



A Message from
Pete Caldwell



Staff Update



Triple P

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Spring 2019

Developmental Playgroups Teach Skills & Ease Worries

Our We Play developmental playgroups provide parent/child playgroup sessions to assist a child when developmental concerns have been identified through a screening or assessment.

Funded by First 5 of Contra Costa County, this program helps address a child's issues prior to entering the school district. The playgroup is facilitated by an early childhood specialist and designed with fun activities to promote each child's language and motor skills, problem-solving abilities, and social interaction.

The story below is one of hundreds from the work we do through this program:

My sweet little girl "Bianca" was referred to We Play by the Bay Point First 5 Center. As her mother, I was concerned about a few things, including her speech, fine motor skills, and socialization. Since Bianca is an only child, sharing and taking turns was very difficult for her. I knew I needed ideas to help me support her progress.

During the playgroups, I spent wonderful quality time with my daughter – dancing, singing, playing board games, and going to the park – and I began to see important changes in her. By the end of our second session, Bianca's vocabulary and fine motor skills had already started to improve. She was repeating words, able to hold a crayon, and showing interest in scribbling. Sharing and taking turns became easier as well.

I feel so grateful for this playgroup! I appreciate all the valuable information discussed in class and the weekly handouts are great reference tools.

I had previously been frustrated and worried about her, but this program really helped better my parenting skills and now I know what to expect. Learning different ways to recognize her needs and how to work with her has made a huge difference at home.

Bianca now enjoys playing with other children. She knows when circle time is beginning and she likes the songs, plus she loves to shout out her name!



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At We Care, we protect the privacy of children in our care even when their parents give us permission to tell their stories. Therefore, while the families' stories are true, names and images are likely to be changed.



A Message from:

Pete Caldwell, Executive Director



Dear We Care Family,

I hope our newsletter finds you and your family enjoying this beautiful spring!

I want to update you on the agency planning I've been referencing in our most recent newsletters. In January, the board and leadership team finalized a particularly exciting set of goals. It's been a great experience, and I'm grateful to a lot of folks for a thoughtful and informative process.

Our goal-setting has focused on three major themes:

- 1 A revamp of our programs for children with developmental concerns:**
 - to continue to align with new trends in best practices, and
 - to help us thrive in the face of anticipated shifts in government funding priorities.
- 2 An expansion of our mental health services** to include new parenting groups for families with at-risk infants, including newborns whose first days and weeks were spent in neonatal intensive care.
- 3 An expanded and targeted fundraising plan:**
 - to ensure our ability to provide innovative programming that reaches children who would otherwise go without help, and
 - to connect our supporters to specific areas of interest.

These changes will enable us to learn, improve, and further our efforts to create the best possible programs and services to a community that needs us. They include new partnerships with Kaiser and John Muir hospital systems, and an expanded We Care board of directors.

A big thanks to all the incredible staff, board, and volunteers who helped this important project – and all our efforts – come to fruition!

I'm excited too that our spring online fundraiser is coming up in May. Every year, we depend on the remarkable generosity of the We Care family to reach more and more children in need. We hope you can continue to help – and you probably won't be surprised to hear we'll be letting you know how you can!

For almost 60 years, the funds we've raised for our programs have allowed thousands of children to reach their potential and exceed their parents' dreams. And because of you and your philanthropy, we CAN plan for a future where We Care's impact only increases.

I sincerely thank each and every one of you for what you've done to help keep We Care focused on doing what it does best.

Thank you!

Pete Caldwell



We Care's Training Coordinator, **Roxanne Bellotti**, recently graduated from the Early Childhood Trauma Training of Trainers Apprenticeship program.

This program – funded by First 5 Contra Costa – enables participants to:

(L to R) Roxanne Bellotti (We Care Training Coordinator), Wanda Davis (First 5 Program Manager), Dr. Kelly Ransom (We Care Mental Health Director)

- **Develop deep knowledge of early childhood trauma as viewed through the various lenses of traumatic impact (historical, political, developmental, neuroscience)**
- **Become grounded in trauma theory, principles, and practices that affect young children**
- **Learn strategies to promote resiliency and protective factors in young children**
- **Enhance facilitation skills**

This is an incredibly important program for our county. As Roxanne noted, “The content from this training supports caretakers to understand challenging behavior and respond to it with compassion and skill.”

At the graduation ceremony, County Supervisor Candace Anderson presented Roxanne's certificate “in recognition of your deep commitment and leadership in building a Trauma-Informed Early Childhood System of Care for our youngest citizens.”

Congratulations, Roxanne, and thank you for helping We Care be better prepared to meet the needs of our community's most vulnerable children!



workplace giving

We Care is so appreciative to our supporters who donate through workplace campaigns. If your company has workplace giving, please consider choosing We Care.



we care videos

To hear about your impact on one We Care client, go to wecarechildren.org/videos and watch “Michael's Story.”





Effective Parenting Training - Triple P



We Care is one of the agencies in Contra Costa County that is trained to provide **Triple P – Positive Parenting Program®** – a parenting/family support system designed to prevent and treat behavioral and emotional problems in young children.

Triple P aims to avert problems in the family, school, and community before any issues arise, and to create family environments that encourage children to realize their potential.

Many of the participating parents have received a referral to the program through Child Protective Services – and for these families, change is absolutely critical. In some cases, children have been removed from their homes and through Triple P, parents learn the skills needed to have their children returned.

Triple P is very effective because our staff trainers meet individually with each participant to help them create an approach customized to their family's unique strengths and issues. The goal is for every family to develop positive relationships, attitudes, and conduct.