



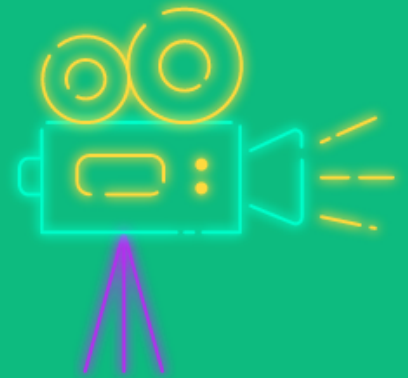
2022



SUMMER ACTIVITY GUIDE

expect
more
tehama

ACTIVITIES FOR KIDS & FAMILIES



www.expectmoretehama.com

WATCH FOR UPDATES

Expect More Tehama will be sharing about activities as we hear about them. Watch for updates via Facebook and Instagram!

PLAY, PLAY, PLAY

Play is powerful stuff. It helps us learn even faster! Take time and play with your kids. It's good for you, too.



WELCOME, SUMMER 2022!

Summer is upon us and everyone can benefit from some fun summer activities. You can help your children enjoy summer and stay engaged in learning by keeping them active and taking advantage of what we have in the area. Watch our Facebook page as more activities surface. Let's support those activities that are being held by filling all of their available seats! Share the guide and tell your friends about fun activities. Let us know about something new so we can also share Kathy@expectmoretehama.com.

Tehama County is not letting the pandemic define our future. Special thanks to the staff at all of our schools for their hard work and dedication to our students in 2021-22!



art
is fun!

ART AT HOME

Project Ideas

- Cake Decorating
- Flower Arranging
- Chalk Art
- Photography
- Create a Fairy Garden
- Map Making
- Rock Painting
- Tie-Dying
- Stepping Stones
- Finger Painting
- String Art
- Slime

LOCAL ART CLASSES

An advertisement for a kids' art class. At the top, it says "KIDS SUMMER PAINT CLASS" in bold letters. Below that, it says "EVERY WEDNESDAY @ 6PM" and "JULY 13TH - AUGUST 10TH". There are six small images showing different art projects: a girl's face with flowers, a stylized black and white logo, a landscape with a mountain, a colorful abstract painting, a colorful abstract painting, and a space scene with a rocket and planets. At the bottom, it says "SIGN UP ONLINE AT LACYWILSONART.COM".

Lacy Wilson Art Studio
900 Walnut Street, Red Bluff
Lacywilsonart.com
(805) 722-8939

Check the website, Facebook & Instagram for adult classes.



to the pool!

RED BLUFF: MCGLYNN POOL

Red Bluff City Park, 119, Sycamore Street
Opens Saturday, June 11 / Last Day: August 6

Admission & Hours

Admission:

General: \$2.00
Seniors (60+): \$1.00

Season Passes

\$30 Individual
\$25 (per person) Family

Public Swim Hours

Mon-Fri: 1:00-4:00PM
Sat: 12:00-5:00pm

Lap Swim Hours

Monday-Thursday
7:30-9:30AM

Learn more at
www.redbluffrecreation.org
Red Bluff Parks and
Recreation: (530) 527-8177

Swim Lessons

(Three levels: **Beginner,**
Intermediate and Advanced)

Session 1: June 20-June 30
Session 2: July 11-July 21
Session 3: July 25-August 4

Monday - Thursday

8 days of swim lessons
\$50 per session, per participant

Pool Reservations

Tiny Tot Pool

\$35 per hour (1-50 people)

Large Pool

\$75 per hour (1-50)
\$100 per hour (51+ people)
Minimum 2-Hour Rental
Time & Date Upon Request

REDDING AQUATIC CENTER

Redding Aquatic Center
4400 Quartz Hill Road, Redding
Opens June 4th

Admission & Hours

Admission:

Ages 0-2 Free
Child 3-15: \$4.50
Adult: \$5.00

Weekends Only | June 4-September 4

Saturday, 1-4:30 pm / Sunday, 1-4 pm

Starting Early June: Open 7 Days a Week

Monday-Thursday

Preschool Splash: 8:30-9:50 am

Public Swim: 1-4:30 pm

Family Evening Splash: 6:45-8 pm

Visit: <https://www.cityofredding.org/departments/parks-and-recreation/aquatic-center>

CORNING: TEDDY POHLER MEMORIAL POOL

Northside Park, 1414 Colusa Street

Opens Monday, June 6 / Last Day: August 12th
Call 530-824-7062

Admission & Hours

Admission:

Daily Children's Fee: \$2.00
Daily Adult Fee: \$3.00
Adult Lap Swim: \$3.00
Seniors (60+): \$1.00

Season Passes (Non-Transferable)

Individual Season Pass: \$50.00
Family Season Pass: (8 people): \$75
Daycare Provider Season Pass
(15 Children limit, proof of City
Business License and State
License): \$130
Adult Lap Swim Pass: \$55.00

Public Swim Hours

Day Hours -

Mon-Fri: 1:00-5:00PM
Sat: 10:00am-5:00pm

Evening Hours -

Tuesday and Thursday
6:30-7:30pm

Adult Lap Swim Hours

Monday-Friday
6:30-7:30AM

Swim Lessons

Monday - Friday

10:30am-12:30pm

2-week sessions of 1/2 hour
starting June 6 - August 5

Cost: \$30.00 per 2-week session

Sign up at

<https://www.corning.org/departments/parksrecreation/>

Pool Rentals and Reservations

On Sundays the pool is closed
for public swimming, but can
be rented for private group
and organization pool parties

Reserve your time at
www.corning.org or at the
pool. Parties will be limited to
three hours. A deposit is
required to hold your
reservation.

ANDERSON SPLASH PAD

Anderson River Park - Splashpad

2800 Rupert Road, Anderson

Features large shade structures, picnic tables, restrooms, and a 106-ft. diameter water-play area. The play area boasts five above-ground features; including a tipping bucket, water tunnels, a stream where young children can play, and a wall of water.



UKE CAN DO IT!

SUMMER READING PROGRAM - 2022


presented by Tehama County Library

**Ukuleles for check-out!
Instructional books, videos
and live performances!
Strum along to movies!**

***Lunch at the Library* offering
snack options for kids & fun
Farmer's Market events!**

**Prizes for reading
and activities in
the community!**

***Sign up in person
June 6 - July 29
Red Bluff, Los Molinos,
or Corning Libraries***



**This project was supported in whole or in part by the U.S. Institute of
Museum and Library Services under the provisions of the Library Services
and Technology Act, administered in California by the State Librarian**



TURN THE PAGE BOOK LOFT

Weekly Story Hours

Tuesdays@11am: Little Learners Story Hour

Each week little learners are invited to listen to an exciting story. Join in for a few songs, and see friendly familiar faces from the community.

**Thursdays@11am: Wind in the Willows
Book In Common Reading**

Each week older children are invited to come listen to a chapter of the Book In Common: Wind in the Willows.

<https://www.facebook.com/turnthepagebookloft/>



Turn the Page Book Loft
643 Main Street
Red Bluff
Hours:



DO YOU HAVE AN ALMOST 3 OR 4 YEAR OLD?

Summer is the perfect time to sign up for Preschool!

Tehama has many great options including Head Start, State Preschools and Private Preschools.

If you are not sure where to start, a Help Me Grow Navigator can help you find the best fit for your child, family and eligibility

Help Me Grow: (530) 528-7348

<https://www.first5tehama.org/help-me-grow>

**Northern California Child Development
Inc. (Head Start) Enrollment Links**

Tehama County Department of Education

Phone: 530-528-7331

State Preschool links:

• [English Enrollment Form](#)

• [Spanish Enrollment Form](#)

Apply in English

If you have questions about your application, please call 530-529-1500 x. 1143

Aplicaa En Español Aqui

Tiene preguntas sobre su aplicación, llame al 530-529-1500 x. 1143

Nearby Family Fun: Shasta District Fair - June 22-25

Mosquito Serenade Concerts at Anderson River Park: Wednesdays @ 6pm

FUN ZONE

.....
RED BLUFF PARKS & RECREATION
.....

SUMMER BREAK KID'S CAMP

Crafts and Games all day!

Fun Zone is for children ages 5-12

WEEKS 1-6

In collaboration with SERRF!
SERRF Program is 7:30 am-2:30 pm
SERRF has a separate registration
Pre-Registration Required
Register On-Line
<https://www.tehamaschools.org>

ⓄMetteer Elementary School
2:30 pm to 5:30 pm
HALF DAY

Week 1- June 6th-10th
Week 2- June 13th-17th
Week 3- June 20th-24th
Week 4- June 27th-July 1st
Week 5- July 5th-8th
Week 6- July 11th-15th

NO CAMP on JULY 4th

WEEKS 7-9

ⓄRed Bluff Community Center
7:30 am to 5:30 pm
FULL DAY

Week 7 - July 18th-22nd
Week 8- July 25th-July 29th
Week 9- August 1st-5th



REGISTER ONLINE NOW!

redbluffrecreation.org

Summer Dance Sampler at Flare!

Classes start Tuesday, June 7th

| Tuesday | | | | Thursday | | | |
|--|-----------|-----------|-----------|--|-----------|-----------|-----------|
| Studio 1 | | Studio 2 | | Studio 1 | | Studio 2 | |
| Intro to Dance | 4:00-4:30 | | | | | | |
| Peewee | 4:45-5:30 | Level 1/2 | 4:30-5:30 | Peewee | 4:45-5:30 | Level 1/2 | 4:30-5:30 |
| Peewee | 5:30-6:15 | Level 1/2 | 5:30-6:30 | Peewee | 5:30-6:15 | Level 1/2 | 5:30-6:30 |
| Comp Team Rehearsal | | 6:30-7:30 | | Comp Team Rehearsal | | 6:30-7:30 | |
| Styles For Peewee & Level 1/2 Classes: | | | | <p><i>Save 10% of your Uniform when you register for the full month!</i></p> | | | |
| June 7th & 9th: Jazz & Ballet | | | | | | | |
| June 14th & 16th: Lyrical & Ballet | | | | | | | |
| June 21st & 23rd: Hip-Hop & Ballet | | | | | | | |
| June 28th & 30th: Acro & Ballet | | | | | | | |

For more information, visit www.igniteyourflare.com

dance dance dance

Flare Dance & Acrobatics

446 Walnut Street, Red Bluff

(530) 255-4180 /

igniteyourflare@gmail.com

Summer Dance Classes

Summer classes begin June 7. Intro classes (ages 3-5) meet once a week for four weeks. Ballet (PW and Level 1/2) meet twice a week for four weeks. Other dances styles meet twice a week and rotate every week.



Jubilee Summer Classes

Jubilee Performing Arts Company

June 29-July 28

Dance cards are available for purchase in studio or on the website.

Cards are good for eight classes!

Pre-Dance 1: Wednesday 4:00-4:30pm

Pre-Dance 2: Wednesday 4:30-5:00pm

Pre-Dance 3: Wednesday 5:00-5:45pm

Hip Hop 1 & 2: Wednesday 4:00-5:00pm

Hip Hop 3: Wednesday 5:00-6:00pm

Broadway 2 & 3: Wednesday 6:00-7:00pm

Tap 1 & 2: Thursday 3:00-4:00pm

Broadway 1: Thursday 4:00-5:00pm

Adult & Teen Tap 3: Thursday 5:00-6:00pm

Tap 4: Thursday 6:00-7:00pm



1325 Schwab Street, Red Bluff
jubileeperformingartsco@gmail.com
<https://jubileepac.square.site/>



Jubilee Performing Arts Company

1325 Schwab Street, Red Bluff

jubileeperformingartsco@gmail.com

<https://jubileepac.square.site/>

Summer Dance Classes

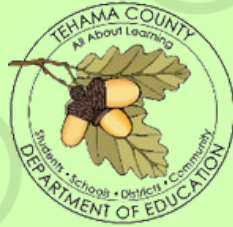
Summer classes begin June 29. Purchase dance cards good for eight classes in the studio or on the website.



SERRF Expanded Learning Program

“Accelerate Summer Learning 2022”

Serving (incoming) K through (outgoing) 8th Grade Students
Summer Registration Opens April 11th!



Pre-Registration Required I Register On-Line

<https://www.tehamaschools.org>

FULL Day Option AVAILABLE to ALL Districts/Students!

Antelope School

Antelope, Berrendos & Plum Valley Students!

Monday, June 13th - Friday, July 15th
8:00 AM - 12:00 Noon | Monday-Friday
Breakfast & Lunch Provided
NO COST
District Sponsored - No Fees for Students
No Transportation

Red Bluff Elementary

Full Day Option

Bidwell, Jackson Heights, Metteer, Reeds Creek & Vista Students
Monday, June 6th - Friday, July 15th
School Site - To Be Determined
7:30 AM - 2:30PM | Monday - Friday
Breakfast & Lunch Provided
NO COST
Limited Transportation
Full Day Options Available
In Collaboration with
Red Bluff Parks & Recreation
Separate Registration Required:
<http://www.redbluffrecreation.org/>
530-527-8177

Los Molinos School

Gerber, Lassen View, Los Molinos & Vina Students
Monday, June 6th - Friday, July 15th
8:00AM - 12:00 Noon | Monday - Friday
Breakfast & Lunch Provided
NO COST

ALL Districts Sponsored - No Fees for Students
Transportation for Gerber & Vina Students
to Los Molinos

1-Way Transportation to Red Bluff for 9-Hour Option -
Separate Registration REQUIRED:
<http://www.redbluffrecreation.org/>
(Parent Pick-up by 5:30pm)

Rancho Tehama School

Rancho Tehama Students
Monday, June 6th - Friday, July 8th
8:00 AM - 12:00 Noon | Monday - Friday
Breakfast & Lunch Provided
NO COST
Limited Transportation

Woodson School

Full Day Option
Flournoy, Kirkwood, Maywood, Olive View, Richfield, West Street & Woodson Students
Monday, June 6th - Friday, July 8th
7:30AM - 2:30PM | Monday - Friday
Breakfast & Lunch Provided
NO COST

ALL Districts Sponsored - No Fees for Students
Limited Transportation - Corning Area Only
Full Day Option Available through
CUESD - 2:30-5:30pm:
Separate Registration Required -
COMING SOON!

All Sites Closed
Monday, July 4th

WEBSITE: www.tehamaschools.org
Registration Forms available on-line
Bus Schedules will be posted on
website by June 3rd



CORNING PROMISE
Paskenta Band of Nomlaki Indians

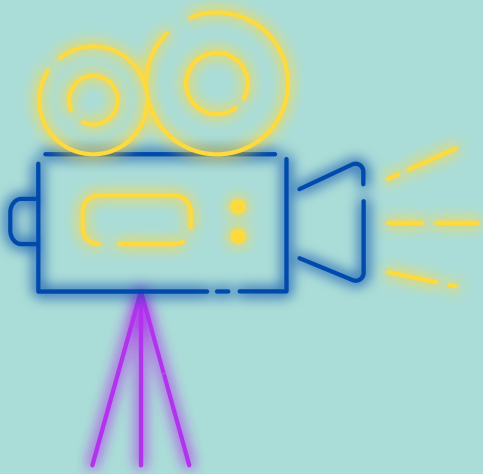
Rancho Tehama & Woodson
Summer SERRF sites:

Funding for these services is in part through
the U.S. Department of Education
Promise Neighborhood Grant Program,
administered by the Paskenta Band of
Nomlaki Indians.

Movies

Prime Cinemas

400 South Main
Red Bluff
(530) 529-5491
www.prime-cinemas.com



Prime Cinemas
2022 - \$1.00
SUMMER FUN FLICKS!
Tuesday & Wednesday @ 10:30 AM
More Info at www.prime-cinemas.com

| | |
|--------------|-------------------------------|
| June 21 & 22 | PAW PATROL THE MOVIE |
| June 28 & 29 | SONIC THE HEDGEHOG |
| July 5 & 6 | Clifford THE BIG RED DOG |
| July 12 & 13 | PETER RABBIT 2 THE RUNAWAY |
| July 19 & 20 | JUMANJI THE NEXT LEVEL |
| July 26 & 27 | THE BOSS BABY FAMILY BUSINESS |
| August 2 & 3 | Spirit UNTAMED |

— Thank You Sponsors! —

| | | |
|-----------------|------------------|----------------------------|
| NEXUS | FIELD PORK | CORNERSTONE COMMUNITY BANK |
| KINGDOM ROOFING | TEHAMA LIVESTOCK | A&R CUSTOM BUTCHERING |

Farmer's Markets & Fruitstands

Red Bluff - Tehama County
Chamber of Commerce
Certified Farmer's Market

Wednesday's from 5pm to 8pm
(Starts June 1st)
Washington & Pine Streets, Red Bluff
Visit www.redbluffchamber.com or
call Jason Bauer at 530-527-6220

Farmers, vendors, live bands, kid's activities (hosted by Red Bluff Parks and Rec Department) and special events. NEW! Demonstrations and education on fruits and vegetables and increased EBT, WIC, and credit card services.

Corning Tuesday Night Market
September 6 & October 4, 2022

CORNING TUESDAY
NIGHT MARKET

MUSIC FOOD TRUCKS LOCAL ARTISANS

KIDS ZONE FUN FOR THE WHOLE FAMILY!

BEER & WINE GARDEN BY CORNING ROTARY

BROUGHT TO YOU BY:

FOR MORE INFORMATION VISIT CORNINGCHAMBER.ORG

Los Molinos & Corning
Julia's Fruit Stand
2 Locations

(In response to 99E construction project)
24380 South Avenue
Corning

Open every day
11am to 6:30pm

11475 Highway 99E
Los Molinos

Open every day
8am to 6pm

FREE SUMMER PROGRAM FOR CORNING ELEMENTARY STUDENTS GRADES K-8TH



PLAY ADVENTURE LEADERSHIP



- ✓ Have Fun While Learning
- ✓ Community Projects
- ✓ Guest Speakers
- ✓ Field Trips



CLICK HERE

[HTTPS://PALSUMMERPROGRAMMING.SPORTNGIN.COM/REGISTER?OR=113950377](https://palsummerprogramming.sportngin.com/register?or=113950377)

SportsEngine Online Registration

or visit <https://palsummerprogramming.sportngin.com>

Play Adventure Leadership, is a free Summer Program offered by Tehama County PAL for grades K-8th. Your child will be introduced to mentoring through a mixture of curriculum, sports, law enforcement and community engagement, in a fun and interactive way.

Bringing together a collaborative experience with our PAL Sports programs, will allow your child a hands on experience with a mixture of self-defense, wrestling, boxing and martial arts lessons. These will be NO CONTACT sports, providing general workshop lessons for all levels to participate in a safe and supervised environment.

JUNE 6 - AUGUST 5, 2022

Monday - Friday 2:30pm - 5:30pm

djobe@palmentoring.org or 530-354-9184

Connect to Critical Resources

2-1-1

What Is 2-1-1?

2-1-1 is a free, confidential telephone helpline and website that connects people with local resources they need. People of all ages can quickly get information and referrals to health and human services in over 150 languages. We're here 24 hours a day, seven days a week, for both everyday needs and times of crisis.

How Can I Access 2-1-1?

By phone:

From Tehama County, dial 2-1-1 toll-free from any phone, cell or landline. You will talk with a live, trained service professional in your area.

To reach 2-1-1 NorCal resources from a phone outside the county, use the county's 800 number:
2-1-1 Tehama: 1-866-963-8182

By text:

You can text your zip code to TXT211 (898-211) to talk with a live specialist, 24 hours a day, seven days a week, 365 days a year. This two-way texting service is available in English and Spanish.

*Standard message and data rates may apply. Text STOP to opt-out. For end-user privacy and terms and conditions of texting with 898-211, visit www.preventionpaystext.com/policies.



Miercoles Move!

June 29th and July 27th

First 5 Tehama will lead a family fun movement experience at a local public nature space. Follow @first5tehama for details. Options may include Adobe Park, Red Bluff Diversion Dam, or Sacramento River Bend Area.

#nature=stressbuster #movement=stressbuster

POP UP BOOK CLUB!

First 5 Tehama will host a few POP UP Book Club events over the summer. Stay tuned and watch @first5tehama on Facebook and Instagram for details. OR join the Book Club to ensure you get details ahead of time!

BOOK IT Tehama Challenge

June 6 - July 29, 2022

First 5 and Expect More Tehama are combining forces for a "BOOK IT" Challenge!

Some of the most amazing places to read a book require you to book it to get there. We want to see pictures of you and your family "booking it" to find that special place to read. The 2022 Challenge will run for 8 weeks beginning June 6. We want to see your Tehama pride in exploring new breathtaking views, special secret spots, or new to you hikes - all for the purpose of finding a special place to read a book. Post a picture to @expectmoretehama or @first5Tehama, and your name will be entered into a drawing for a grand prize. Two grand prizes will be given away!

SUMMER 2022

Visit Lassen

[HTTPS://WWW.NPS.GOV/LAVO/INDEX.HTM](https://www.nps.gov/lavo/index.htm)

Ranger-led Programs Information about daily program offerings will be posted outside the Loomis Museum and Kohm Yahmah-nee Visitor Center, when available.

Field Seminars Delve into nature photography in a two-day workshop or take a guided hike with Lassen Volcanic hiking book author Tracy Salcedo. Reservations are highly recommended. Course fees directly benefit the park. Learn more at go.nps.gov/lavo/seminar.

Hiking

Climb volcanoes, marvel at hydrothermal areas, explore lakeshores, and so much more. Choose from a selection of easy to strenuous day hikes listed by park area on pages 10 and 11.

Swimming The high-elevation lakes in the park offer a refreshing reprieve from summer heat. Entering thermal waters is prohibited and extremely dangerous (learn more on page 7). Tread Lightly on Lakeshores and Wetlands. Help protect these sensitive habitats by staying on hard surfaces and off of flowers. Learn more on page 15.

Picnicking Enjoy lunch at any of the scenic spots along the park highway, or find a picnic table at Kohm Yah-mah-nee Visitor Center, Lake Helen, Manzanita Lake, Kings Creek Picnic Area (charcoal disposal available), Butte Lake (charcoal grills available), or along the northern shore of Summit Lake.

Backpacking Expect temporary trail closures in the eastern portion of the park. Learn more on page 11.

Experience Wilderness Venture just beyond the highway to enter Lassen Volcanic Wilderness and experience nature at its wildest. 75% of the park is designated Wilderness and is managed to minimize human influence and preserve natural conditions. View Lassen Volcanic Wilderness Area on the park map on page 2 of online [Summer 2022 Guide](#).

Wildflower Viewing Blooms appear May through September in park meadows and valleys, and along lakeshores. View a wildflower guide at go.nps.gov/lavo/flora or purchase one at Lassen Association stores (pg 4). Learn how you can help foster park wildflower populations like the rare Lassen Paintbrush on page 15.

Biking Bikes are welcome on roads and parking areas (not on hiking trails). There are no bike trails in the park. Helmets are highly recommended for adults and are required under California law for children age 17 and younger. Biking on the park highway is recommended only for experienced riders; there are no shoulders or bike lanes. Road cyclists must ride single file and be attentive to passing vehicles that may not be aware of cyclists. Bicyclists may also use the gravel roads into Butte and Juniper Lake areas and Warner Valley road (13 miles pavement then 3 gravel). See map on page 16.

Boating Boating is popular on Manzanita Lake, Butte Lake, Summit Lake, and Juniper Lake. Only non-motorized watercraft are permitted. Put in and take out is restricted to designated boat launches at Manzanita and Butte Lakes. Watercraft are not permitted on Boiling Springs Lake, Emerald Lake, Reflection Lake, and Lake Helen. Children under 13 years of age must wear a Coast Guard-approved life jacket.

Fishing 2022 California free fishing days: 7/2 and 9/3 California fishing regulations apply to all areas within the park. A California license is required; children under 16 years of age do not require a license. Fishing is not permitted at Manzanita and Butte Lake boat launch areas or in Manzanita Creek above Manzanita Lake (to protect nesting birds, spawning fish, and their habitats). Fishing in Manzanita Lake is limited to catch and release with artificial lures (no bait) and a single, barbless hook only. Lakes with trout species include: Manzanita, Butte, Horseshoe, Ridge, Terrace, Summit, Snag, and Crystal. Creeks with fish include: North Fork Bailey, North Arm Rice, Hat, Hot Springs, Kings, Summit, and Grassy.



JUNIOR SUMMER GOLF PROGRAM FOR GIRLS AND BOYS

Wilcox Oaks Golf Club

June 11-July 23

6 Tuesdays (except 7/2) / Ages 6-16

Four Golfer Groups:

- Advanced (18 holes) 8am
- Intermediate (9 holes) 9am
- Lightly skilled (4-6 holes) 10am
- New & Young (2-hole golf) 11am

Prices

Wilcox Oaks Members (children and grandchildren) \$60

Non-members: \$90

*\$10 discount per child after first registration

For more information, please call the Wilcox Pro Shop:

530-527-7087

Parental volunteers needed for on-course golfers

Reservations are first come, first served, with submitted application and full advance payment. Early action recommended.

20995 Wilcox Golf Road, Red Bluff/ / www.Wilcoxoaksgolfclub.com



fun & creative activities for kids!

ANIMATION
ARTS & CRAFTS
CODING
TINKERING
AND MORE!

FREE CLASSES!

Register at:
bit.ly/TCDEevents

Or scan the QR code below using your phone's camera app:

TCDE MAKERSPACE
1135 LINCOLN STREET
RED BLUFF, CA 96080
WWW.TEHAMASCHOOLS.ORG
SYERRA QUIGLEY 530-528-7310

WWW.EVENTBRITE.COM

Tehama County Department of Education - Makerspace

1135 Lincoln Street, Red Bluff

Contact: Syerra Quigley / 530-528-7310

squigley@tehamaschools.org

Tehama County Makerspace is hosting free workshops throughout the month of July!

Registration is recommended for each Makerspace workshop. Workshops will be posted on the [Tehama County Department of Education Facebook page](#) and on the Makerspace website at bit.ly/maker-events. Workshops will be posted by mid June.

Scan the QR code to visit the Makerspace website: bit.ly/maker-events

SPORTS & EXERCISE

Exercise is a great way for children to manage stress and ease feelings of anxiety and depression. Being physically active with your children is even better! It's healthy for your brain and body, and it can be a lot of fun for both of you! Exercise is also a good way to fight the effects of toxic stress. It can reduce the risk of obesity and other health problems such as diabetes and heart disease. Daily physical activity for children can help improve behavior and concentration, boost the immune system, and reduce stress hormones—all are areas that can be affected by Adverse Childhood Experiences (ACEs).

Here are some ideas to help your children get enough exercise:

- **Turn off the screens.**

Encourage active play inside or outside. Make physical activities like a regular walk or a swim part of family life. Limit screen time, including phones, televisions and other screen devices, to 1 hour per day.

For children under 18 months old, screen time other than video chatting (so that they can talk to family, friends or grandparents) should be discouraged. Children 18–24 months old should not watch screens alone.

- **Plan ahead for play.**

Make sure your child has a time and place to play. If exercise isn't a priority, it won't happen. Put it on your calendar and plan active family outings. Playing together will promote strong family health and also provide a great bonding opportunity!

- **Provide active toys.**

Think balls and hula-hoops. Keep an eye out for used bikes, tricycles, and ride-on toys. Just having these things around can help you and your child sneak in active time. Look for a list of nearby community parks and other resources that support active play.



Copyright 2018: Center for Youth Wellness and ZERO TO THREE



SOURCES
American Academy of Pediatrics. (2018). Where we stand: Screen time. Retrieved from <https://healthychildren.org/English/family-life/Media/Pages/Where-We-Stand-TVViewing-Time.aspx>
Burke Harris, N. (2018). The deepest well: Healing the long-term effects of childhood adversity. New York, NY: Houghton Mifflin Harcourt. Centers for Disease Control and Prevention. (2018). Physical Activity Facts. Retrieved from <https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>
Martikainen, S., Pesonen, A. K., Lahti, J., Heinonen, K., Feldt, K., Pyhala, R., . . . Raikonen, K. (2013). Higher levels of physical activity are associated with lower hypothalamic-pituitary-adrenocortical axis reactivity to psychosocial stress in children. *J Clin Endocrinol Metab*, 98(4), E619-627. doi:10.1210/jc.2012-3745
Office of Disease Prevention and Health Promotion. (2018). Chapter 3: Active children and adolescents.
Timmons, B. W. (2007). Exercise and Immune Function in Children. *American Journal of Lifestyle Medicine*, 1(1), 59-66. doi:10.1177/1559827606294851

USING MINDFULNESS



Mindfulness is paying attention to the present moment. It is the process of being aware of the thoughts, feelings, and sensations happening inside you, and tuning in to what is happening around you.

It is easier to be mindful in your everyday life when you practice regularly. The good news is that you can practice anytime! The more you do, the faster it becomes a habit, and the more easily your stress response calms down! Apps and websites provide easy ways to try different kinds of mindfulness practices—you can even practice with your child or a friend! Other ways to practice include paying close attention to details while playing with your child, walking, driving home, or exercising. Research shows that mindfulness can help reduce all kinds of stress, including the stress of parenting.

Breathing practices can be a nice addition to your child's bedtime routine. Prompt your child to try breathing deeply when she feels stressed or worried. Set a good example by doing it yourself, and model how to take deep breaths when you are stressed. For example, you might say, "I am so frustrated by this traffic. But I can't change it! Please help me calm my body and mind by taking three deep breaths with me." Afterward, talk to your child about how it felt. This might be "Wow, I was very upset, but then I took three deep breath and I feel much better now!"

Children who have experienced Adverse Childhood Experiences (ACEs) may have difficulty getting themselves back to a relaxed state once they become stressed.

Belly breathing is one easy strategy you can teach to your children, and also try yourself:

- Have your child sit or lie down.
- Have your child place one hand over the belly, the other hand over the chest.
- Model how to inhale through the nose and feel the belly rise.
- Exhale through the mouth and feel the belly lower.
- Repeat three to five times.
- Make it fun by pretending to blow out a candle or that you're blowing up a balloon as they inhale and exhale. You can also have your child hold a stuffed animal on his belly and watch it move up and down while they breathe deeply. These "breathing buddies" can help children see and feel what deep breathing looks like, so that both their brains and bodies remember. This will help make mindfulness and breath relaxation exercises a healthy habit for life!

STRESS BUSTERS FOR PARENTS



Want to learn more about ACEs? Visit <https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/>

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Expect More Tehama is a broad range of community members engaged in a movement to address local issues in education by convening people, fostering relationships and discovering community together. We promote educational equity, economic prosperity and lasting growth.

