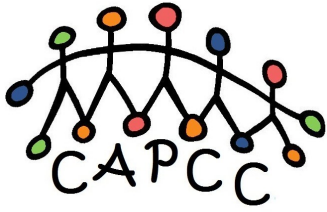


Spring 2025

Volume 29

Caring for Yourself and Your Children



Beauty in Resilience: Integrating Wellness into Every Practice

By Christina Chu

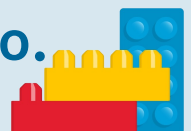
Many people will tell you that they love Humboldt County for the beautiful and abundant wonders of nature. It's a place that is unmatched and unique, with awe inspiring trees, snow in the mountains, crisp clear rivers, and gorgeous (if cold) beaches. Some will tell you the beauty of Humboldt County is not just outside, but in each of us too.

What are we getting at here? Maybe you can take a minute with us and find out:

Just for this minute, you might imagine each breath you take is a hiking trail or a mountain; your inhale is the slope up, your exhale is the slope down. If you drew it on a piece of paper, maybe you'd see a mountain range of towering peaks or a scene of sloping hills. Maybe you'd see your landscape is mixed and changing, needing switchbacks to get up but then sliding down easily. You can pull in images of that beautiful Humboldt scenery and wrap it around your breath – trees pop up along the trail, waves calmly hit the shore.



Some will tell you the beauty of Humboldt County is not just outside, but in each of us too.



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Did your hiking trail change along the way? How does noticing your breath feel as you picture different scenes? What moments felt the best to you in your body? How can we emulate that more pleasant breath, that more pleasant feeling, in a way that is healthy for you?



What you're reading about is tracking, a foundational skill taught by the [Community Resource Model \(CRM\)](#)[®] which was developed by the [Trauma Resource Institute](#). CRM shares that all human beings have physiological responses that are tied to our emotions and reactions to stress. This model focuses on what we can consciously do to help reinforce those pleasant reactions and restructure responses that don't serve us. Tracking is the foundational skill because it helps us identify what is working for us by monitoring the body's reactions and sensations.



Models like this - that highlight the beauty in resilience and showcase the strength of our people - are some of the most accessible tools we can teach our communities. First 5 Humboldt looks forward to sharing the skill of tracking and other CRM wellness skills at upcoming workshops through the Welcome Baby: Pathways to Resilience program and has also incorporated some key concepts of the CRM model into other community engagement efforts.



Whether you're looking to join an existing workshop or host a [First 5 Humboldt](#) CRM workshop for your team, we'd love to share these tools with you. Reach out today and we'll talk about options that are right for you or your team.

Welcome Baby: Pathways to Resilience & the Family Spirit Home Visiting Model

In preparation for Welcome Baby: Pathways to Resilience Program services being available for families, program staff will be attending the John Hopkins Family Spirit Home Visiting training. The Family Spirit Program is an evidence-based strengths-based home visiting model that was developed for and with indigenous communities that aims to support families in gaining knowledge and skills to assist in the physical, emotional, cognitive and the overall development of their children.

There are a total of 65 lessons included in the curriculum that are facilitated by a Community Health Worker or Community Health Representative with information addressing families' needs through pregnancy to age three. This curriculum has recently expanded to include more maternal and newborn related health content and will be a perfect fit for our program.

Some of our partners in the project have had a lot of experience using this home visiting model and some partners have little to no prior experience, so we look forward to assisting them in getting staff trained since this expansion of the curriculum and reinvigorate the use of this tool when providing care to families as it can be so valuable.



First 5 Humboldt

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Hours

Monday through
Thursday
9:00 am – 5:00 pm
Fridays, 9:00-noon
or by appointment



[@first5humboldt](https://www.instagram.com/first5humboldt)

<https://www.first5humboldt.org>



First 5
HUMBOLDT
Tomorrow Starts Today



Nature Walk: Tuning into the Five Senses

By Melissa Reed

As Spring approaches and the days grow longer, consider taking a sensory nature walk with your little(s) to appreciate the beauty of the changing seasons! Get in touch with yourself, connect with your young one(s), and inspire curiosity, appreciation, and coregulation by tuning into the five senses together.



Smell: What can you smell? Notice how scents change as you keep walking. If you're walking in an urban area, does the asphalt/cement have a smell? Has it rained recently? Is a neighbor mowing their lawn? Are there any blossoms on the trees that you can smell? You might even experiment with closing your eyes to better tune into the scents around you. How does that impact your sense of smell?

Sight: What can you see around you? What colors stand out? Can you notice the sky - what happens if you look up while walking? Maybe try initiating a game like "I Spy" to playfully invite your little to notice the small details of their surroundings.

Taste: Are there any lingering tastes on your tongue? How does the air taste? If you have water with you, consider the "flavor" of the water. Is it crisp? Slightly sweet?

Sound: Pretend you are a radar detector picking up on the sounds in your surroundings. What jumps out at you immediately? Try to decipher between faraway and close-up sounds. Can you hear birds? Wind? Other people? What happens to the sound when you turn your head to the left and the right? How does that change it? What about if you cup your hands behind your ears and push your ears forward? Or when you cover one ear? Play around with it!

Touch: Notice your hands. What does it feel like to walk with them by your sides? How does the air feel against them? Is it cold, dry,



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misty? Can you feel when you move through patches of sun? If you have pockets, put them in your pockets for a little bit – what does that feel like? Are there any trees or plants that you can lovingly and gently explore with your fingers?

As you wrap up your walk, take a moment to notice how you feel and consider extending gratitude to yourself for taking care of your body. Invite your little(s) to do the same!

Praising Your Child By Jeanne Gordon

The Child Abuse Prevention Center shares that praise is just as important as providing food and shelter for a child. When you praise a child, you increase their overall sense of self-worth. It is an important part of raising a confident child. Even better, it's an easy thing to do that can have a big impact!



When you praise your child, use your words to describe what you see.



- “I like the way you put your dishes in the sink. That was really helpful.”
- “You worked hard to learn how to ride your bike. I bet it felt really good when you did it on your own.”
- “You were being so patient taking turns playing with that toy. I bet your friend really appreciated that.”

Consider using gentle and positive touch, such as putting your arm around your child, hugging them, or giving a “high five”. That can make the praise even more memorable!

CASA of Humboldt

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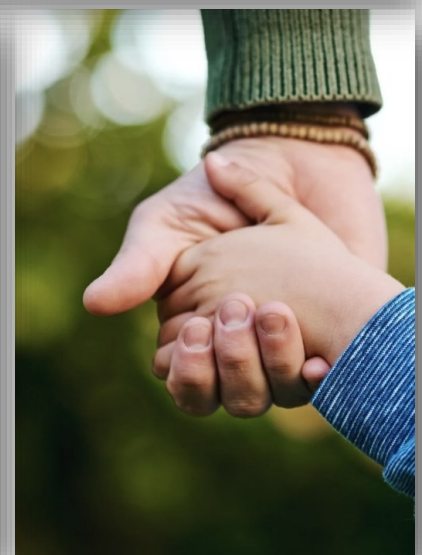
Child Abuse is Preventable By Cindy Sutcliffe

Child Abuse is preventable. Our local CAPCC knows this and national organizations do too. The Centers for Disease Control and Prevention notes these key points:

- Offering children safe, stable, nurturing relationships and environments prevents child abuse and neglect.
- Training and treatment for children and families can reduce short- and long-term effects of child abuse and neglect.
- Everyone has a role to play in the prevention of child abuse and neglect.

Raising children can be challenging – ask for help when needed. Reach out to babysitters, family members, or close friends. Discuss your concerns with your child's doctor. Reach out to your local Family Resource Center to find out about support groups or programs for parents and caregivers. Learn how to handle common parenting challenges and improve skills so you can enjoy helping your child grow with the [CDC's Essentials for Parenting Toddlers and Preschoolers](#) or [Essentials for Parenting Teens](#). Google CDC – Child Abuse Prevention to learn more.

This summer be on the lookout for the Family First webpages on [CAPCC's website](#) offering lots of good, local suggestions on ways you, any of you, can prevent child abuse.



It Takes a Village By Forrest Archer

Preventing child abuse and neglect is a community effort. Mr. Rogers, who you may remember as the face of PBS's long-running preschool show "Mister Rogers' Neighborhood," always reminded us, "There is only one person in the whole world like you, and people can like you just because you're you." When we can have love and compassion for ourselves, we open ourselves to love and compassion for others. Raising children is a demanding task. For some, it may be the hardest thing they have ever done, even when they love every minute. Supporting our neighbors, friends, and families - whether that's emotional or tangible support - creates the safety net of community that leads to healthier, happier children with healthier, happier caregivers.

I also wanted to share a few more words of wisdom from Mr. Fred Rogers as we navigate uncertain times together - as neighbors:

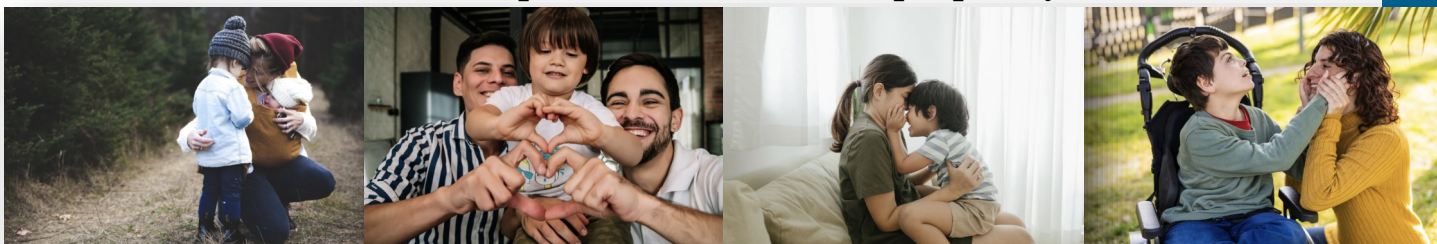
"You are special and so is everyone else in this world."

"Whatever is mentionable can be more manageable."

"Imagine what our neighborhoods would be like if each of us offered, as a matter of course, just one kind word to another person."

"Anyone who has ever been able to sustain good work has had at least one person - and often many - who have believed in him or her."

"We live in a world in which we need to share responsibility. It's easy to say 'It's not my child, not my community, not my world, not my problem.' Then there are those who see the need and respond. I consider those people my heroes."





Digital corkboard for Spanish speaking community members.

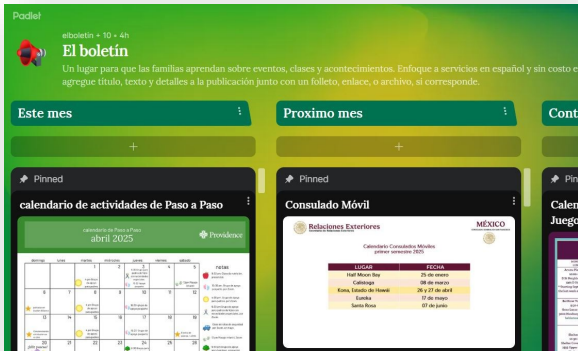
Paso a Paso (Step by Step), a program that provides a wide variety of classes, support groups and community events to Spanish speaking individuals and families in Humboldt County, is hosting a new digital corkboard called “[El boletín](#)” on the Padlet platform.

“El Boletín” is for families to learn about events, classes, and happenings and is focused on free Spanish-language services in Humboldt. Community partners are encouraged to submit flyers and posts in Spanish as well as share the link with clients and patients.

Paso a Paso

[Paso a Paso | Providence](#)

[El boletín](#)



California Parent and Youth Helpline

The California Parent and Youth Helpline was launched by Parents Anonymous in 2020 in partnership with Governor Newsom and the California Department of Social Services. The helpline is available by phone, text, and chat 12 hours a day, 7 days a week, from 8AM-10PM in English, Spanish, and other languages. Parents Anonymous provides resources and emotional support to parents and youth in California to improve the lives of families. Parents Anonymous also conducts weekly online parent support groups.



<https://caparentyouthhelpline.org/>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SPRING INTO WELLBEING

Child & Family Activities Calendar

Click on the words to view resources and activities.

[Food for People](#)

[First 5 Humboldt](#)

[Humboldt Family Resource Centers](#)

[North Coast Growers Association](#)

[211 Humboldt](#)



[Indoor/backyard camping](#)

[LEGO building contest](#)

[Silly dress up](#)

[Self-Care Checklist for Dads](#)



[Trivia night](#)

[Apply for CalFresh here](#)

[Do a science experiment](#)

[Pajama party](#)

[Screen Time Recommendations](#)

[Certified Farmer's Market Locations](#)

[Parent and Child Yoga](#)

[Downloadable Poster: How Are you Feeling Today?](#)

[Make pizza](#)

[Dance party](#)



[Scavenger Hunt](#)

[Humboldt Library Events](#)

[Family history tree](#)

[10 Free Spanish Apps and Games for Children and Parents](#)

[Make s'mores](#)

[Make your own pinwheel!](#)



[Indoor picnic](#)

[How to make a Journey Stick](#)

[Book club night](#)



[Write a story](#)

[The Feelings Book](#)

[Video game tournament](#)

[The Toddler Toolbox Free Downloadable PDF](#)

[NASA Kids Club](#)

[Karaoke night](#)

[Photo activities](#)



[Divorce and Co-Parenting Love Out](#)

[Build paper airplanes](#)

[Meditation for Kids](#)

[Play hide and seek](#)



[The Importance of Healthy Touch](#)

[Play charades](#)



[Bubble-blowing contest](#)

[Learn magic tricks](#)

[Drowning Prevention](#)



[Puzzle night](#)

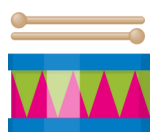
[Bike Safety](#)



[Stargazing](#)

[Five Super Body Safety Rules](#)

[Get crafty](#)



[Movie night](#)

[American Red Cross Emergency Preparedness](#)



[Dr. Maya Angelou: "Be a Rainbow in Someone Else's Cloud"](#)

[Go to the beach](#)

[Ride bikes](#)



[Fire Safety Safe - Kids Worldwide](#)

[Bake cookies](#)





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The Child Abuse Prevention Coordinating Council of Humboldt County is a broad-based non profit advocacy organization that works to eliminate child abuse and neglect in our community through (1) striving to assure coordinated services and policies for the prevention, intervention and treatment of child abuse among agencies and organizations, (2) actively promoting and supporting high-quality programs that successfully reduce child abuse and neglect and (3) increasing public awareness of resources to help prevent child abuse and decrease family stress.

CAPCC Mission

Strengthening
community
connections to
promote safe,
healthy, resilient
children & families in
Humboldt County.



[@capcchumboldt](https://www.instagram.com/capcchumboldt)



Special Thanks to:

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Leticia Padilla Navia

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Please consider joining us to create a safer community for our children and fill out a general membership application, a short process and completely free. It is available on our website: www.capcchumboldt.org.