



## Caregiver Encouragement

Think about something you did well last week. Using the space below, write down something new you tried, something you feel proud of, or something that went well. Don't hesitate to list more than one thing!



## Safety Improvements to Work on at Home

Safety Improvement Ideas	Things I Want to Address (check)	Completed/ Follow-up Needed (check/ note)
Make sure car seats are installed properly (local police station or Lucile Packard Fitting Station. Call <b>(650) 736-2981</b> for more information)		
Avoid choking hazards in foods and toys		
Keep cribs and beds away from windows and away from cord strings		
Keep cord strings on window blinds out of reach		
Remove pillows, stuffed animals, crib "bumpers", and blankets from crib		
Supervise baths and water play at all times		
Install locks on toilets		
Empty buckets after use		
Keep medicine, cleaning supplies, and other toxins up and out of reach		
Post the poison control number		
Stove and fireplace safety		
Install smoke and carbon monoxide alarms and set up a schedule to test them		
Keep weapons out of the house or locked and stored properly		
Keep electrical outlets protected with plugs		



# Tips for Finding High Quality Child Care\*

At First 5 California, our goal is to make sure that parents have the information they need to make the right choice for their children and their families. On this sheet you will find:

1. A description of the different types of child care options available;
2. Tips on what to look for in a child care center or provider; and
3. Resources available to help you make an informed decision.

## Licensed Child Care:

**FAMILY CHILD CARE HOMES** – This type of care takes place in the caregiver's home, and:

- Requires that the caregiver be licensed by the state
- Often have flexible hours of operation
- Must know CPR and enroll in Health and Safety classes
- There are children of different ages

**CHILD CARE CENTERS** – More like a preschool, these facilities are usually bigger in space and may be more structured than family child care homes. This type of care:

- Requires that the center be licensed by the state
- Teachers must meet certain qualifications
- Can be operated by a school, individual, business, church or private agency
- Has certain hours of operation
- May group children according to their ages

## Unlicensed Child Care:

**IN-HOME CARE** – This type of care takes place in YOUR home when a friend, relative, babysitter or nanny looks after your child.

**EXEMPT CARE** – The provider may only care for children from one family. Once a provider cares for children from more than one family they must be licensed.

## What to Look for in a Child Care Center

If you decide that a Child Care Center or Family Child Care Home will best suit your needs, here are some things to consider when making your decision:

- **Referrals:** Get a list of other parents that use a specific type of care and call them to ask their opinion.
- **Research:** Ask for DMV records if they are going to be driving your children.
- **Instincts:** Hire someone you and your child both like.
- **Trustline:** If you choose a relative, friend or another unlicensed provider to watch your child, you should consider doing a background check on them through TrustLine. TrustLine allows parents to check the backgrounds of individuals for any records of violent crimes or child abuse. You can obtain information about TrustLine by calling the Child Care Coordinating Council of San Mateo at 650-655-6777 or by calling TrustLine directly at 1-800-822-8490.
- **Community Care Licensing:** For licensed centers and family child care homes, you can call Community Care Licensing to find out if any complaints have been made about the provider. The state number is (916) 324-4031 and they can refer you to your local agency.

## Tips for Finding High Quality Child Care (cont.)

Before making a decision, plan to visit any site while children are there. A few things to look for include:

- How does the **staff interact** with the children?
- Is there plenty of **playtime and interesting activities** for children to participate in?
- How **clean and safe** are the facilities?
- Does the facility have the **right equipment**? There should be places for your child to have quiet time, read, build with blocks, do puzzles, put on dress up clothes, play outside, etc.
- Are there a **variety of activities** for each child's developmental level?
- Are children getting **individual attention** and being given comfort when they need it?
- Do providers respond to children in a **positive, warm**, and understanding way?
- Are providers **cheerful and energetic**?

Look for small group sizes, an adequate number of caregivers for the number of children in care.

### Child Care Interview Questions

Having some specific questions ready to ask child care providers can help you make your selection. When **talking with the staff**, you can ask these questions:

- If a center or family child care home, are you licensed by the state?
- How many children is each caregiver responsible for?
- How do you structure your day? How do you accommodate the changing schedules of an infant?
- How do you meet the individual needs of each child, including children with special needs or disabilities?
- How do you discipline the children? – Hitting, yelling or shaking babies and children is unacceptable at all times.
- Do the teachers have training in early learning or child development, including college courses or degrees?
- How do you cope with emergencies?
  - Is the staff trained in CPR?
  - How do they deal with ill children?
- How experienced is the staff?
  - How long have they been working with children?
  - Find out what they like about working with children.
- How do you involve parents?
- What are your hours?
- Can you visit anytime?
- How will staff communicate daily activities and discuss your child with you?

Once you make a decision, try to communicate with your provider about your child and his or her daily activities everyday.

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### Resources

Regardless of the type of care you decide is best suited for your child, you should find out everything you can about the person(s) providing the care. One good way to do this is to contact their references or people who can give you an honest opinion about these individuals.

### Child Care Programs in San Mateo County

The **Child Care Coordinating Council of San Mateo** (4Cs) has information that will make your preschool or child care search easier. Referral specialists can discuss the wide range of choices and options available to you, and give you the names and numbers of licensed programs in your area. For information and referrals, **call 4Cs at (650) 655-6777** Monday through Friday, 9 am – 5 pm. [www.sanmateo4cs.org](http://www.sanmateo4cs.org) 4Cs also provides parent education, family activities and a family resource center.

#### Adapted from:

\*Quality Child Care Counts – Tips for Parents & Caregivers. First 5 California. Downloaded 2/23/12 from <http://www.cfc.ca.gov/Help/tqcc.asp>

\*Choosing Child Care and Preschool, Child Care Coordinating Council of San Mateo, downloaded 2/23/12 from <http://www.sanmateo4cs.org/images/pdfs/choosingchildcare4cs.pdf>



## Making Mealtimes Enjoyable\*

- Set up a predictable **routine** for mealtimes
- Try to make **mealtimes relaxed and fun**. Talk about fun and happy things.
- Provide your child with a **choice for foods** and **allow them to eat what they want**
- Try to offer a meal with **at least one thing you know your child likes**
- **Offer child-size portions**, which are much smaller than adult portions
- **Don't become a short-order cook**: if your child asks for something that is not on his plate, respond by saying "This is what we're having for dinner tonight. Maybe we can have that another night."
- **Resist the urge to offer sugary foods** or your child will learn to prefer these over others. Don't use sweets as rewards.
- **Don't expect your child to like a whole lot of foods** – let your child make his own decisions about the food he eats. Forcing your child to eat will only make your child more stubborn and less open to new foods in the future
- Don't expect your child to sit for a long time at the table
- Try to **avoid giving unhealthy snacks** between meals. Give your child a choice of healthy snacks: "Would you like pears or some cheese?"
- **Minimize distractions** during mealtimes by turning off the TV and phones
- **Ignore complaints about food** and refusals to eat and praise your child for what he does eat
- **Compliment other people and children** at the table who are eating and using polite manners

*\*Adapted from The Incredible Years: Parents and Children Series, Program One, Part 3: Social and Emotional Coaching - Refrigerator Notes, Making Mealtimes Enjoyable*

### Additional Mealtime and Healthy Living Resource

Visit First 5 California's website at [www.ccfc.ca.gov/Help/ntp.asp](http://www.ccfc.ca.gov/Help/ntp.asp) for Nutrition and Exercise Tips and USDA's website [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information on Health and Nutrition for your child and family.

For information specific to preschoolers, go directly to- [www.choosemyplate.gov/preschoolers.html](http://www.choosemyplate.gov/preschoolers.html) Topics include: picky eating, healthy eating habits, physical activity, food safety etc. You can also create a food plan for your child- click on **Daily Food Plans for Preschooler** and **SuperTracker's MyPlan**. Enter your child's age and get a list of what they should eat according to nutritional guidelines.



# San Mateo County Smoking Cessation Resources

**San Mateo County Tobacco Prevention Program (TPP) Hotline: (650) 573-3777**

## California's Smokers' Helpline

**1-800-NO-BUTTS (English) 1-800-45-NO-FUME (Spanish) [www.nobutts.org](http://www.nobutts.org)**

**Services:** Confidential telephone counseling; self-help materials; referrals to other programs.

## Breathe California

**(650) 994-5868**

**Type of Service:** Adult smoking cessation groups; Nicotine replacement patches; Youth smoking cessation groups (high school and college campuses); smoking cessation for youth in substance abuse treatment; facilitator trainings; brief cessation intervention

**Cost:** Free. San Mateo County Health System funds the program to assist people to make a healthy life change

**Locations:** Pacifica, Daly City, Redwood City, East Palo Alto, San Mateo, Half Moon Bay, South San Francisco

**Languages Served:** English/Spanish

## Mills-Peninsula Health Services

**(650) 696-4308**

Joan Schoonover, R.N.  
100 S. San Mateo Drive  
San Mateo, CA 94401

**Type of Service:** Call It Quits cessation groups

**Description:** Comprehensive smoking program and continuing support groups.

**Cost:** Call for details- Free for Mills Peninsula patients.

## Kaiser Permanente Medical Group - Health Education Department

**(650) 299-2433**

1140 Veterans Blvd  
Redwood City, CA 94063

**Type of Service:** Quit Tobacco Workshop (one session class); Ex-Smoker's Support Group (Free); Freedom from Tobacco stop smoking series (7-8 sessions two times per week)

**Cost:** One session class: free for Kaiser members, \$15-20 for non-members; Multi-week class: free for Kaiser members, \$50-65 for non-members

**Locations:** 1200 El Camino Real, South San Francisco, CA 94080 - (650) 742-2439 or (650) 301-4445



# Healthy Teeth, Healthy Children

## Why are baby teeth so important?

Many parents wonder why it is necessary to care for “baby teeth” when “these are going to fall out anyway.” Baby teeth are important because they hold the space for permanent teeth. If the baby teeth come into an unhealthy mouth, they will become unhealthy too. Healthy teeth are also important for speech development and nutrition.

The first thing you can do to protect your children's teeth is to set a good example. Everyone knows that children love to imitate grownups and even the littlest ones will want to brush and floss if they see you do it. Secondly, learn what you can do to keep their smiles sparkling. Here are a few helpful tips:

### From birth to 1 year old:

- Breastfeed your baby.
- Prevent painful baby bottle tooth decay by **not letting your baby fall asleep with a bottle** that contains any liquids other than water
- **Wipe your baby's gums daily**, especially after eating, with a clean, moist washcloth.
- **Begin brushing your baby's teeth when the first tooth erupts**, using a soft child's toothbrush and water (Do not use fluoride toothpaste).
- Introduce a cup around 6 months of age.
- To avoid spreading the germs that can cause cavities, **don't put anything in a child's mouth if it has been in your mouth** or the mouths of others. This includes spoons, cups toothbrushes and food. The bacteria in your mouth and the mouths of others can cause tooth decay in your child.
- **Schedule a visit to the dentist when the first tooth erupts and establish your child's Dental Home.** Build a relationship with a dentist you trust. Ask friends, your local dental society office or your pediatrician to give you the names of dentists who work well with children.
- **Check your baby's teeth and gums for early tooth decay.** Look for spots on the teeth, swelling, bleeding or pimples on the gums. Use the Lift the Lip method taught on the DVD in your Kit for New Parents.

### From 1 to 2 years old:

- **Stop bottle-feeding at 12 months of age.**
- **Once your baby is eating solid foods, limit the number of sweet and sticky foods that he or she eats. Instead, offer a variety of healthy foods from all of the food groups** such as fruits, vegetables and cheeses.
- **Brush gums and teeth** with a soft child's toothbrush and water twice a day, morning and bedtime **Do not use fluoride toothpaste** unless your dentist has recommended this.
- **Continue to check your baby's teeth and gums for early tooth decay.** Look for spots on the teeth, swelling, bleeding or pimples on the gums. Use the Lift the Lip method taught on your Kit for New Parents DVD.

### From 2 to 3 years old:

- When your child is about 2 years old, **brush their teeth** with a pea size amount of fluoride toothpaste twice a day, especially before bedtime. Spit out excess. Continue to use fluoride-free toothpaste if your child can not spit out the excess.
- Give your child **water rather than juice** when thirsty. After 6 months of age, one small serving of juice a day is sufficient. When you do give juice, dilute it by adding an equal amount of water.
- **Ask your dentist about fluoride supplements** if you live in an area where fluoride is not in your drinking water. Fluoride helps make teeth strong and prevents tooth decay.
- Ask your child's doctor or dentist about putting **fluoride varnish** on your child's teeth. This is another great way to protect your child's teeth from cavities.

**Continue to check your baby's teeth and gums for early tooth decay.** Look for spots on the teeth, swelling, bleeding or pimples on the gums.

### **From 3 to 5 years old**

- **Help your child brush at least twice a day.** Your child will need your help until he or she is about 8 years old.
- Take your child to the **dentist at least once a year.**
- **After your child eats sweets, chips, crackers or juice,** you should brush their teeth or rinse their teeth with water.
- **Continue to brush their teeth** with a pea size amount of fluoride toothpaste twice a day, especially before bedtime. Spit out excess.
- **Continue to check your baby's teeth and gums for early tooth decay.** Look for spots on the teeth, swelling, bleeding or pimples on the gums.

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### **Other Questions You Might Have**

Prevention is the best way to protect your child's teeth. A dentist is trained to answer your questions and give you the tools you need to make sure your child's teeth will be healthy. That is why it is so important that you schedule a visit to a dentist by the time your child is 1 year old.

The following are some of the common questions that parents have about their young children's oral health.

#### **Q: What causes cavities?**

A: A number of bacteria normally live in the mouth. Some of these bacteria are introduced when parents or caregivers share their food or utensils with young children. These bacteria live in plaque; plaque is the film that is on our teeth. The bacteria in turn eats the sugars and carbohydrates that we eat and produces acid in our mouths. The acid erodes the enamel on our teeth and over time can cause holes to form which allow the cavity bacteria to enter the tooth.

#### **Q: Are there foods that increase my child's chances of getting cavities?**

A: Foods and drinks that contain large amounts of sugar and are acidic in nature promote a harmful environment in the mouth. The consistency of food and the frequency of snacking also influences your chances of getting a cavity. Sticky foods, like fruit roll-ups and raisins (which stick to teeth) are worse than chocolate (which melts). Other foods that stick to teeth like chips, crackers or cereals can also contribute to cavities. Sour candies like gummy worms get their tart flavor from citric acid and their sugar creates even more acid in the mouth! Try to replace these snacks with healthier alternatives like cheese, yogurt, fruits and vegetables. Remember, it is the consistency of the food, the amount of sugar and the frequency of snacking that increases the risk of getting cavities.

#### **Q: If my child has a toothache, does that mean she has a cavity?**

A: A cavity is just one reason your child might have a toothache. Other reasons include a crack or fracture in the tooth, an exposed root or an infection in the gum. None of these should be treated at home. Visit your dentist or doctor immediately to find out what is happening.

#### **Q: If my child has a cavity, can he brush more and make it go away?**

A: No, cavities don't go away; they only get worse and they can spread to other teeth in the mouth as well as to other siblings. They can become very painful and can affect the gums, permanent teeth and other parts of the body. If you think that your child has a cavity, see a dentist immediately.

#### **Q: Why not just have the dentist pull out a tooth with a cavity, especially if it's a baby tooth?**

A: The empty space that is created when a tooth is removed not only affects how your child looks and how he or she feels about how he or she looks, it may also affects his or her speech development and future dental health. Baby teeth provide a place in which the adult teeth can grow. If a baby tooth is removed too soon, the teeth around the space will start to move and shift, causing problems later on, and possibly even preventing the permanent tooth from coming in.

#### **Q: Should babies and children use toothpaste?**

A: Children should only use fluoride toothpaste once they can spit out the excess (between 2-3 years old). Before they are able to spit out the excess, use gum wipes (babies), wipes with Xylitol (babies), fluoride-free toothpaste, and/or Xylitol gum (for older children who are capable of chewing gum without swallowing it). Once children are capable of spitting out excess toothpaste, only use a small, pea-sized amount of toothpaste on a toothbrush. Unnecessary use of fluoride can cause a condition called Fluorosis. It is best to consult with your child's doctor or dentist before using any additional fluoride other than over the counter products.



## Feeling Words

Once children have emotional language, they can better regulate their own emotions because they can tell you how they feel. Use the checklist below to practice describing your children's emotions.

Feeling Words	Examples
Happy	
Frustrated	"That is <b>frustrating</b> , and you are <b>staying calm</b> and trying to do that again."
Calm	
Proud	"You look <b>proud</b> of that drawing."
Excited	
Confused	"You seem <b>confident</b> when reading that story."
Helpful	
Scared	
Sad	"You are <b>disappointed</b> that you can't go to the park right now. It's hard not being able to do the things you want. But we can go another time."
Worried	
Confident	
Patient	"You are so <b>patient</b> . Even though the tower fell down twice, you just keep trying to see how you can make it taller. You must feel pleased with yourself for being so patient."
Having fun	
Jealous	
Forgiving	"You look like you are <b>having fun</b> playing with your friend, and he looks like he <b>enjoys</b> doing this with you."
Caring	
Lonely	
Curious	"You are so <b>curious</b> . You are trying out every way you think that can go together."
Angry	
Interested	
Embarrassed	
Bored	"You are <b>forgiving</b> your friend because you know it was a mistake."
Tired	

### TIPS FOR BUILDING EMOTIONAL LANGUAGE:

- Talk about your feelings.
- Teach new emotion words (e.g., frustrated, confused, anxious, excited, worried, disappointed).
- Talk about how characters in a book, video or on a TV show may feel.
- Reflect on specific situations and discuss feelings.
- Accept and support your child's expression of feelings.
- Talk aloud about your own feelings in a variety of situations.
- Pretend play with toy people, stuffed animals, or puppets and have them use "feeling words."

### What Emotion Coaching Words Will You Try with Your Child(ren)?

\*Adapted from *The Incredible Years: Parents and Children Series, Program One, Part 3: Social and Emotional Coaching – Refrigerator Notes-Facilitating Children's Emotion Learning*



## Learning Self Control

### 1. Step back from the situation for a moment and ask yourself:

- What is my goal?
- What am I doing now?
- Is what I'm doing helping me reach my goal?
- What do I need to do differently?

### 2. Practice relaxation techniques:

- Slow down your breathing
- Count from 1 to 10 as far as you are able to in a single breath
- Repeat deep, slow inhaling and exhaling while counting until you feel relaxed.

### 3. Recognize upsetting thoughts. Rephrase these thoughts into alternative, calming thoughts.

For example:

#### Upsetting Thoughts

This child is a monster. That is ridiculous. He'll never change.

*I'm sick of being his maid. Things are going to change or else!*

John never helps. All I get is work, work, work. I fix the food, take care of the house, the kids, everything. Boy, would I like to throw this at him!

*I can't handle it when he's angry.*

#### Calming Thoughts

This is a child who is testing to see if he can get his own way. My job is to stay calm and help him learn better ways to behave.

*I need to talk to Michael about leaving his clothes around. If we discuss this calmly, we should be able to reach a good solution.*

I'd better watch it and calm down before I do something I'll regret. What I need is help. Maybe if I ask John in a nice way, he'll give me some help. That's the best way. Then maybe I can have a relaxing bath.

*I can handle this. I am in control. He has just learned some powerful ways to get control. I will teach him better ways to behave.*

**Researchers have shown there is a connection between how we think and how we behave. If you view your child in a hostile way, you are likely to become angry. If your thoughts emphasize your ability to cope, you will behave more effectively.**

\*Adapted from *The Incredible Years: Parents and Children Series, Program Four, Part 3: Time Out to Calm Down- Handout - What to Do if You Feel Like You are Losing Control*



## Family Support Resources

Group	Description	Location(s)	Cost	Contact
<b>Child Care Coordinating Council (4Cs) Parent-Child Playgroup</b>	An ongoing program designed to provide social and educational skills needed to succeed in a school setting. As a parent, you will be taking an active role playing and learning alongside your child.	Daly City (Our Second Home), Half Moon Bay (Coastside Children's Programs), San Mateo (4Cs)	Free	Child Care Coordinating Council (4Cs) of San Mateo 2121 South El Camino Real, San Mateo, CA 94403  To register, call Mayra Naranjo: (650) 655-5069 <a href="http://www.sanmateo4cs.org">http://www.sanmateo4cs.org</a> (go to <i>Our Calendar</i> , search for <i>playgroup</i> ) <a href="http://www.dcpartnership.org/">http://www.dcpartnership.org/</a>
<b>Edgewood Kinship Support Group at Our Second Home</b>	Join a group of grandparents, friends, and other relatives who are raising someone else's child. Share your experiences, challenges and strengths.	Daly City	Free	Our Second Home 725 Price Street Daly City, CA 94014  Phone: (650) 301-3300 <a href="http://www.dcpartnership.org/">http://www.dcpartnership.org/</a> <a href="http://www.oursecondhome.org">http://www.oursecondhome.org</a>
<b>Our Second Home Bilingual Playgroup</b>	Join other parents with children one to five-years-old for a bilingual play group English and Spanish. We will sing songs, read stories, work on art projects, and play in a safe, welcoming family environment.	Daly City	Free	Our Second Home 725 Price Street Daly City, CA 94014  Mayra Naranjo, Playgroup Coordinator: (650) 655-5069 Main phone: (650) 301-3300  <a href="http://www.dcpartnership.org/">http://www.dcpartnership.org/</a> <a href="http://www.oursecondhome.org">http://www.oursecondhome.org</a>
<b>Prenatal-to-Three Touchpoints Parent Support Groups</b>	English and Spanish groups.  Bring your babies and children up to age 5 to read, play games, and to learn and share about your child's health and development, nutrition, community resources etc.	Daly City, East Palo Alto, Redwood City, and San Mateo	Free	Prenatal to Three Program 2000 Alameda de las Pulgas Suite 200 San Mateo, CA 94403  Kristine Averilla, Program Coordinator: (650) 573-2629 Main phone: (650) 573-2502  <a href="http://www.smhealth.org/node/521">http://www.smhealth.org/node/521</a>
<b>Parents Place Drop-in Playtime</b>	Join us in our fun, stimulating playroom for an hour and a half of play with your child. Ideal for children under 5 years old.	San Mateo, Palo Alto	Fee: per visit or a multiple-visit pass	Eleanor Haas Koshland Center, 2001 Winward Way, Suite 200, San Mateo, CA 94404 (650) 931-1840  Koret Family Resource Center, 200 Channing Ave., Palo Alto, CA 94301 (650) 688-3040 <a href="http://www.parentsplaceonline.org/peninsula">http://www.parentsplaceonline.org/peninsula</a>
<b>Sequoia Hospital New Parents Support Group</b>	A drop-in group designed to address early child and parent development issues through discussions, speakers and special events.	Redwood City	Free	749 Brewster Avenue, Redwood City, CA 94063  <a href="https://www.sequoiahospital.org/Classes_And_Events/index.htm">https://www.sequoiahospital.org/Classes_A nd_Events/index.htm</a>

Group	Description	Location(s)	Cost	Contact
<b>Watch Me Grow Touchpoints Parent Support Group</b>	Spanish parent-child playgroup offered at the Watch Me Grow Demonstration Site. This Touchpoints parent support group is facilitated by a parent educator.	South San Francisco	Free	Community Learning Center, 520 Tamarack Lane, SSF, CA 94080 (650) 635-0876

**Mothers' Clubs:** These groups offer support, advice, and activities such as playgroups, children's outings, social events, general meetings, In-a-Pinch services, and online communities. They mostly serve expectant mothers and families with children from birth to age five.

Group	Location	Cost	Contact
<b>Burlingame Mothers' Club</b>	Burlingame	Fee: annual membership	Burlingame Mothers' Club P.O. Box 27 Burlingame, CA 94011-0027 <a href="http://www.burlingamemothers.org/">http://www.burlingamemothers.org/</a>
<b>Coastside Mothers Club</b>	Coastside, between Montara and Pescadero	Fee: annual membership	Coastside Mothers Club PO Box 331 El Granada, CA 94018 <a href="http://www.coastsidemothersclub.org/">http://www.coastsidemothersclub.org/</a>
<b>Foster City Mothers' Club</b>	Foster City	Fee: annual membership	Foster City Mothers' Club 650 Shell Boulevard Foster City, CA 94404 (650) 489-5202 <a href="http://www.fostercitymothersclub.org">http://www.fostercitymothersclub.org</a>
<b>Pacifica Mothers Club</b>	Pacifica	Fee: annual membership; scholarship available	Pacifica Mothers Club P.O. Box 435 Pacifica, CA 94044 <a href="http://www.pacificamothersclub.com/">http://www.pacificamothersclub.com/</a>
<b>The Parents' Club of Palo Alto and Menlo Park</b>	Menlo Park and Palo Alto	Fee: annual membership	The Parents' Club of Palo Alto and Menlo Park (PAMP) P.O. Box 155 Menlo Park, CA 94026-0155 <a href="http://pampclub.org/site/">http://pampclub.org/site/</a>
<b>Redwood City Mothers Club</b>	Redwood City	Fee: annual membership (prorated)	<a href="http://rwcmc.org/">http://rwcmc.org/</a>
<b>San Bruno Mothers' Club</b>	San Bruno	Fee: annual membership	San Bruno Mothers Club P.O. Box 281 San Bruno, CA 94066 <a href="http://sanbrunomothersclub.com/">http://sanbrunomothersclub.com/</a>
<b>San Carlos/Belmont Mother's Club</b>	Belmont and San Carlos	Fee: annual membership (prorated); scholarship available	info@scbmc.org (650) 354-8020 <a href="https://www.bigtent.com/groups/scbmc">https://www.bigtent.com/groups/scbmc</a>
<b>San Mateo Mothers Club</b>	San Mateo	Fee: annual membership (prorated)	San Mateo Mothers Club PO Box 6159 San Mateo, CA 94403 (650) 286-3404 <a href="http://sanmateomothersclub.org">http://sanmateomothersclub.org</a>
<b>South San Francisco Mothers Club</b>	South San Francisco and nearby cities: Daly City, San Bruno, Colma etc.	Fee: annual membership	South San Francisco Mothers Club P.O. Box 5443 South San Francisco, CA 94083 <a href="http://www.ssfmothersclub.org/">http://www.ssfmothersclub.org/</a>

**Libraries** offer regular storytimes for babies, toddlers, and preschoolers. These are good opportunities to meet other families with young children. Inquire at your local library or find the schedule at-  
<http://www.smcl.org/en/events/Storytime> or <http://www.plsinfo.org/kids>