

# Poli-Tots



SRMC Santa Rosa Mothers' Club



OCTOBER 2016

magazine



**SRMC** Santa Rosa Mothers' Club

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# Letter from the Editor

## Every Vote Counts

By Dara Kasza



Politics is a very sensitive subject, one that many friends and even family members do not dare discuss with each other. So how and why would we want to broach this conversation with our children? The simple reason is that many of the younger generations, including our own, are voting less or not at all. We are either naïve or uncaring of the importance of our right to vote. We are a democracy, not a dictatorship and this means every vote counts. But the catch is, you have to vote!

Showing our children, even toddlers, that they are surrounded by politics in their everyday lives is a great way to spark an interest. For example, if the family is deciding what to do over the weekend a civil minded way of thinking about the decision making process may go like this: the kids (Representatives) talk together and then present an idea for what they would like to do this weekend. After hearing about the idea dad (the Senate) chimes in with a suggestion, asked questions or debates the children idea. Once they all come to an agreement they present the idea to me (President of course) and I can either approve or deny their idea. If I deny, they have the chance to override my veto if majorities agrees. Has this situation ever happened in your house? I know it happens all the time in mine and its an easy way to show children how they are already exercising their opinion in an albeit small, political arena. Their opinion matters, their vote will matter. And so does yours so please Vote this election!



### Housekeeping

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**THIS ISSUE MADE POSSIBLE BY:**  
Long summer nights

**COMING NEXT: November: Community Involvement**

Have an idea for an issue theme or article? Please email [editor@santarosamothersclub.org](mailto:editor@santarosamothersclub.org)

# Letter from the Executive Board

## Election Day

Stella Outchkova

While researching a little for this month's issue a certain children's book and an article from the writer stood out to me as a perfect example of how to approach the issue of politics to our toddlers and younger children. I love how at no point the writers of the book make any political commentary, despite their clear interest in politics. The book aims at explaining what an election is like to young children. For older children it's a fantastic starting point to look deeper into the election, into democracy and into politics.

**GE2015: Why we need to politicize our toddlers by** Ellie Levenson



One of my favorite pictures of my children is the two of them, aged one and a half and three and a half, holding up our polling cards outside a polling station sign. My husband and I had taken them with us when we cast our votes in the local and European elections.

We explained what we were doing and how it worked, and why we were voting the way we were. Although we cared deeply about the results – we met through our involvement in politics – the third of these was the least important.

People are still a bit squeamish about the idea of 'politicizing' children. It tends to conjure up images of kids brandishing placards, serving their parents' political agenda.

We wanted our children to understand what democracy means, what a vote is and why exercising it is important. We wanted to completely normalize political participation so that our children do not grow up as non-voters.

### **Our children's lives are political every day**

From the moment our children are conceived their lives are influenced by politics. In the womb and

# Letter from the Executive Board Continued..

and during labor, every time I saw a midwife, and now, every time my children have an appointment with a doctor or receive a free prescription - they were and are benefiting from political decisions.

They have had nursery provision paid for first by the childcare vouchers we saved and then by the government's free provision. They've been to free sessions at children's centers. As they approach school age, we are applying for six local state primaries varying from 'good' to 'requires improvement'.

Their lives are political every day, and that's before we even start thinking about the food they eat, the house they live in and the passports they own.

Contrary to the popular belief that politicians and the rest of us are locked in an 'us versus them' battle, that we're a different breed, I think it's incredibly important for children to realize that politicians should represent us.

Our representatives should come from all classes, races, sexualities, genders and ages. We need to show children, from very early on, that politics isn't just something 'other people do' – it's our lives.

*Ellie Levenson is the author of The Election, a picture book about democracy for children aged 3-7, published by Fisherton Press*

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# ASK THE EXPERT: **Politics**

## A Parent's Guide to Talking About the Presidential Election by PBSPARENTS



No matter what your political beliefs, there's one thing parents can agree on: We'll be inundated with election coverage over the next few weeks. Chances are that your child has begun to notice campaign signs, television commercials, news coverage, T-shirts, bumper stickers, buttons and conversations about the election.

Increased campaign coverage may also bring interesting questions from your child. While even young children can get caught up in the excitement of a campaign, they may be confused about how it works. Here are some questions your kids may ask, along with ideas on how to phrase your response:

What is voting?

Who can vote?

Why can't kids vote?

Why should people vote?

Can I come to the party?

Can I become president?

What does the President do?

What do donkeys and elephants have to do with being president?

How can kids get involved in the election?

### **What is voting?**

You can explain to preschoolers that voting is a way for a group to make a decision. Family members can cast votes for a favorite meal, favorite book or favorite weekend activity.

### **Who can vote?**

School-age children are ready to learn that when this country began, the Founding Fathers wrote a constitution describing how we would govern ourselves. It said people should vote but didn't say who could vote. That was left to each state to decide, which created problems. In the past, people were denied the right to vote because of social class, gender or ethnic origin. Now after centuries of protest, four amendments to the Constitution and several new laws, all U.S. citizens, 18 years or older, are allowed to vote.

### **Why can't kids vote?**

Kids who get caught up in election excitement may be disappointed to learn that they don't get a vote. Explain to them that in order to vote in this country, you have to meet citizenship, residency and age requirements, meaning you have to be at least 18. But remind kids that even if they can't vote in the presidential election, they can still vote in class, with their family or with a group of friends.

## **Why should people vote?**

Raise a future voter by teaching children about the importance of making their voices heard. Tell them that despite the struggle to extend the vote to all American citizens over 18, only 64 percent of U.S. citizens age 18 and over voted in the 2004 presidential election. Explain that because a surprising number of elections are determined by small margins, it's important for all eligible voters to participate at the local and national level.

## **Can I come to the party?**

You may need to teach young children that a political party isn't the same as a birthday party -- even though they'll see lots of balloons, confetti and dancing if they watch a convention on TV. Show kids that political parties are groups of people with similar interests who join together to support candidates. School-age children have probably heard of the Democrats and Republicans. Introduce them to other parties, too, like the Green Party, the Libertarians and the Progressives. Remind them that voters can just be independents and not join a party at all.

## **Can I become president?**

Tell your aspiring world leader that, according to the Constitution, a person must meet three conditions to be eligible to become president. An individual must:

1. be a citizen who was born in the United States
2. have lived in the United States for fourteen years
3. be at least 35 years old

## **What does the President do?**

Children may understand that the President leads the nation, but you can explain that he also serves as the head of the military, makes agreements with other nations and chooses people to hold important government jobs. He doesn't do it on his own, however. Introduce kids to the three branches of government: the Legislative, which includes Congress; the Judicial, which includes the Supreme Court; and the Executive, which includes the President, Vice President and Cabinet. Each branch can limit the powers of the other so none becomes too powerful.

## **What do donkeys and elephants have to do with being president?**

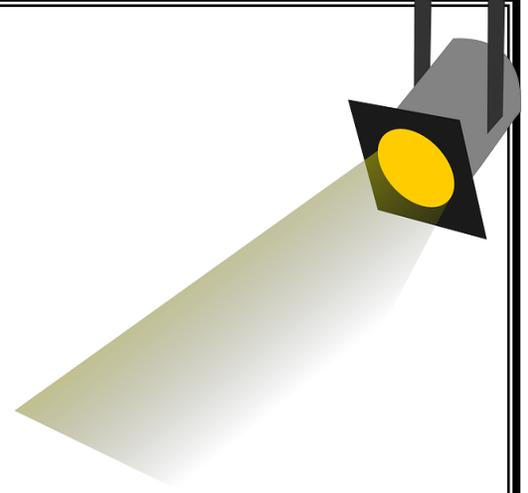
Political symbols can be a fun topic to explore with children, since they have roots in something kids love: cartoons. Tell children that before TV, radio and the Internet, political parties used printed materials to attract and educate voters. Political cartoonist Thomas Nast (the same man who created our modern image of Santa Claus) drew a cartoon of a Democratic donkey and a Republican elephant in the late 1870s. These symbols have since become official mascots of their parties.

Invite young children to draw their own cartoon symbols for causes they believe in, whether they're helping animals, saving the earth or raising money for a children's charity.

## **How can kids get involved in the election?**

Let kids know that even though they can't vote, they can encourage the adults in their life to register to vote and to campaign for their favorite causes and candidates. Future voters can also pass out fliers, help at polling places (in some states), listen to debates and wear buttons or T-shirts for their favorite nominee.

# NEW MEMBER SPOTLIGHT:



**Name:** Caitlin Petty

**Where are you originally from?** My family moved around a lot when I was growing up, but moved to Salem, Utah when I was 14, so I went to high school and college in Utah. Since we got married, my husband and I have lived in Utah, Baltimore, San Jose, and now Santa Rosa.

Tell us about your family: I have 5 brothers and 2 sisters, so I grew up in a big family. My husband, Creighton, and I have been married for 6 years and we have a 1-year-old little guy, Ashton.

**What TV Show/Book/Music are you loving right this minute?** I love to read, and I like pretty much any genre. A recent book I read and loved was *Edenbrooke*, by Julianne Donaldson. My husband and I aren't huge tv people so we usually just pick one show at a time to watch on Netflix and spend several months watching it slowly. Right now we're working on *Prison break*. A couple others we've enjoyed are *Daredevil* and *Sherlock*.

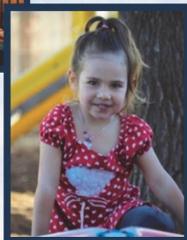
**What is your favorite place to go with your family?** I love to travel, so my all-time favorite is exploring other countries. Closer to home (and easier with a toddler!), we love the beach, Howarth Park, and the Children's Museum.

**What's your dream job?** Something that involves animals. I've always thought it would be cool to be the scientist that observes and studies groups of animals in their natural environment for those documentaries.

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# SRMC Committee Update

## Committee Spotlight:

### Playgroups



Meet one of the Steering Committee Chairs behind Playgroups: Margaret Lamar

**Why is the committee important to you?** The new member playdate was my very first interaction with SRMC. I was new in town and anxious to meet other moms. I was a little bit nervous about going, but the first person I met was Maitreyi, who immediately welcomed me. From that meeting, I was able to connect with other moms who had similarly aged babies and develop my own community here in Santa Rosa through playdates and nights out with other moms. I hope to help others make similar connections. Motherhood can be isolating at times. We all need other moms nearby who can help us through this wild journey!

**How do you know you are making a difference?** Well, I'm pretty new in this position, so I'm not totally sure of that yet! I'm filling in while Mansi, the Playgroup coordinator, is out on maternity leave. I'm hoping to make an impact by ensuring this committee stays strong while she's out! For me, just getting to hang out with other moms is a highlight of my day and I hope it provides the same for others.

**What input are you looking for from our SRMC members?** One of the more challenging aspects of this committee is trying to plan a new member playdate that fits with people's schedules. I'd love to hear what days and times people are interested in having new member playdates. I'd also love to hear ideas about how to keep the playgroups active.

**If another SRMC mom wanted to be a volunteer for your committee, how would they know if they are a good fit?** Do you like hanging out with other people? You're hired!

What can SRMC Members expect from your committee? We're planning some new member playdates in the next few months. We're also here to help you get connected with your playgroup. We have playgroups for moms with kids of similar ages. If you aren't in a playgroup, please let me know and I'm happy to connect with that group.

## Come Volunteer for SRMC!

Volunteering is a great way to fill that gap in your resume and connect with other interesting moms, while helping one of the best resources in Sonoma—SRMC!

\*SRMC Committee Chairs have their SRMC Membership Fee waived for 12 months after one year of successfully volunteering.

# Recipe Mama

## Rigatoni with Pepperoni and Mozzarella Jonnika Benjamin

### Ingredients:

Kosher salt  
12 ounces rigatoni  
3 ounces sliced pepperoni, halved (about  $\frac{3}{4}$  cup)  
1 onion, chopped  
1 green bell pepper, thinly sliced  
2 garlic cloves, minced  
1 28-ounce can whole peeled tomatoes, crushed well by hand\* (let kids help!)  
1 teaspoon dried oregano  
Freshly ground pepper  
 $\frac{1}{4}$  cup grated parmesan cheese, plus more for topping  
6 ounces fresh mozzarella, diced (about 1 cup)  
Red pepper flakes



### Directions:

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve  $\frac{1}{2}$  cup cooking water, then drain.

Meanwhile, cook the pepperoni in a separate large pot or Dutch oven over medium heat, stirring occasionally, until just crisp, 5 to 7 minutes. Transfer to a plate using a slotted spoon. Add the onion, bell pepper and garlic to the pot.

Cook, stirring occasionally, until the vegetables soften, about 10 minutes.

Add 1 cup water, the tomatoes, oregano,  $\frac{1}{2}$  teaspoon salt and a few grins of pepper to the pot. Reduce the heat to medium low; simmer until the sauce thickens slightly, 10 minutes.

Add the pasta and parmesan; toss to coat, adding the reserved cooking water as needed to loosen. Remove from the heat and stir in the mozzarella and pepperoni; season with salt and pepper. Top each serving with a pinch of red pepper flakes and more parmesan.

\*Let the kids crush the tomatoes. Empty the can into a bowl and show them how to crush by hand.

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.

Civil Minded Playdays By Margaret Lamar

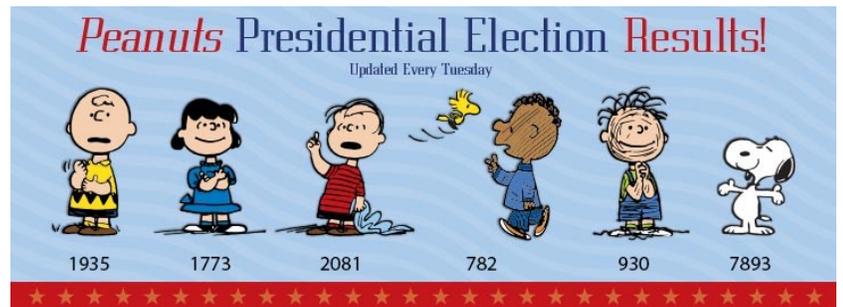
### Meet up at the Charles Schulz Museum for Museum Mondays.

In October, Museum Mondays for Little Ones starts back up on a weekly basis at the Charles Schulz Museum. This makes a great playdate for the kiddos and parents, with crafts, story time, and a chance for kids to explore the museum freely. In keeping with our theme, the museum has several exhibits focused on government and politics

that is guaranteed to bring a smile to your face. Perhaps the most fun is the *Peanuts Presidential Elections*. Visitors have the opportunity to vote for Charlie Brown, Lucy, Linus, Franklin, Pigpen, or Snoopy for president in real voting booths! View the election results on the website, which are updated weekly. Spoiler alert: Snoopy is currently winning by a landslide, so get over there and vote for your favorite!

You can also see an exhibit featuring presidential-themed *Peanuts* comics strips, correspondence with several American presidents, and *Peanuts* memorabilia, including campaign bumper stickers, buttons, and banners. Kids can also write a postcard to the future president. Don't forget to check out the upstairs exhibit featuring presidential pets!

<http://schulzmuseum.org/>



### Santa Rosa Park Cleanup Programs

Find a fun way to get your family involved in the community. Santa Rosa hosts several family-friendly park cleanup events to give you and your kids the chance to make a difference. The Park-A-Month Volunteer program happens on the second Saturday of the month at a different park each month. This is a family friendly event and kids are welcome to help by raking leaves, picking up trash, cleaning play equipment, sweeping pathways, spreading mulch, and removing weeds. See the website for details: <http://ci.santa-rosa.ca.us/departments/recreationandparks/join/volunteer/Pages/Park-A-MonthProgram.aspx>

For those of you with kids 5 years old and up, look at the Saturday cleanup on Prince Memorial Greenway. This happens on the first Saturday of each month. Check out the City of Santa Rosa website for details on both of these events and more!

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: Civil Involvement

By Margaret Lamar

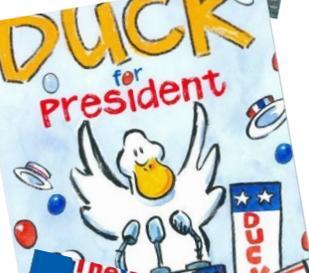
This month is all about politics, here are some books to help talk about it.



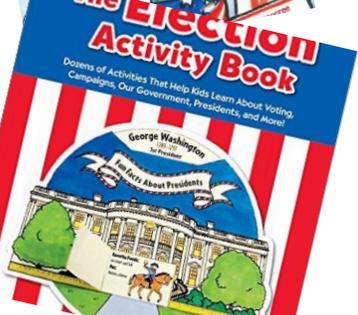
**Good Night Washington (ages 2-3)** Many of North America's most beloved regions are artfully celebrated in these board books designed to soothe children before bedtime while instilling an early appreciation for the continent's natural and cultural wonders. Each book stars a multicultural group of people visiting the featured area's attractions—such as the Rocky Mountains in Denver, the Georgia Aquarium in Atlanta, Lake Ontario in Toronto, and volcanoes in Hawaii. Rhythmic language guides children through the passage of both a single day and the four seasons while saluting the iconic aspects of each place.



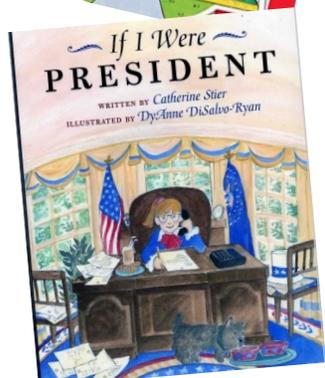
**Madeline at the White House (Ages 3-7):** Readers will see Washington, D.C., as never before, when Madeline takes a midnight sightseeing tour on a magic carpet of cherry blossoms. Invited to the White House by Candle, the president's lonely only daughter, for the annual Easter Egg hunt and roll, Madeline and the other little girls have a rollicking good time, and introduce Candle to the joys of occasionally breaking the rules. With a bouncy read-aloud text and gorgeous watercolor pictures, *Madeline at the White House* is in the best tradition of the beloved *Madeline* books



**Duck for President (Ages 4-8):** It is our pleasure, our honor, our duty as citizens to present to you Duck for President. Here is a duck who began in a humble pond. Who worked his way to farmer. To governor. And now, perhaps, to the highest office in the land. Some say, if he walks like a duck and talks like a duck, he is a duck. We say, if he walks like a duck and talks like a duck, he will be the next president of the United States of America. Thank you for your vote



**The Election Activity Book (Ages 4-8):** Help students understand the election process (and get involved!) with these quick, easy, and engaging activities that teach about how we elect our leaders; the presidency; the rights and responsibilities of voting; the differences between local, state, and national government; and more. Includes a read-and-write mini-book, an election timeline, polling and graphing activities, and literature and web links. Revised and updated for 2016!



**If I Were President (Ages 4-8):** A multicultural cast of children imagines what it would be like to be president.

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# SRMC Calendar of Events: October 2016

## October 1, 2016

### **Harvest Fair**

**10:30am to 5:00pm**

Sonoma County Fairgrounds  
1350 Bennett Valley Rd.,  
Santa Rosa, California

The Harvest Fair marks its 42nd year of showcasing our county's grand harvest which continues to result in world-class wines, award-winning beer and a plethora of culinary wealth. Last year, with over 26,000 votes, the Harvest Fair was voted the Best Annual Festival of Sonoma County bestowed by The Press Democrat readers. Each October, thirsty travelers from over thirty different states, are beckoned to Santa Rosa to participate in a complete farm to table experience, inspired by the county's hard-working farmers, ranchers, vintners and producers.

### **Family Science Day at The Healdsburg School**

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

The Healdsburg School  
33 Healdsburg Avenue  
Healdsburg, California 95448

Fun for the whole family with hands-on experiments, roller coaster building, Lego challenges, brains, catapults, bubbles, and more! Free.

### **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.

### **Oktoberfest at Schug Winery**

**12:00pm to 4:00pm**

\$45 per person; \$35 Club Members; \$10 for kids; Free for kids under age 12

Schug Winery

602 Bonneau Road  
Sonoma, California 95476

Join Schug Winery for a festive day in Carneros as they celebrate this year's grape harvest! While you are there you can sip on current release wines along with a few gems from the cellar and enjoy German food crafted by Chef Kristine Schug. Join in the Team Grape Stomp (email info@schugwinery.com to enter!), listen to live music from the Club manager's band Grand Crue, enter raffles for adults and children, play the Bean Bag Toss, and check out the Photo Booth. Children can get a free pumpkin and play at the arts and crafts table.

## October 2, 2016

### **Harvest Fair**

**10:30am to 5:00pm**

Sonoma County Fairgrounds  
1350 Bennett Valley Rd.,  
Santa Rosa, California

The Harvest Fair marks its 42nd year of showcasing our county's grand harvest which continues to result in world-class wines, award-

winning beer and a plethora of culinary wealth. Last year, with over 26,000 votes, the Harvest Fair was voted the Best Annual Festival of Sonoma County bestowed by The Press Democrat readers. Each October, thirsty travelers from over thirty different states, are beckoned to Santa Rosa to participate in a complete farm to table experience, inspired by the county's hard-working farmers, ranchers, vintners and producers.

### **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.

## October 4, 2016

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

**10:30am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Songs, rhymes, finger plays, 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.

### **Baby time (0-17 months)**

**11:15am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, finger plays and simple books! Baby time lasts 20 minutes followed by playtime. Baby time is free and no registration required. For children ages 0-17 months, with a caregiver.

## October 5, 2016

### **Red Yarn Live Performance**

**10:00am 11:00am**

CMOSC 1835 West Steele Lane Santa Rosa, CA, 95403 United States

"Nobody's doing a better job of bringing the true folk music of America to kids of the modern era than Red Yarn. It's soulful and genuine." - Bill Childs, KUTX/PRX Radio  
Rising kids' music star Red Yarn brings his toe-tapping blend of folk music to the Children's Museum from his home of Portland, OR! Join us for folk songs, puppets and fun.

\*Programs are free with admission to the Museum

### **Tool Time**

**10:30am 11:30am**

CMOSC 1835 West Steele Lane Santa Rosa, CA, 95403 United States

Explore real tools and practice your building skills, in a safe, facilitated environment. Fun for the whole family! (This is an outdoor activity and dependent on the weather.) \*Programs

are free with admission to the Museum.

## October 6, 2016

### **Hot Dog Thursday at Pacific Coast Air Museum**

**11:30am to 1:30pm**

On the first Thursday of the month (April-Oct.) the admission to this fun air museum includes a large hot dog, chips, chili, and soda or water.

### **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, finger plays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

## October 7, 2016

### **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.

### **Family Storytime (ages 0-5)**

**10:30am**

Northwest Santa Rosa Library  
Event Address:

150 Coddington Center  
Santa Rosa, CA 95401

Join us for Family Storytime at Northwest Library.

We'll read some stories, sing some songs, and use our imaginations! These fun librarian-led story times will model the everyday practices - - talking, singing, reading, writing, and playing -- that will help your child get ready to read.

For families with kids ages 0-5, with a parent or caregiver. In the Children's Room at Northwest Library.

## October 8, 2016

### **Shone Farm Fall Festival**

**10:00am to 3:00pm**

Shone Farm

7450 Steve Olson Lane

Forestville, California 95436 Santa Rosa Junior College's Shone Farm invites the public to its Fall Festival, celebrating 44 years of the Farm's history. Experience authentic farm activities, a wood milling demonstration, apple pressing, and taste Shone Farm's award-winning wine and olive oil. Attendees can pick their own pumpkins and vegetables (U-Pick), participate in the rotten tomato slingshot, and enjoy tours of SRJC's 365-acre Shone Farm, including a walk through their forest. Special children's activities will feature face-painting, craft projects such as stick horse making, and exploring how compost gets made. Kids and adults can

# SRMC Calendar of Events: October 2016

meet farm animals and learn what's involved with taking care of horses, and sheep.

## Conscious Family Festival

**10:00am to 5:00pm**

Finley Community Center  
2060 W. College Ave.,  
Santa Rosa, California 95401

The Conscious Family Festival is a free, multi-generational event for families to discover and create new methods and tools for experiencing happy and fulfilling lives.

This day-long festival offers a variety of fun and inspirational activities for children, parents and grandparents, as well as adult-only workshops providing methods and practical tools for helping, coping, creating and maintaining enhanced family living – for daily life and for the future. The festival mission is to support loving contexts for children and families by sharing the diverse awareness practices and resources of the world's spiritual traditions.

Activities for children and adults include: Family Fun Improvisation; Winning Together - Creating a Playground of Connection; Courage to Care (handling bullying); Family Yoga; Kabbalah Wisdom for Raising Happy Children; Family Dance and Movement; Creating a Family Ancestor Shrine; Family Zen; Co-Meditation in the Family (two-person); Enacting Animal Stories; Uniting as One Family Heart; 7 Floors to Balance: Tools for emotional resilience, self-calming, bully prevention and aid.

## October 9, 2016

### 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.

## October 11, 2016

### Toddler Time (18-35 months)

**10:30am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Songs, rhymes, finger plays, 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.

### Baby time (0-17 months)

**11:15am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, finger plays and simple books! Baby time lasts 20 minutes followed by playtime. Baby time is free and no registration required. For children ages 0-17 months, with a caregiver.

## October 12, 2016

### Tool Time

**10:30am 11:30am**

CMOSC 1835 West Steele Lane Santa Rosa, CA, 95403 United States

Explore real tools and practice your building skills, in a safe, facilitated environment. Fun for the whole family! (This is an outdoor activity and dependent on the weather.) \*Programs are free with admission to the Museum.

## October 13, 2016

### Just Between Friends MEGA Kids & Maternity Consignment sales

**Thursday, Oct. 13 - 12pm-8pm (\$3 admission)**

Sonoma County Fairgrounds in Santa Rosa. If you're looking for baby, kids and maternity items for your growing family, you absolutely must shop this event!

### 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, finger plays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

## October 14, 2016

### Just Between Friends MEGA Kids & Maternity Consignment sales

**Friday, Oct. 14 - 9am-8pm (\$2 admission)**

Sonoma County Fairgrounds in Santa Rosa. If you're looking for baby, kids and maternity items for your growing family, you absolutely must shop this event!

### Family Storytime (ages 0-5)

**10:30am**

Northwest Santa Rosa Library  
Event Address:

150 Coddington Center  
Santa Rosa, CA 95401

Join us for Family Storytime at Northwest Library.

We'll read some stories, sing some songs, and use our imaginations! These fun librarian-led story times will model the everyday practices -- talking, singing, reading, writing, and playing -- that will help your child get ready to read.

For families with kids ages 0-5, with a parent or caregiver. In the Children's Room at Northwest Library.

## October 15, 2016

### Colors of Spanish

**10:00am 11:00am**

The Children's Museum of Sonoma County 1835 West Steele Lane Santa Rosa, CA, 95403 United States

Join Guadalupe of Colors of Spanish for a special Spanish story time at the Children's Museum!

### Just Between Friends MEGA Kids & Maternity Consignment sales

**Saturday, Oct. 15 - 9am-3pm (Free admission)**

Sonoma County Fairgrounds in Santa Rosa. If you're looking for baby, kids and maternity items for your growing family, you absolutely must shop this event!

### Tolay Fall Festival

**11:00am to 5:00pm**

\$5 for adults; \$3 for 12 and younger; Parking \$7  
Tolay Lake Regional Park  
5869 Cannon Lane  
Petaluma, California 94954.

The Tolay Fall Festival offers two weekends of seasonal family fun at beautiful Tolay Lake Regional Park east of Petaluma. Take a hay ride to a giant pumpkin patch and explore a "creatures" barn full of live snakes, spiders, birds of prey, and tide pool animals. Find your way through a straw maze, try farm crafts activities like candle-dipping and wool-carding. Make corn husk dolls and pet the farm animals. Visit a replica of a Native American village. Enter a pumpkin seed spitting contest and enjoy old-fashion lawn games and foods from local vendors. Regional Park Members get free one-time admission for two adults and two children and free parking. Come see why the Tolay Fall Festival is an annual favorite of Bay Area families!

## October 16, 2016

### Tolay Fall Festival

**11:00am to 5:00pm**

\$5 for adults; \$3 for 12 and younger; Parking \$7  
Tolay Lake Regional Park  
5869 Cannon Lane  
Petaluma, California 94954.

The Tolay Fall Festival offers two weekends of seasonal family fun at beautiful Tolay Lake Regional Park east of Petaluma. Take a hay ride to a giant pumpkin patch and explore a "creatures" barn full of live snakes, spiders, birds of prey, and tide pool animals. Find your way through a straw maze, try farm crafts activities like candle-dipping and wool-carding. Make corn husk dolls and pet the farm animals. Visit a replica of a Native American village. Enter a pumpkin seed spitting contest and enjoy old-fashion lawn games and foods from local vendors. Regional Park Members get free one-time admission for two adults and two children and free parking. Come see why the Tolay Fall Festival is an annual favorite of Bay Area families!

### 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.

### Just Between Friends MEGA Kids & Maternity Consignment sales

**Sunday, Oct. 16 - 9am-2pm (50% Off Sale! --**

# SRMC Calendar of Events: October 2016

## Free admission)

Sonoma County Fairgrounds in Santa Rosa. If you're looking for baby, kids and maternity items for your growing family, you absolutely must shop this event!

## October 18, 2016

### Toddler Time (18-35 months)

10:30am

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Songs, rhymes, finger plays, 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.

### Baby time (0-17 months)

11:15am

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, finger plays and simple books! Baby time lasts 20 minutes followed by playtime. Baby time is free and no registration required. For children ages 0-17 months, with a caregiver.

## October 19, 2016

### Tool Time

10:30am 11:30am

CMOSC 1835 West Steele Lane Santa Rosa, CA, 95403 United States

Explore real tools and practice your building skills, in a safe, facilitated environment. Fun for the whole family! (This is an outdoor activity and dependent on the weather.) \*Programs are free with admission to the Museum.

## October 20, 2016

### 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, finger plays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

## October 21, 2016

### 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.

### Family Storytime (ages 0-5)

10:30am

Northwest Santa Rosa Library  
Event Address:

150 Coddington Center

Santa Rosa, CA 95401

Join us for Family Storytime at Northwest Library.

We'll read some stories, sing some songs, and use our imaginations! These fun librarian-led story times will model the everyday practices -- talking, singing, reading, writing, and playing -- that will help your child get ready to read.

For families with kids ages 0-5, with a parent or caregiver. In the Children's Room at Northwest Library.

## October 22, 2016

### Tolay Fall Festival

11:00am to 5:00pm

\$5 for adults; \$3 for 12 and younger; Parking \$7  
Tolay Lake Regional Park

5869 Cannon Lane

Petaluma, California 94954.

The Tolay Fall Festival offers two weekends of seasonal family fun at beautiful Tolay Lake Regional Park east of Petaluma. Take a hay ride to a giant pumpkin patch and explore a "creatures" barn full of live snakes, spiders, birds of prey, and tide pool animals. Find your way through a straw maze, try farm crafts activities like candle-dipping and wool-carding. Make corn husk dolls and pet the farm animals. Visit a replica of a Native American village. Enter a pumpkin seed spitting contest and enjoy old-fashion lawn games and foods from local vendors. Regional Park Members get free one-time admission for two adults and two children and free parking. Come see why the Tolay Fall Festival is an annual favorite of Bay Area families!

## October 23, 2016

### Tolay Fall Festival

11:00am to 5:00pm

\$5 for adults; \$3 for 12 and younger; Parking \$7  
Tolay Lake Regional Park

5869 Cannon Lane

Petaluma, California 94954.

The Tolay Fall Festival offers two weekends of seasonal family fun at beautiful Tolay Lake Regional Park east of Petaluma. Take a hay ride to a giant pumpkin patch and explore a "creatures" barn full of live snakes, spiders, birds of prey, and tide pool animals. Find your way through a straw maze, try farm crafts activities like candle-dipping and wool-carding. Make corn husk dolls and pet the farm animals. Visit a replica of a Native American village. Enter a pumpkin seed spitting contest and enjoy old-fashion lawn games and foods from local vendors. Regional Park Members get free one-time admission for two adults and two children and free parking. Come see why the Tolay Fall Festival is an annual favorite of Bay Area families!

### Harvest Hoedown!

12:00pm to 4:00pm

Larson Family Winery

23355 Millerick Road

Sonoma, California 95476

Come on down to celebrate 2016 Harvest! Wine

and swine with Larson Family Winery all afternoon with full pig roasts, BBQ dishes, and sides, paired with Larson Family wines -- at special Harvest Hoedown prices! Full menu, sweet desserts and activities are kid-friendly -- so take along your family and friends! Grape stomping, jumpy house, wagon rides through the vineyards, and more! Sunday, October 23rd from noon-4 p.m.

### 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.

## October 26, 2016

### Tool Time

10:30am 11:30am

CMOSC 1835 West Steele Lane Santa Rosa, CA, 95403 United States

Explore real tools and practice your building skills, in a safe, facilitated environment. Fun for

## SRMC EVENTS

Check Facebook for  
our events this  
month

# SRMC Calendar of Events: October 2016

the whole family! (This is an outdoor activity and dependent on the weather.) \*Programs are free with admission to the Museum.

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

**10:30am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Songs, rhymes, finger plays, 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.

## **Baby time (0-17 months)**

**11:15am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, finger plays and simple books! Baby time lasts 20 minutes followed by playtime. Baby time is free and no registration required. For children ages 0-17 months, with a caregiver.

## **October 27, 2016**

### **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, finger plays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

## **October 28, 2016**

### **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.

## **Family Storytime (ages 0-5)**

**10:30am**

Northwest Santa Rosa Library  
Event Address:  
150 Coddington Center  
Santa Rosa, CA 95401

Join us for Family Storytime at Northwest Library. We'll read some stories, sing some songs, and use our imaginations! These fun librarian-led story times will model the everyday practices - talking, singing, reading, writing, and playing -- that will help your child get ready to read. For families with kids ages 0-5, with a parent or caregiver. In the Children's Room at Northwest Library.

## **October 29, 2016**

### **Halloween at Howarth Park**

**11:30 a.m. - 12:15 p.m. or 12:45-1:30 p.m. or 2-2:45 p.m**

**\$6-10**

Howarth Park  
630 Summerfield Road  
Santa Rosa, California 95405

Dress in your best costume and trick-or-treat through one of Santa Rosa's most popular parks. Take a train ride, hop on the carousel, and catch a pony ride! Local businesses and organizations will be handing out treats to children aged 12 and under. This event may well sell out, so try to purchase tickets in advance for one of the three sessions: 11:30 a.m. - 12:15 p.m. or 12:45-1:30 p.m. or 2-2:45 p.m.

## **HALLOWEEN CRAFTS & CUPCAKES**

**12:30pm to 3:00pm**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Make fun and spooky Halloween crafts, and decorate your very own cupcake. Arrive early at 12:30 to READ WITH A MONSTER! Free for all ages.

## **October 30, 2016**

### **FUNtazmagoria!**

**9:00am 2:00pm**

CMOSC 1835 West Steele Lane Santa Rosa, CA, 95403 United States  
A Celebration of All Things Creepy & Fun! FUNtazmagoria is BACK! Wear your costume and come celebrate Halloween at the Museum and enjoy some special activities. \*Some additional charges apply

## **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.

## **October 31, 2016**

### **Halloween Trick or Treat Trail**

**3:00pm to 5:30pm**

Historic Downtown Petaluma  
4th and Kentucky  
Petaluma, California 94952

Join over 60 participating downtown Petaluma merchants for a fun and safe Halloween for the entire family and goodies for costumed kids under 12. Prepare for a hauntingly "ghould" time from 3 - 5:30 p.m. as the scary, the cute, the ugly, and the creepy descend on this charming downtown!

## Mood Meters



Kids spend a lot of time learning how to work in groups, whether that means doing projects, joining in during circle time, or playing outdoors together. This goes great when everyone is feeling happy, but it's also important to teach kids how to recognize when they are upset and when others are upset. Teach your child at home with this tool that borrows the famous color coding of the U.S. Fire Service. Have your child help you create a family sign that warns other family members if she's feeling stressed or upset. This is a tool the entire family can use. She'll learn to decode her moods (and yours) and will improve her reading and writing skills at the same time.

### What You Need:

- Piece of poster board, 22"x 13"
- Compass and Ruler
- Heavy construction paper in red, orange, yellow, green, and black
- Metal paper fastener ("brad")
- Markers

### What You Do:

1. Place the poster board horizontally on a table surface.
2. On the top, write a title such as, "Right Now, I Feel..."
3. Use your compass to make a large half-circle in the middle of your poster.
4. Then, use your ruler to divide the half-circle in half, and then divide each of the halves in half, so that you have four "slices" marked off.
5. Cut out a pie shape the same size as the "slices" on the half-circle using each color of construction paper—one green, one yellow, one orange, and one red.
6. Help your kid glue the colors from left to right across the half-circle in this order: green, yellow, orange, and red.
7. On the green slice, write "Calm and happy." For the yellow write "A little upset." In the orange section, "Very upset." In the red, write, "Exploding!" or any word that indicates she's extremely upset. Get creative!
8. Together with your child, cut out a 6" long arrow from the black construction paper, and attach it to the poster board with the metal fastener. The arrow should be attached to the center of the flat side on the half-circle.
9. If she wants, have your child use markers to add any other decorations on the poster.
10. Put the "mood fire safety" meter in a prominent place at home, like the kitchen or the living room, and encourage your family to use it whenever the time seems right.
11. Invite your child to pay attention to how she's feeling and to talk about it. With luck, you'll have many happy days ahead, safely in that nice green zone.

# Special Dates with your Little One

By Stella Outchkova

## Going to the Library



Whether you're a newbie to this whole parenting thing or a seasoned veteran, we all want to have a close relationship with our children. Strengthening relationships and communication with our children can really boil down to one thing – spending time with them. One of my resolutions this year was to start going on “dates” with my son, time spent one-on-one trying to learn about him more as a person, asking questions, talking, building a relationship or just making him an all round better behaved individual especially in public! This can be extremely helpful in a family with multiple children as sometimes the older kids can feel left out with all the commotion around a new baby

Even though I spend every waking moment with him there's something so sweet and precious about knowing a particular outing is a special time together.

Here I'm sharing our monthly library date at the Central Sonoma County Library. A fun day out includes toddler story time where a library staffer reads age appropriate books to a group of little ones, snuggling with your little one and reading books on your own or playing with some of the toys in the children's area.

Toddler Storytime – children love hearing stories read out loud and Storytime could serve as a great introduction to pre-school. We're currently working on sitting still and being a good listener. (see Calendar for dates and times)

We also try to use our library voices before going to the library. I explain to him that it's a special place with special rules and one of the most important one is to keep our voice down. Take turns whispering to each other before arriving and keep reminding each other often!



Get your little one a library card. Their old enough to go to the library then they're probably old enough for their very first library card. My guy loves to scan the card, books and check them out himself.



**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)