

# Techno Baby

SRMC Santa Rosa Mothers' Club



January ♥ 2017

m a g a z i n e





**SRMC** Santa Rosa Mothers' Club

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# Letter from the Editor

## The Great Debate

By Dara Kasza



I hope you all had a wonderful Holiday season with your family and are enjoying the idea of a new years and a little bit of freedom as your children are still enjoying their new gifts. Happy 2017 mamas! I remember sitting in my high school class room in 1999 listening to teachers who were all wondering if the computer systems and stock market would completely crash when we came into 2000. 17 years later we are here, systems did not crash and technology has changed every aspect of our world. I used a text book in school but now many kids are sent home with iPads or laptops. Homework is assigned online and emailed to the teacher— no more “my dog ate my homework excuses allowed”!

I’m going to play the devils advocate so just hear me out. Has education improved because of technology? Yes. Has your life/health improved because of technology? Probably yes (if you are not including GMOs but that’s a different topic). So why are we placing so much blame on it? There are many studies proving technology is actually GOOD for young children. Blastphemy! Maybe not.

University of Wisconsin did a study of children needing to improve their speech and learn more words: “Kids who are interacting with the screen get better much faster, make fewer mistakes and learn faster” Heather Kirkorian, University of Wisconsin. Jackie Marsh, Professor of Education at the University of Sheffield found “that good-quality programs and particular software can help children with learning difficulties develop the skills they are lacking. Online environments can also provide children with a virtual space to develop in confidence - something they might not be able to do in the home or the classroom”.

Besides the studies and research, I want my children to know how to use an iPad or computer with ease so they aren't starting their first day of school not knowing how to use the new “textbook”. I want my daughter to know that computers, science and engineering are not just for boys. I am not saying all this to give parents an excuse to let their kids sit in front of their iPads/phones all day claiming they are “preparing” them but I do think banning a handheld device would be doing her a disservice in the future. The world has changed, we are technological creatures and our children need to learn this skill to survive in the ever changing world.

Cheers, Dara

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# Letter from the Executive Board

## Mommy Love is the Best

Maitreyi Siruguri



How many times have we moms desperately turned to technology, be it the TV or a handheld gadget, as our only alternative baby-sitter for a critical thirty minutes so we can at least get a decent dinner ready on time! Those are times when I truly wish I was part of a joint family where children don't even realize all the in-between "waiting" times in a day when there's always someone to engage a child.

My relationship with technology as a parent has surely evolved over the last few years. It's no wonder then that the guidelines given by the American Academy of Pediatrics have undergone recent revisions in light of the technological advances made in less than a decade!

I knew when my oldest was born that the first two years would go by quite easily without any TV whatsoever. Not that I intended to follow the AAP's recommendations to the T, rather I myself liked to avoid the screen as much as possible. But sure enough that began to get harder when my daughter was born and my son was 3 years old. By then he had his established favorites and it was hard to time everything around the baby's nap times. Before we knew it we were accommodating two different sets of favorites, one for an 18mo old girl and the other for a 4.5 year old boy.

Thankfully the AAP has revised guidelines that are more in tune with the changing times and yet preserve the essence of what they believe which is that media is another environment just like any other with positive and negative effects and that parental interaction is key to navigating through its complexities. One of the useful resources it points to is Common Sense Media ([www.commonsensemedia.org](http://www.commonsensemedia.org)) that reviews age-appropriate apps, games and programs. The detailed guidelines can be found on [www.aap.org](http://www.aap.org)

All that said, I must say we go through many days at a time without really needing to turn to media of any sort. Ultimately if children are encouraged from the very beginning to turn to other options first such as playing in the backyard, building forts in their rooms, helping in the kitchen, making music, getting on the dance floor, doing their chores, finishing homework and most importantly just experiencing boredom, then they don't necessarily feel drawn to media as a clutch.

There is no doubt however that our generation of parents has a difficult challenge ahead of us with so much to think about in this regard. It might help to stay one step ahead of our kids at least for a few years as far as what the latest trending app or tweet is. But as they get older that is going to be hard as well. All the more reason, I believe, we enjoy the first few years as media-free as possible because really what they need is just you and your endless attention (#mommyloveisthebest)!

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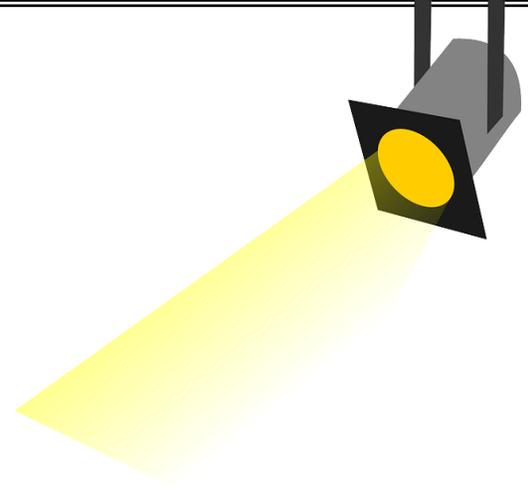
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Name: Laura Pigeon

Where are you originally from?

I was born in Santa Rosa, CA at Community Hospital. At age 7, I moved to Cottonwood, CA then, after high school, I found my way back to Sonoma County 😊

Tell us about your family:

I am married to my amazing husband Justin who worked at Edward Jones as a financial advisor. We met while working together nearly 7 years ago and after a year of friendship fell in love. Our son Ellis, 18 months, is a determined little man who loves to explore the outdoors and tinker with anything that spins, pops, pushes, opens or closes! He brings so much joy to us! Oh, and our sweet rescue Piper AKA Hyper Piper. Her and Ellis are quite the buddy system these days.

What TV Show/Book/Music are you loving right this minute?

I am really into Chelsea Handler's new show on Netflix. With it being an election year, she has brought a lot of knowledgeable guests on while keeping the mood lite. While listening to so much Baby Einstein music the past year and a half, I forgot that I actually have a taste in other genera's! So, Jenny Lewis has made it back onto my Pandora a lot lately and I'm LOVING it!

What is your favorite place to go with your family?

I'm all for, anywhere I can watch Ellis explore and Justin relax! We love spending time outdoors whether it's a walk in our neighborhood or a drive out to Bodega.

What's your dream job?

My dream job... I feel like it has changed so often and even again after having my son. I would have to say that a career in natural medicine, perhaps a Naturopathic Doctor would be my dream job.



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# Ask the Expert: Young Children and Screen Time: Tune in or Unplug?

By Ashley Chavez

Young Children and Screen Time: Tune in or Unplug?

**Children are born into a world of screens.** Navigating your child's exposure in this world of screens often prompts the question: Is screen time helpful or harmful to my child's learning and development? It is easy to find articles about this topic. Unfortunately, what most parents find are articles based on ideas that state screen time is the greatest thing in the world or that screen time is toxic and evil. The aim of *this article is to help parents make informed choices about screen time based on scientific facts instead of ideologies.*

According to studies by *Zero to Three*

- 34% of all children younger than two and 80% of two-four year olds have used a mobile device in their young lifetime.
- Children younger than two are exposed to an average of 55 minutes per day.
- Two-four years olds are exposed to between 90-120 minutes of screen time per day.
- Children between the ages of zero to five are exposed to between four and eight hours of background television per day.

Studies have shown that young children learn best:

- through positive child-parent relationships and interactions
- when allowed hands on quality learning experiences that promote creativity, social skills, language, exploration, experimentation, and problem solving
- when allowed opportunities to apply learning from past experiences to a new situation

**It takes children twice as long to learn a new skill using a screen versus manipulating 3D materials.** Decades of research on child development show that children learn through experience and they do not understand symbolic representation until they are around the age of three years old. This is why it is twice as difficult for children to learn something new using a screen than it is when they manipulate materials themselves. For example, if a child is given a puzzle to complete in person and then is shown the same puzzle on an electronic tablet the next day, the child is less likely to remember how to complete the puzzle on the tablet than if you gave him the actual puzzle itself to manipulate. It is difficult for them to transfer their experience of completing the puzzle hands on to the symbolic representation of the puzzle on the screen. Repetition can be very helpful when a child is learning during screen time, which is why you may notice some children's media has very repetitive patterns.

**Quality content is critical.** The content of media is very important when considering screen time for your child. Programs that have been intentionally designed to be educational (Sesame Street, Dora the Explorer, Blues Clues, etc.) have been well studied and proven to have positive learning outcomes for children. Programs solely designed for entertainment purposes have not been proven to enhance learning, but

do not necessary lead to negative outcomes for children. Studies show that both violent content and even adult-directed content can lead to negative outcomes for children. Adult-directed content is difficult for children to understand which can lead to anxiety and fear.

**Studies show that background television can lead to negative learning outcomes for children.** There are two reasons for this: poorer child-parent interactions and an interruption in play. If television is playing in the background, it will likely distract the parent’s attention away from the child. Background television also often interrupts the child’s play. Play and parent-child interactions are key players in learning, so if you aren’t watching a program, turn the television off to maximize your child’s learning potential.

**It’s always better together.** Science has proven that all humans, especially children, learn best in groups, so the context of children’s screen use is important. Screen time can be especially beneficial for young children when used as a tool with other people. However, simply watching or using media together is not enough; it is the interaction between you and your child while watching or using media that positively impacts learning. While watching an educational program on television or playing an educational game on a tablet, always remember to describe what is happening and relate it back to real life—making important cognitive connections for your child.

**Screen time is related to poor sleep and risk of obesity.** Typically, interacting with a screen means less physical activity and more eating which can cause a greater risk of obesity. The blue light emitted by tablets, cell phones, and televisions prevents the release of melatonin and can make it difficult for children to fall asleep after using the device.

It is important to find a balance that works for you and your family. Empower your children by educating them in media literacy—the ability to analyze and assess media—so they begin to understand what quality content looks and feels like for them.

For more information about navigating screen time visit: [www.common sense media.org](http://www.common sense media.org)

For more research about learning and development visit: [www.zerotothree.org](http://www.zerotothree.org)



Ashley Chavez  
Community Child Care Council of Sonoma County  
Quality Counts Program Director

References:

Barr R., & Lerner, C. (2015, May 15). Screen use for children under 3: Research-Based Guidelines for Screen Sense [Webinar]. In *Early Childhood Investigations*. Retrieved from <http://www.earlychildhoodwebinars.com/presentations/screen-use-for-children-under-3-research-based-guidelines-for-screen-sense-by-rachel-barr-and-claire-lerner/>

# Recipe Mama

## Slow Cooker Taco Soup

This slow cooker taco soup with ground beef is so easy - and SO GOOD! Perfect for busy weeks. Flexible cooking times.

Prep time: 10 minutes



### INGREDIENTS

- 1 tablespoon olive oil
- 1 pound (450g) lean ground beef
- 1 1/2 cups (180g) diced yellow or red onions
- 2 to 3 cups (475ml to 710ml) chicken or beef broth (use more if you want a thinner soup)
- 1 15-oz. (425g) can diced tomatoes
- 1 15-oz. (425g) can black beans, drained and rinsed
- 1 15-oz. (425g) can kidney beans, drained and rinsed
- 1 4-oz. (115g) can chopped green chilies
- 1 1/4 cups (135g) corn kernels, fresh or frozen
- 2 1/2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon salt

### To serve:

- Tortilla chips, lightly crushed
- Sour cream
- Chopped cilantro
- Finely diced red onion
- Lime juice
- Chopped red onions

### Special equipment:

- 4-quart or larger slow cooker

### METHOD

1 Brown the beef with the onions (can be done a day or two ahead): Heat the olive oil in a large skillet or sauté pan over medium-high heat. Add beef and onions and cook 2 to 3 minutes, until the ground beef is browned but not completely cooked and the onions are starting to look soft around the edges. Use your spatula to break up the ground beef into smaller pieces as it cooks. Remove from heat and use immediately, or refrigerate for a day or two until needed.

2 Combine the browned beef, onions and the remaining soup ingredients in a slow cooker and stir. Cover and cook on low for 6 to 7 hours. It's fine if the soup cooks a little longer or the slow cooker switches to the "warm" setting.

3 Serve the soup: Serve soup in bowls and top with crushed tortilla chips, sour cream, cilantro, red onion and lime juice.

This soup will keep refrigerated for 1 week or frozen for up to 3 months.

Have a recipe you love and is kid friendly? Please send to me at [editor@santarosamothersclub.org](mailto:editor@santarosamothersclub.org)



## Why use playdates and playgroups for your children?

Playdates are great for kids! They learn how to interact with other kids, they learn how to share, and just how to get along in general. And it gives parents a great opportunity to connect with other adults to talk about parenting, but also to talk about things totally unrelated to being a parent, which is refreshing.

Using a playdate as an opportunity for parents and children alike is important, experts say. But before you get out your calendar and start making calls to other parents, it's important to understand playdate etiquette. Remember that there's more to it than just scheduling a time, date, and place to meet. Age, frequency, and location are just a few of the important factors to take into consideration when you're planning your little one's social calendar.

### Exploring Technology Playdates

**Technology and Science at the Museum:** Take a break and explore the great museums our area has to offer. The Children's Museum of Sonoma County is a favorite among local moms for meeting up with other families to explore science and technology, among other things. If you're willing to venture a little further, check out the Exploratorium in San Francisco or the May Area Discovery Museum. They both provide different exhibits and a change of scenery!

**Technology and art:** Give your kiddos a camera (disposable, a phone, or an instant camera) and let them explore outside and in the house, taking pictures of what they find interesting. Develop the pictures (unless you used an instant camera, in which case, there's no wait!) and let your kids recreate the pictures using paper, paint, markers, and other craft supplies.

**Make Sunprints:** Sunprints are fun, get kids outside, and are a fun way for kids to interact with science and technology! Sunprint kits are inexpensive and can be found at Amazon, teacher supply and craft stores. Let your kids find fun objects to make the Sunprints. You could use small objects around the house or outside, such as leaves, flowers, buttons, keys, etc. You can also use the pictures taken by your kids (see above) or even their own hands and feet. Follow the instructions to make your image outside. Rinse the paper in water and watch your Sunprint come to life!

Looking to get a break from technology? Head outside and explore some of Santa Rosa's dozens of state, county, community, and neighborhood parks!

**Interested in joining, co-leading or leading a playgroup within SRMC?**

**If so, please contact [playgroups@santarosamothersclub.org](mailto:playgroups@santarosamothersclub.org)**

# Books for Kids: To Techno or Not?

By Margaret Lamar

Books about using technology and taking a break from it.

## **I am Albert Einstein (Ordinary People Change the World)**

**Brad Yeltzer**

We can all be heroes. That's the inspiring message of this New York Times Bestselling picture book biography series from historian and author Brad Meltzer. Even when he was a kid, Albert Einstein did things his own way. He thought in pictures instead of words, and his special way of thinking helped him understand big ideas like the structure of music and why a compass always points north. Those ideas made him want to keep figuring out the secrets of the universe. Other people thought he was just a dreamer, but because of his curiosity, Einstein grew up to be one of the greatest scientists the world has ever known. This is just one in a great series. There many heroes for your children to explore!

## **Ada Twist, Scientist - ages 5-7**

**Andrea Beaty and David Roberts**

Like her classmates, builder Iggy and inventor Rosie, scientist Ada, a character of color, has a boundless imagination and has always been hopelessly curious. Why are there pointy things stuck to a rose? Why are there hairs growing inside your nose? When her house fills with a horrific, toe-curling smell, Ada knows it's up to her to find the source. What would you do with a problem like this? Not afraid of failure, Ada embarks on a fact-finding mission and conducts scientific experiments, all in the name of discovery. But, this time, her experiments lead to even more stink and get her into trouble!

## **Chloe - ages 4-8**

**Peter McCarty**

Chloe has ten older brothers and sisters and ten younger brothers and sisters. She's in the middle and she loves it—especially when they all gather for family fun time. But when Dad brings home a surprise one evening, Chloe finds she is not in the middle anymore . . . but not for long! With gorgeous colored-ink drawings and funny, spare text, Peter McCarty tells a winning story of family, imagination, and love.

## **Doug Unplugged - ages 5-9**

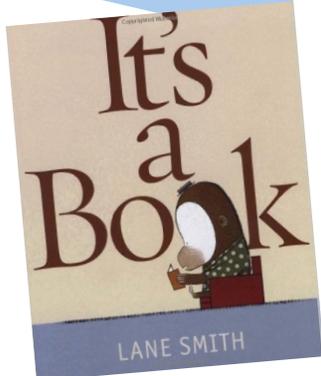
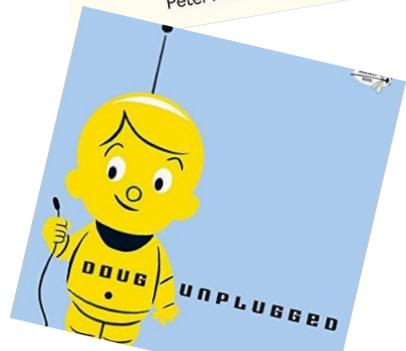
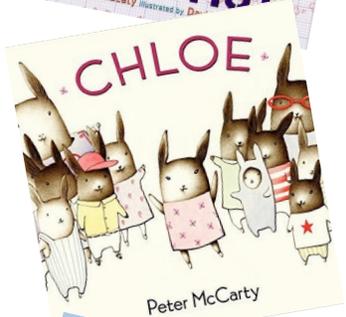
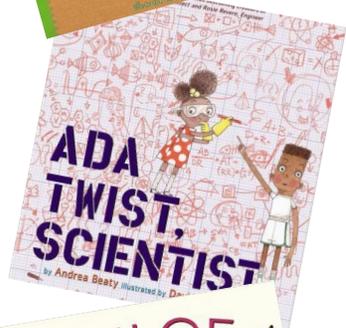
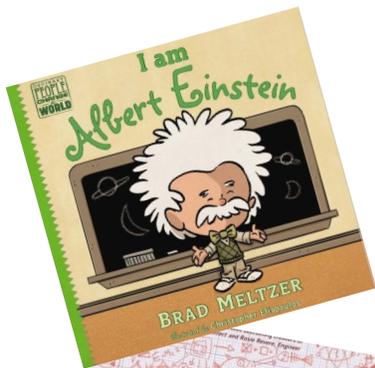
**Dan Yaccarino**

Doug is a robot. His parents want him to be smart, so each morning they plug him in and start the information download. After a morning spent learning facts about the city, Doug suspects he could learn even more about the city by going outside and exploring it. And so Doug . . . unplugs. What follows is an exciting day of adventure and discovery. Doug learns amazing things by doing and seeing and touching and listening—and above all, by interacting with a new friend.

## **It's A Book - ages 6-10**

**Lane Smith**

Playful and lighthearted with a subversive twist that is signature Lane Smith, *It's a Book* is a delightful manifesto on behalf of print in the digital age. This satisfying, perfectly executed picture book has something to say to readers of all stripes and all ages.



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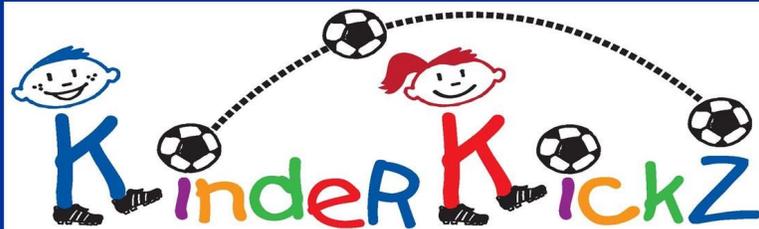


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Spanish for your child and you to share; through songs, movement and music with dynamic activities appropriate for each age group. Our classes provide tools to parents in order to encourage Spanish language use within your family's daily life.

**All family classes are with a parent or guardian.**

- ¡CANTA CONMIGO!** (Sing With Me!) 0-4 year-old
- ¡JUEGA CONMIGO!** (Play With Me!) 3-5 year-old
- ¡NOSOTROS DOS!** (The Two of Us!) 4-6 year-old

*Mention that you are a Mother's Club member and receive a no-cost demo class.*

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**VANGUARD PROPERTIES**

**WIFE ■ MOM ■ REALTOR®**

# SRMC Calendar of Events: January 2017

**January 1, 2017**

## **Sunday Boating at the Barn**

**10:00am to 1:00pm**

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma.

**January 3, 2017**

## **Toddler Time (18-35 months)**

**10:30am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

## **Museum Mondays for Little Ones**

**10:00am to 12:00pm**

Enjoy stories, arts and crafts activities, and movement games for children aged 1 through 5 and their caregivers at the Schulz Museum.

Cost: \$5 per child

Charles M. Schulz Museum

**January 5, 2017**

## **Preschool Storytime**

**11:00am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

**January 6, 2017**

## **Crazy, Awesome Science! CMOSC**

**2:00pm**

Each Friday afternoon, we'll explore science.

This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

**January 7, 2017**

## **Science Saturday at Environmental Discovery Center**

**1:00pm to 3:00pm**

FREE. Tangible experiments & projects let children explore the natural world. Every first Sat. 1, 2 & 3 p.m. Event is free. Parking \$7. 393 Violetti Rd., Santa Rosa.

**January 8, 2017**

## **Sunday Boating at the Barn**

**10:00am to 1:00pm**

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sun-

days. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma.

## **Wild Cat Adventure**

**3:00pm to 4:00pm**

Sebastopol Community Cultural Center 390 Morris Street, Sebastopol, California 95472.

Our Wild Cat Adventure features five live wild cats from around the world. You may see a cougar, cheetah, black leopard, ocelot, fishing cat or Geoffroy's cat. Each cat is shown on stage as information about the species is shared with the audience.

**January 9, 2017**

## **Museum Mondays for Little Ones**

**10:00am to 12:00pm**

Enjoy stories, arts and crafts activities, and movement games for children aged 1 through 5 and their caregivers at the Schulz Museum.

Cost: \$5 per child

Charles M. Schulz Museum

**January 10, 2017**

## **Toddler Time (18-35 months)**

**10:30am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler

Time is free and no registration required. For children ages 18-35 months, with a caregiver.

**January 11, 2017**

## **Wee Read**

**11:00am**

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

## **Preschool Storytime**

**11:00am**

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others!

Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

**January 12, 2017**

## **Preschool Storytime**

**11:00am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Nurture in your preschooler a love of books,

listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

**January 13, 2017**

## **Crazy, Awesome Science! CMOSC**

**2:00pm**

Each Friday afternoon, we'll explore science.

This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

**January 14, 2017**

## **Snow Days!**

**9:00am to 4:00pm**

Children's Museum of Sonoma County 1835 W Steele Lane, Santa Rosa, California 95403

Who says it never snows in Sonoma County?

The Children's Museum of Sonoma County is creating a winter wonderland right in Santa Rosa!

20 Tons of fresh snow will be delivered to the Museum and maintained over the Martin Luther King, Jr. Holiday Weekend, creating a space for children to explore, build, create, and play outside.

RAIN or SHINE!

**January 15, 2017**

## **Sunday Boating at the Barn**

**10:00am to 1:00pm**

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma.

## **Snow Days!**

**9:00am to 4:00pm**

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20 Tons of fresh snow will be delivered to the Museum and maintained over the Martin Luther King, Jr. Holiday Weekend, creating a space for children to explore, build, create, and play outside.

RAIN or SHINE!

**January 16, 2017**

## **Snow Days!**

**9:00am to 4:00pm**

Children's Museum of Sonoma County 1835 W Steele Lane, Santa Rosa, California 95403

Who says it never snows in Sonoma County?

The Children's Museum of Sonoma County is creating a winter wonderland right in Santa Rosa!

20 Tons of fresh snow will be delivered to the Museum and maintained over the Martin Lu-

# SRMC Calendar of Events: January 2017

## **Museum Mondays for Little Ones**

**10:00am to 12:00pm**

Enjoy stories, arts and crafts activities, and movement games for children aged 1 through 5 and their caregivers at the Schulz Museum.

Cost: \$5 per child

Charles M. Schulz Museum

## **January 17, 2017**

### **Toddler Time (18-35 months)**

**10:30am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

## **January 18, 2017**

### **Wee Read**

**11:00am**

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

### **Preschool Storytime**

**11:00am**

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

## **January 19, 2017**

### **Preschool Storytime**

**11:00am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

## **January 20, 2017**

### **Crazy, Awesome Science! CMOSC**

**2:00pm**

Each Friday afternoon, we'll explore science.

This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

## **January 22, 2017**

### **Sunday Boating at the Barn**

**10:00am to 1:00pm**

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma.

## **January 23, 2017**

### **Museum Mondays for Little Ones**

**10:00am to 12:00pm**

Enjoy stories, arts and crafts activities, and movement games for children aged 1 through 5 and their caregivers at the Schulz Museum.

Cost: \$5 per child

Charles M. Schulz Museum

## **January 24, 2017**

### **Toddler Time (18-35 months)**

**10:30am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

## **January 25, 2017**

### **Wee Read**

**11:00am**

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

### **Preschool Storytime**

**11:00am**

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

## **January 26, 2017**

### **Preschool Storytime**

**11:00am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs

followed by playtime. For children ages 3-5, with a caregiver.

## **January 27, 2017**

### **Crazy, Awesome Science! CMOSC**

**2:00pm**

Each Friday afternoon, we'll explore science.

This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

## **January 29, 2017**

### **Sunday Boating at the Barn**

**10:00am to 1:00pm**

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma.

## **January 30, 2017**

### **Museum Mondays for Little Ones**

**10:00am to 12:00pm**

Enjoy stories, arts and crafts activities, and movement games for children aged 1 through 5 and their caregivers at the Schulz Museum.

Cost: \$5 per child

Charles M. Schulz Museum

## **January 31, 2017**

### **Toddler Time (18-35 months)**

**10:30am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

## **¡PREESCOLAR GRATUITO!**

**¡Inscriba a sus pequeños de 3 y 4 años en un preescolar gratuito o de bajo costo!**

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## **¡FREE PRESCHOOL!**

# Special Dates with your Little One

By Stella Outchkova

## Academy of Sciences

With the city of San Francisco less than two hours from Sonoma County our little ones get to experience first class museums, zoos and parks. One among them is the California Academy of Sciences.

It's the only place on Earth to house an aquarium, planetarium, and natural history museum—all under one living roof.



Morrison Planetarium shows are fueled by cutting-edge scientific data, resulting in stunning visualizations of the latest findings, discoveries, and theories about our Universe. Every star or galaxy a viewer encounters in the planetarium precisely mirrors a real-world counterpart, and when this virtual cosmos is projected onto Morrison's 75-foot-diameter screen, the dome itself seems to disappear, resulting in a uniquely immersive experience. Children under 4 are not permitted but would be very educational for your 5 or 6 year old.

Get a window into the day-to-day behaviors of splashing African penguins, graceful sharks and rays, and the

riot of colorful fishes in our Philippine Coral Reef tank by tuning into one of three in-house live webcams, each of which streams 24 hours a day. From feeding to preening to schooling, the webcams offer a behind-the-scenes look at some of the Academy's most fascinating residents.

During the earliest years, infants and toddlers interact primarily with people. Their interactions with toys are usually in the context of human interaction as well. They need to freely explore, manipulate, and test everything in the environment. Increasingly in today's world, this includes the exploration of technology tools and interactive media. Children of this age are drawn to push-button switches and controls. If technology is used, it must be in the context of conversation and interactions with an adult.



# SCIENCE CORNER



## ABSORPTION SCIENCE EXPERIMENT

### EXPLORING SPONGES: WATER SENSORY SCIENCE ACTIVITY

Absorption science is fun and easy to set up for kids! Water science experiments make great hands on play learning activities too! Quick water science experiments are perfect anytime! Another favorite water absorption science experiment uses a variety of household materials to test absorption! Today we explored sponges for water absorption but also added in a little math too! 25 Classic Science Experiments are a must see.

### ABSORPTION SCIENCE EXPERIMENT SET UP

This quick and easy absorption science experiment is part of our A-Z STEM science for kids month. Science, technology, engineering, and math are so important for children to explore even at an early age! STEM can be quick and playful like this simple experiment. What is STEM?. Make sure to read and find out.

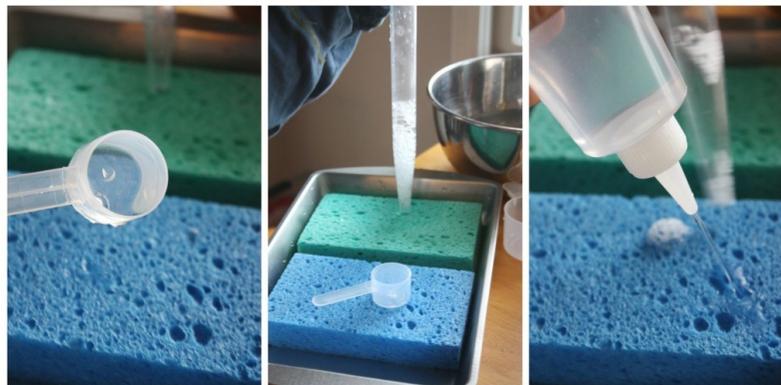
#### SUPPLIES NEEDED:

SPONGES

PAN

SQUEEZE BOTTLE, BASTER, MINI  
SCOOPS OR MEASURING CUP

EXTRA BOWL



Grab a couple towels and set out your tray with sponges, science tools, and water! This could get a little messy, but don't worry! You have sponges to absorb the water.

#### ABSORPTION SCIENCE EXPERIMENTING

Let the absorption science begin! Before you get started, ask your child what might happen if water is squeezed onto the sponge. Ask questions to help them learn how to observe, experiment and peak curiosity! Start the fun! Let your child enjoy the discovery of absorption science. Once the sponge is full, squeeze and fill again. All of the activities involve great hand strengthening exercises as well! Scientists need great fine motor skills too!

Courtesy of Little Bins for Little Hands



**SRMC** | Santa Rosa  
Mothers' Club

**mission statement:**

provide an environment where mothers and young children can develop friendships and community, exchange information, and have valued opportunities for social interaction with other mothers, children and families.

Are you a Sonoma County mom?

**Want to receive this magazine?**

Join SRMC today at [www.santarosamothersclub.org](http://www.santarosamothersclub.org)

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