMENTATION FRAMEWORK?

The Implementation Framework was developed by First 5 San Mateo County and community partners as a roadmap to a common vision of SUCCESS for young children, prenatal to age 5. The Implementation Framework supports The Bill of Rights for the Children and Youth of San Mateo County and encourages broad participation and alignment of resources in order to achieve 4 objectives:

- \* Healthy children
- \* Strong families
- \* Quality education
- \* Safe communities





### III. WHAT IS THE BILL OF RIGHTS FOR THE CHILDREN AND YOUTH OF SAN MATEO COUNTY?

The Bill of Rights for Children and Youth of San Mateo County (CBOR) is a guideline for society to formulate policies that effectively address the needs of children and youth, foster their healthy development, and provide an environment in which future generations can flourish.

The Bill of Rights for Children and Youth was developed by the Peninsula Partnership Leadership Council (PPLC) and the San Mateo County Youth Commission in 2008 and is the direct result of collaborative work of leaders from multiple disciplines throughout San Mateo County.

The Bill of Rights for Children and Youth of San Mateo County was adopted by the San Mateo County Board of Supervisors, San Mateo County Office of Education, Silicon Valley Community Foundation, all 20 cities in the County, and numerous school districts and public and private agencies, including First 5 San Mateo County. Following the Peninsula Partnership Leadership Council and the San Mateo County Youth Commission's lead, the state legislature adopted a resolution for the Children's Bill of Rights for Children and Youth of California in 2009.

## **THE BILL OF RIGHTS FOR CHILDREN AND YOUTH OF SAN MATEO COUNTY:**

BE IT RESOLVED, we resolve to invest in all children and youth so that:

- \* They have a healthy mind, body, and spirit that enable them to maximize their potential.
- \* They develop a healthy attachment to a parent, guardian, or caregiver and an ongoing relationship with a caring and supportive adult.
- \* Their essential needs are met – nutritious food, shelter, clothing, health care, and accessible transportation.
- \* They have a safe and healthy environment, including homes, schools neighborhoods, and communities.
- \* They have access to a 21st century education that promotes success in life, in future careers, and a love of life-long learning.
- \* They have training in life-skills that will prepare them to live independently, be self-sufficient, and contribute to their community.
- \* They have employment opportunities with protections from unfair labor practices.
- \* They have freedom from mistreatment, abuse and neglect.
- \* They have a voice in matters that affect them.
- \* They have a sense of hope for their future.



#### IV. WHY IS THE BILL OF RIGHTS FOR CHILDREN AND YOUTH OF SAN MATEO COUNTY IMPORTANT?

Located in the heart of the Bay Area’s Silicon Valley, San Mateo County is economically, ethnically, and geographically diverse. Families residing in San Mateo County have many strengths and live in a community with a history of collaboration that supports the wellness of children.

At the same time that many families are thriving in San Mateo County, there are substantial differences among many populations. Pockets of poverty are found across the county, but most often in families residing in densely populated urban areas and those in outlying coastal communities. In addition, disparities continue to exist with children’s health and education such as kindergarten readiness, eighth grade math proficiency, and childhood obesity.

If today’s children of all races, ethnicities, and income levels are not adequately prepared, are not well educated, and their health needs are not addressed, they will not have the capacity to contribute productively to the future workforce. Children’s issues are everyone’s issues and The Bill of Rights for Children and Youth of San Mateo County is an important lens whereby county residents can share a common vision of SUCCESS for all children and youth. The Bill of Rights for Children and Youth is also important because it aligns with the County of San Mateo’s Shared Vision 2025 of a Healthy, Livable, Prosperous, Environmentally Conscious, and Collaborative Community for all residents.

NOTE: County demographics and disparities found among children and families in San Mateo County are located on the inside back cover of the Implementation Framework.



## V. WHAT CAN I DO TO PROMOTE THE BILL OF RIGHTS FOR CHILDREN AND YOUTH OF SAN MATEO COUNTY?

Any parent and caregiver, educator, business, local government, service agency, and state policy maker can promote The Bill of Rights for Children and Youth of San Mateo County by taking action steps, individually or collectively. The Implementation Framework serves as a resource to help you and other members of society work together toward a common vision of SUCCESS for all children and youth.

Although the Implementation Framework focuses on young children, prenatal to age 5, the strategies and action steps outlined in the Framework can be used as a catalyst to develop and implement additional strategies for children of all ages in San Mateo County.

On the following pages, various strategies, action steps, and resources are listed for:

- \* Parents and caregivers
- \* Educators
- \* Businesses
- \* Local government and service agencies
- \* State policy makers

## VI. WHERE CAN I GET MORE INFORMATION?

### **Peninsula Partnership Leadership Council**

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

2440 West El Camino Real, Suite 300  
Mountain View, CA 94040  
Telephone: 650.450.5400

### **San Mateo County Youth Commission**

[www.bethedifference.org](http://www.bethedifference.org) or

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

Youth and Family

Enrichment Services

610 Elm Street, Suite 212,  
San Carlos, CA 94070

Telephone: 650.591.9623

### **First 5 San Mateo County**

[www.first5sanmateo.org](http://www.first5sanmateo.org)

1700, South El Camino Real, Suite 405  
San Mateo, CA 94402

Telephone: 650-372-9500

## RESOURCES

**Raising healthy children:**  
First 5 San Mateo County  
[www.first5sanmateo.org](http://www.first5sanmateo.org)

AbilityPath  
[www.abilitypath.org](http://www.abilitypath.org)

Alliance For a Healthy Generation  
[www.healthiergeneration.org](http://www.healthiergeneration.org)

The Peninsula Library System:  
[www.plsinfo.org](http://www.plsinfo.org)

**Child care, preschool and caregiver information:**  
Child Care Coordinating Council  
[www.sanmateo4cs.org](http://www.sanmateo4cs.org)

Learning Disabilities Online  
[www.ldonline.org](http://www.ldonline.org)

Fatherhood Collaborative  
[www.fatherhoodcollaborative.org](http://www.fatherhoodcollaborative.org)

Safe Routes to School  
[www.saferoutestoschool.ca](http://www.saferoutestoschool.ca)

**Dealing with sadness, stress, or issues like having enough food or medical care:**

Shelter Network  
[www.shelternetwork.org](http://www.shelternetwork.org)

2nd Harvest Food Bank  
[www.2ndharvest.net](http://www.2ndharvest.net)

San Mateo County Community Health Clinics  
[www.sanmateomedicalcenter.org](http://www.sanmateomedicalcenter.org)

Youth, Family Enrichment Services  
[www.yfes.org](http://www.yfes.org)

Legal Aid of San Mateo County  
[www.legalaidsmc.org](http://www.legalaidsmc.org)

First 5 California Parents Site  
[www.cffc.ca.gov/parents](http://www.cffc.ca.gov/parents)

You can find your State and Federal representatives at:  
[www.congress.org](http://www.congress.org)

## STRATEGIES FOR PARENTS AND CAREGIVERS

### Parents and caregivers can: Build Positive Relationships and Self-Confidence

1. Help your children develop self-respect by showing them that you enjoy being with them and that they are important to you.
  - \* Cuddle with your baby. Make eye contact and respond positively to his or her smiles and babbling. Repeat sounds, imitate expressions and have back-and-forth conversations.
  - \* Talk with your child every day about what is going on around his or her feelings and ideas. Ask, “What was the best part of your day?” “Did anything make you feel sad (or scared, angry, proud) today?”
  - \* Comment on what your child does well. “You found the ball under the table!”
  - \* Stay calm when your child is upset. This helps him feel safe and get back in control.
2. Encourage your child to try new things and be persistent. The only way to get better at something is to keep practicing!
  - \* Give your child the chance to do things for himself like putting on his jacket or pouring milk from a small plastic pitcher.
  - \* Encourage your child to keep trying. “You are working so hard. Sometimes it takes lots of tries!”
  - \* Help your child be a good problem solver. Give her the support she needs to be successful without completely solving the problem for her.

### Support Health and Wellness

3. Teach your children that eating fruits and veggies and drinking plenty of water helps their bodies stay healthy, grow strong, and have lots of energy to play! It’s like watering a plant or putting gas in the car.
  - \* Involve your children in planning and preparing healthy meals.
  - \* Sit down and enjoy eating together as a family.
  - \* Advocate for healthy foods on school menus.
4. Teach your child safety tips like how to dial 911 and look both ways before crossing a street.
  - \* Prepare for unexpected events like getting lost in a store – have your child explain to you what he or she would do and say.

### Foster a Love of Learning

5. Demonstrate that reading, writing, and talking are important to you.
  - \* Help your child get a library card and start using it.
  - \* Read or look at books together for at least 15 minutes each day.
  - \* Talk about what you do together as you play, do errands, or visit friends and family.
6. Get involved with your child’s preschool or kindergarten.
  - \* Volunteer as a tutor, classroom aide, or to help with field trips.
  - \* Ask the teacher to suggest fun family activities that will help your kids learn more about the topics they are studying in school.

## STRATEGIES FOR EDUCATORS

### Early Childhood Educators can: Encourage Parent Involvement and Support

1. Assist parents in supporting their child's development and early education experiences.
  - \* Provide programs and services that increase parental knowledge about the importance of their child's early years and enhance parenting practices.
  - \* Offer parent education classes or workshops about school readiness, positive parenting, health and nutrition, etc.
  - \* Hold parent meetings outside of school hours and provide child care during meetings to allow working parents to participate.

### Help Improve the Early Childhood Education System

2. Engage in activities that improve the quality of early learning environments, teacher practices, and curriculum.
  - \* Participate in local professional development and quality support programs, as well as joint professional development and other opportunities for collaboration between preschool and early elementary teachers (K-3).
  - \* Join in local efforts that help to foster a smooth transition between preschool programs and elementary schools, including promoting successful pre-K - 3 grade alignment practices.
  - \* Promote better communication and information sharing policies so that child information and data collected by preschools can be shared with elementary schools (screening, assessment data, etc) as students transition to kindergarten.

### Schools (Pre-K-3) and the County Office of Education can:

#### Collaborate in the Planning for Children's School Success

3. Create district wide transition plans and policy recommendations between the County Office of Education, school districts, and local early education providers.
  - \* Develop and implement successful pre-K-3 grade alignment practices.
  - \* Host and/or participate in joint professional development and dialogue opportunities between early education providers, early elementary teachers (K-3), and community college early childhood education (ECE) faculty to foster a smooth transition between local preschool programs and elementary schools.

#### Increase Awareness of the Importance of School Success

4. Maximize opportunities for communication to the public.
  - \* Promote the Children's Bill of Rights in ECE courses.
  - \* Collaborate with local early education providers to host a series of parent trainings promoting school readiness utilizing *Are you Ready? A Parent's Guide to Starting Kindergarten* and *Are You Ready for Kindergarten? DVD*, which was developed in partnership by First 5 San Mateo County and the Silicon Valley Community Foundation.
  - \* Promote and support expanded investments in high-quality early learning programs that prepare children and their parents for a successful transition to elementary school.

## RESOURCES

Learning Disabilities Online.Educators  
[www.ldonline.org](http://www.ldonline.org)

National Center for learning Disabilities  
[www.nclld.org](http://www.nclld.org)

Safe Routes to School  
[www.saferoutestoschool.ca](http://www.saferoutestoschool.ca)

Child Care Coordinating Council  
[www.sanmateo4cs.org](http://www.sanmateo4cs.org)

United Way  
[www.uwba.org](http://www.uwba.org)

First 5 San Mateo County  
[www.first5sanmateo.org](http://www.first5sanmateo.org)

San Mateo County Office of Education  
[www.smcoe.k12.ca.us](http://www.smcoe.k12.ca.us)

National Education Association  
[www.nea.org](http://www.nea.org)

Association of American Teachers  
[www.aateachers.org](http://www.aateachers.org)

San Mateo Community College District  
[www.smccd.edu](http://www.smccd.edu)

San Mateo County Children, Youth and Family budget 2010  
[www.co.sanmateo.ca.us](http://www.co.sanmateo.ca.us)

Silicon Valley Education Foundation  
[www.svefoundation.org](http://www.svefoundation.org)

Promoting School Readiness  
[www.siliconvalleycf.org](http://www.siliconvalleycf.org)

## RESOURCES

Youth Commission Policy-Level Recommendations  
[www.siliconvalleycf.org](http://www.siliconvalleycf.org)

The Heckman Equation  
[www.heckmanequation.org](http://www.heckmanequation.org)

The HighScope Perry Preschool Program  
[www.highscope.org](http://www.highscope.org)

Benefits, Cost and Explanation of the HighScope Perry Preschool Program  
[www.highscope.org](http://www.highscope.org)

San Mateo County Children, Youth and Family budget 2010  
[www.co.sanmateo.ca.us](http://www.co.sanmateo.ca.us)

Cities, Counties, Schools Partnerships (CCS Partnerships)  
[www.ccspartnership.org](http://www.ccspartnership.org)

Safe Routes to School  
[www.saferoutestoschool.ca](http://www.saferoutestoschool.ca)

First 5 San Mateo County  
[www.first5sanmateo.org](http://www.first5sanmateo.org)

Fatherhood Collaborative  
[www.fatherhoodcollaborative.org](http://www.fatherhoodcollaborative.org)

Child Care Coordinating Council  
[www.sanmateo4cs.org](http://www.sanmateo4cs.org)

## STRATEGIES BUSINESSES

### Business leaders can:

#### Advocate for the benefits of preschool Support Employees with Young Children

1. Adopt policies and practices to support working parents with young children.
  - \* Consider the possibilities for offering flex time, part time schedules, telecommuting, lactation (breast feeding) support, paid sick time, and paid parental leave time.
  - \* Support health & wellness, education, and other services for employee's children and families (e.g., provide workshops on flexible spending accounts, counseling, health services, flu shots for employees and families, and nutrition classes).
  - \* Host brown bag lunches on site to disseminate information to employees about quality child care and preschools available in their area.
  - \* Promote the importance of walking to school every day through programs such as "Safe Routes to School" which advocates for improved safety and encourages more children, including children with disabilities, to safely walk and bicycle to school. Inform employees about alternative transportation methods and routes they can use to walk or bicycle to work.
  - \* Support volunteer programs, including allowing employees to donate time at their child's school.

#### Support Early Childhood Education

2. Meet with state and local officials about the positive long-term effects of high-quality early childhood care and education as a valuable return on investment, helping society, including businesses and the economy (e.g., reduced welfare use, increased incomes and more taxes generated; See the Heckman Equation under Resources).
3. Adopt a preschool site through financial and in-kind support.



## STRATEGIES FOR LEADERS OF LOCAL GOVERNMENT AND SERVICE AGENCIES

### Local government and service agency leaders can: Advocate for policies representing the interests of young children

1. Incorporate the values of the Bill of Rights for Children and Youth into your organization's Strategic Plan and Quality Improvement processes.
  - \* Invite input from culturally diverse communities and from families with young children.
  - \* Orient your staff to the Bill of Rights for Children and Youth and discuss how they can use these principles in their work.
  - \* Listen to comments put forward by parents or caregivers, educators, and businesses on how to move forward with setting future policies.
2. Protect and enhance future funding for programs that help families dealing with trauma, mental health concerns, or substance use to develop positive and nurturing relationships with their infants and young children.
3. Create environments that support healthy children and families.
  - \* Encourage the development of community gardens and healthy food choices.
  - \* Implement land use and zoning policies that decrease the density of alcohol outlets near schools, parks, and other recreation areas for children
  - \* Mandate high-density development projects to create open-space opportunities for children to recreate.
  - \* Partner with schools in helping to identify social, emotional, and physical needs for students in after-school "city" funded programs.
4. Provide capital support, over and above minimum operating expenses, for renovation and expansion to child care and preschool facilities serving children from birth to age 5.

## RESOURCES

Child Care Planning Council  
(Child Care Needs Assessment)  
[www.smcoe.k12.ca.us](http://www.smcoe.k12.ca.us)

Healthy San Mateo  
[www.gethealthysmc.org](http://www.gethealthysmc.org)

Sustainable San Mateo  
[www.sustainablesanmateo.org](http://www.sustainablesanmateo.org)

San Mateo County Children, Youth and Family  
budget 2010  
[www.co.sanmateo.ca.us](http://www.co.sanmateo.ca.us)

School Readiness Assessment  
[www.appliedsurveyresearch.org](http://www.appliedsurveyresearch.org)

The Heckman Equation  
[www.heckmanequation.org](http://www.heckmanequation.org)

Youth Commission Policy-Level Recommendations  
[www.siliconvalleycf.org](http://www.siliconvalleycf.org)

First 5 San Mateo County  
[www.first5sanmateo.org](http://www.first5sanmateo.org)

Cities, Counties, Schools Partnerships  
(CCS Partnerships)  
[www.ccspartnership.org](http://www.ccspartnership.org)



## RESOURCES

Youth Commission Policy-Level Recommendations  
[www.siliconvalleycf.org](http://www.siliconvalleycf.org)

Children Now  
[www.childrennow.org](http://www.childrennow.org)

Preschool California  
[www.preschoolcalifornia.org](http://www.preschoolcalifornia.org)

Heckman Equation  
[www.heckmanequation.org](http://www.heckmanequation.org)

Lasting Benefits of Preschool Programs  
[www.ericdigests.org](http://www.ericdigests.org)

Kids Data  
[www.kidsdata.org](http://www.kidsdata.org)

First 5 California  
[www.cfc.ca.gov](http://www.cfc.ca.gov)

100% Campaign  
[www.100percentcampaign.org](http://www.100percentcampaign.org)

San Mateo County Children, Youth and Family  
budget 2010  
[www.co.sanmateo.ca.us](http://www.co.sanmateo.ca.us)

## STRATEGIES FOR STATE POLICY MAKERS

### State policy makers can:

#### Acknowledge the benefits of investing in quality early childhood development

1. Meet with advocates to learn more about issues affecting young children and their families, such as:
  - \* Access to high quality child care and preschool.
  - \* Child abuse and neglect, family violence.
  - \* Developmental screening and services, access to health care.
2. Visit a preschool to see firsthand how quality early education makes a difference for young children.
3. Convey the importance of early childhood education to legislative peers.

#### Advance policies that promote service intergration and support programs that demonstrate measurable results

1. Commit to maintain or increase funding for:
  - \* Child abuse and neglect prevention programs, child welfare services, and support for victims of family violence.
  - \* Health insurance programs such as Healthy Families.
  - \* High quality subsidized child care and preschool programs.
2. Support funding for statewide child care or preschool facilities.
3. Highlight an issue that affects children in your public remarks or constituent newsletter.



First 5 San Mateo County would like to thank the following individuals for their valuable contributions in the development of The Bill of Rights for Children and Youth Implementation Framework: Strategies focused on Children ages 0-5, A guide for parents, educators, businesses and government.

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Fleishman, David ~ First 5 San Mateo County  
Key, Sylvia ~ San Mateo County Office of Education  
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Pisani, Karen ~ First 5 San Mateo County  
Ramos, Vicky ~ Preschool California  
Roberts, Emily ~ First 5 San Mateo County  
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[www.first5sanmateo.org](http://www.first5sanmateo.org)



## SAN MATEO COUNTY PROFILE

### DEMOGRAPHICS

#### Population

- \* 754,285 residents
- \* 162,870 children and youth
- \* 255,000 households
- \* 14<sup>th</sup> largest population among California's 58 counties

#### Cultural Diversity

- \* 35% of the county's population was born in a foreign county compared with 26.8% for California and 12.5% for the United States

#### Children and Youth

##### Population by Race/Ethnicity

- \* 54,487 - Caucasian/White
- \* 55,169 - Hispanic/Latino
- \* 38,664 - Asian/Pacific Islander
- \* 4,592 - African American/Black
- \* 9,692 - Multiracial
- \* 266 - Native American

#### Employment

- \* The unemployment rate rose to 9.8% in 2010, the highest unemployment rate in at least 20 years and more than double the rate in 2008

#### Education

- \* 181,000 total students enrolled in schools in 2008

#### High School Graduation Rates

- \* 88% of high school students graduated in 2008

#### High School Graduation Rates by Ethnicity

- \* 94% - Caucasian/White
- \* 80% - Hispanic/Latino
- \* 96% - Asian
- \* 75% - Pacific Islander
- \* 91% - Filipino
- \* 74% - African American/Black

#### Income and Housing

- \* \$101,504 Median Family Income in 2008
- \* Per capita income rose to \$44,438 in 2008, up from \$43,239 in 2007 and 40,051 in 2006
- \* By comparison, California's median family income was \$70,029 and per capita income \$29,388 in 2007.
- \* In 2009, 11% of San Mateo County's children and youth were living in poverty
- \* \$554,000 median home price (2010)
- \* \$1,675 average rent for a two-bedroom apartment (2009)

#### Public Assistance

- \* 42% increase in applications for public assistance from July 2007 to October 2009

San Mateo County officials firmly believe investing in children today will lead to healthy and productive adults in the years to come.

The County's children score well on many key indicators. But more can be done.

- \* *In 2008, only 35% of 11<sup>th</sup> graders had never used alcohol*
- \* *In 2008, only 68% of 11<sup>th</sup> graders had never smoked*
- \* *In 2008, there were 11.4% juvenile felony arrests per 1,000 youth ages 10-17*

#### San Mateo County Children and Youth 0-17

- \* *In 2009, 394 cases of maltreatment were substantiated*
- \* *In 2010, 279 children were in foster care*

Sources: County of San Mateo 2010-2012 Profile; San Mateo County Children, Youth and Family Budget 2010; Kidsdata.org and American Community Survey Data 2007-09



## SAN MATEO COUNTY OUTCOMES

### FIRST 5 SAN MATEO COUNTY CHILDREN AGES 0-5 COUNTYWIDE CHILDREN AND YOUTH AGES 0-17

#### FIRST 5 SAN MATEO COUNTY OUTCOMES - CHILDREN PRENATALLY TO AGE 5

##### Health Access and Utilization

- \* 60% of children birth to age 5 had adequate well-child visits in the past year
- \* 92% of pregnant women received prenatal care in the 1<sup>st</sup> trimester

##### Developmental Concerns and Special Needs

- \* 48% of parents reported developmental concerns about their child
- \* 11% of children were identified with special needs

##### Breastfeeding Rates

- \* 82% of babies were breastfed
- \* 51% breastfed for more than 6 months

##### Families reporting basic needs and concerns

- \* 27% concerned about housing
- \* 4% concerned about substance abuse
- \* 13% concerned about depression
- \* 3% concerned about domestic violence
- \* 1% of parents reported concerns about food availability

##### Child Health and Development

###### F5SMC Children 0-5

- \* 47% had dental visits in the past year
- \* In 2010, 687 children were screened for developmental delays

###### F5SMC Children 0-5 & SMCO Children and Youth 0-17

- \* 99% of children have health insurance

###### SMCO Children and Youth 0-17

- \* 77% of children (age's 2-5/with teeth) have been to a dentist in the past year.

##### Early Learning

###### F5SMC Children 0-5

- \* 82% of 3 and 4 years olds attended preschool
- \* 1,008 children participated in summer pre-kindergarten school readiness programs
- \* 3,338 preschool teachers and child care providers participated in formal education and professional growth activities

###### SMCO Children and Youth 0-17

- \* 61% of 3 and 4 years olds attend preschool
- \* 57% of children enter kindergarten prepared for school

##### Family Support and Engagement

###### F5SMC Children 0-5

- \* 8% of parents reported a need for more social support

###### SMCO Children and Youth 0-17

- \* 91% of parents read to their children ages 0-5 at least three times a week

Children in San Mateo County have greater access to health care, many families receive vital health services and many of our neediest children receive quality care and education experiences. However, we recognize there is still so much more to be accomplished.

###### *F5SMC Children 0-5*

- \* *1,060 3 and 4 year olds eligible for publicly subsidized preschool were without spaces in 2008*

###### *SMCO Children and Youth 0-17*

- \* *54% of 3<sup>rd</sup> graders are proficient readers*
- \* *28% of 7<sup>th</sup> graders have unhealthy weight*
- \* *32% of 11<sup>th</sup> graders reported symptoms of depression*
- \* *In 2010, 11% of children were enrolled in special education*
- \* *In 2010, 35.6% of public school students were eligible to receive free or reduced price meals*

Sources: CA Health Interview Survey 2009; First 5 San Mateo County 2006 Family Survey; First 5 California Special Needs Project; American Community Survey 2009; Kidsdata.org; San Mateo County Profile 2010-2012

*First 5 San Mateo County: F5SMC  
San Mateo County: SMCO*

