



Family Resource Centers
PENN VALLEY SITE

DECEMBER 2020

10862 Spenceville Road,
Penn Valley

Located on Ready Springs School Campus
Turn right at the campus stop sign, we are located in the 2nd portable

M - F 9:00 to 4:00

OUR SERVICES

- CLOTHES CLOSET
- FREE DIAPERS
- LENDING LIBRARY
- COMPUTER LAB (INTERNET ACCESS, FAX, PRINTER, COMPUTERS)
- CAREER DEVELOPMENT SUPPORT
- PARENTING CLASSES
- WEEKLY PLAYGROUP
- COMMUNITY RESOURCES & REFERRALS

Hi there! We are still here to support you and your family! We ask that you please call to set up a time to access our services, like the Diaper Project.

Please call 268-5606 or 278-8257 to set up a time to access these services. We can arrange a time for you to pick up what you are needing. Stay safe and healthy!

We will be closed December 24th, 25th, 31st and January 1st.

Happy Holidays!



STORY TIME WITH LAURIE



Virtual Playgroup
Wednesday's 10 am

Our playgroup features stories, songs, sharing, prereading and math exercises.

Fun, Free Preschool Activities for parents and their young children

Contact Laurie
530-278-8257
To sign up and receive the Zoom invite.

FOOD RESOURCES

Special Christmas Food Distribution at Interfaith Food Ministry
December 14, 16, 18, 21, 23
10 am to 1pm



The Food Bank of Nevada County will continue to host DRIVE-THRU distributions at:

Grass Valley Seventh Day Adventist Church
12889 Osborn Hill Rd, GV
Thursdays 10am to 1pm

North San Juan Oak Tree Campus

18847 Oak Tree Road, NC
Tuesday December 8th, 10 am to 12pm

In partnership with Twin Ridges Elementary School District, SJR Family Resource Center, and the County of Nevada.



Interfaith Food Ministry is continuing with their normal distribution schedule via DRIVE-THRU.

Mondays, Wednesdays, Fridays
10am to 1pm

2nd Saturday of the month
10am to 12pm
440 Henderson Street
(530) 273-8132



GIVEAWAY

PARTNERS Family Resource Center received a generous grant to offer you some resources that may be helpful to you and your family.

Items that may be available to be gifted to you

- toothbrushes
- toothpaste
- baby wipes
- laundry soap
- laundry vouchers

Call 530-268-5606 to schedule a time to pick up your goodies

DISTANCE LEARNING CENTER

FREE Distance Learning Center and Youth Hub is open from 8:15am to 2pm weekdays, at the Nevada County Fairgrounds. Children in 4th grade or higher can be dropped-off at the center, while parents or guardians must remain with younger students.

They offer high-speed internet access, socially distanced workstations, and a safe and supervised study environment. Breakfast and Lunch are provided.

OUR FUNDING PARTNERS



Can't We All Just Share?

The holidays bring children together in what you hope is joyful play time but can often be a giant struggle. Toddlers are trying to figure out how to get their own needs met and play by themselves. One of their first words, "Mine," is actually an intellectual milestone that leads to feelings of ownership. While frustrating at times, it demonstrates a readiness to learn to share.

PARENTING PARTNERS Parenting Tips with Annie



Annie Keeling, MFA

Continued on page 2

Continued from page 1

It's not helpful to tell the child, "That's not yours," since this is a development phase they need to experience. Identifying ownership isn't a sign of selfishness -- it's a sign of knowledge. "It demonstrates a desire to understand the world," says Alice Sterling Honig, Professor Emerita of Child Development at Syracuse University.

Teaching a Child to Share

When children reach the age of 3 or 4, they understand that certain things don't belong to them. More independence may bring more possessiveness of their favorite items, even seeing them as extensions of themselves. The child is developmentally ready, though, to learn more about sharing.

- **Share with You.** One of the first places to teach sharing is with you, minimizing frustration and tantrums that might be present with peers. Ask to play with one of your child's favorite toys and let her know she can ask for it back.
- **Safe Space.** Find a shelf or cabinet where your child can place some designated special items that she doesn't want played with by others. Teach her that if she leaves those toys in another space, anyone is free to play with them. If the child is going through a phase where every toy is special and any sharing creates an issue, then you may suggest going outside to play - or even go to a more neutral location like a park, if possible.
- **Turn Limit.** Practice taking turns, using a timer for a short amount of time for each person. Help engage the child who is waiting with another toy or activity. A turn limit is best to practice with someone you know well, perhaps a family member or good friend.
- **Keep the Toy.** If a child is playing with a toy, he gets to keep it as long as he wants. This provides a feeling of relief and security to that child and allows for deeper creative play with the toy or object. A caring adult can help the waiting child to express her emotions or find something else to play with.
- **Pulling Cards.** When there is more than one child, whether it's a sibling or play date friends, make an index card for each child with their name on it. Then when a situation presents itself for one child to go first, put the cards behind your back and pick one. The cards decide!

Knowing that play is how children learn and where they thrive is an excellent reminder for adults and gives permission (and necessity) for joining the kids. Some of the best memories are made when the adult relatives get in on the fun and model how to share.

Annie Keeling, MFA, is the Parenting Specialist for Nevada County Superintendent of Schools. She teaches parenting classes throughout the year. Contact Annie to find the next class near you: akeeling@nevco.org or 530-268-5086.



Needing more resources to support you during this time? Call 2-1-1 and they can connect you to those resources to support you and your family or visit their COVID-19 resource page

211connectingpoint.org or call 211

FREE DIAPERS



We have diapers supplied from the Diaper Project. These diapers are free and are to help supplement the cost of diapers for families. You are welcome to get a package of diapers a week from us. We carry diapers from size one to size five.
Call to schedule a time to pick up!



The Nevada County Library has been offering many activities on Facebook, Instagram, and online! Including Baby Story Time, Book Boogie Story Time, Book Clubs, and much more!!

To see what they are offering go to their website mynevadacounty.com/library or connect with them on Facebook and Instagram