

# COMMUNITY HUBS

WHERE FAMILIES ARE  
HEALTHY, CARING, LEARNING & GROWING

Hubs offer groups, programs, and activities for families with children ages 0 - 18. Come to your Hub and find ways to:



## VISIT THE DOCTOR REGULARLY

Monitor your child's physical and emotional development to keep them healthy.

## NURTURE YOUR CHILD

Strengthen your family by building positive relationships.

## TALK, READ, AND SING DAILY

Read to your child every day to have a strong bond and build your child's brain.

# WHERE IS YOUR HUB?

## HUB 1

**El Dorado Hills Library**  
7455 Silva Valley Prkwy.  
El Dorado Hills, 95762  
(916) 358-3500

## HUB 4

**Georgetown Library**  
6680 Orleans St.  
Georgetown, 95634  
(530) 333-4724

## HUB 2

**Cameron Park Library**  
2500 Country Club Dr.  
Cameron Park, 95682  
(530) 621-5500

## HUB 5

**South Lake Tahoe Library**  
1000 Rufus Allen Blvd.  
South Lake Tahoe, 96150  
(530) 573-3185

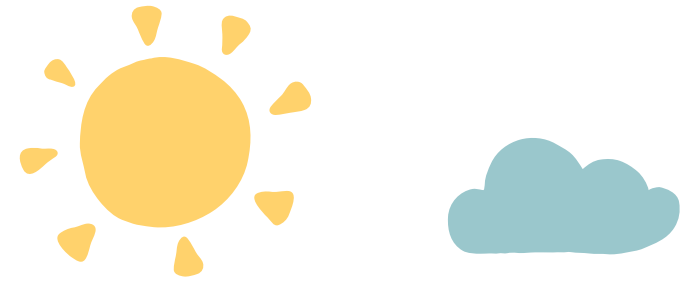
## HUB 3

**Placerville Library**  
345 Fair Ln.  
Placerville, 95667  
(530) 621-5540

VISIT YOUR  
COMMUNITY HUB  
TO LEARN MORE!

Community Hubs are a partnership between First 5 El Dorado, EDC Library, EDC Early Care and Education Planning Council, EDC Child Abuse Prevention Council, EDC Health and Human Services Agency's Maternal Child and Adolescent Health Program and Mental Health Services Act.

Updated October 2017



# LET'S TALK ABOUT PARENTING



EL DORADO COMMUNITY



[www.First5ElDorado.com](http://www.First5ElDorado.com)

or find us on Facebook



[#](http://www.facebook.com/CommunityHub)

## WHY IS UNDERSTANDING MY CHILD'S DEVELOPMENT IMPORTANT?

Your child's behavior is linked to their development. The more you understand about your child's behaviors, the more connected you will be and the better you can express care and love to them.

## YOU ARE YOUR CHILD'S FIRST AND MOST IMPORTANT TEACHER

Make time each day to connect, talk and play with your child. Children who feel cared for and loved develop stronger social-emotional skills like confidence and self-esteem, which make it easier for them to manage their emotions so they can do better in school and beyond.

## WHAT CAN I DO?

Complete a developmental check-up using the Ages and Stages Questionnaires (ASQ and ASQ:SE) available in the library or at [www.First5EIDorado.com/resources](http://www.First5EIDorado.com/resources). Understanding your child's development brings you closer, and helps parents teach their child the social-emotional skills they need to learn and grow. Connect with other families and parenting resources by attending playgroups and parenting workshops offered through your Hub.



LET'S SEE WHAT YOU CAN DO NEXT!

## HOW DO I KNOW?

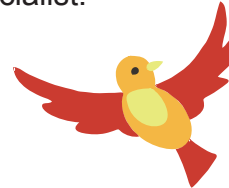
Parenting is part natural and part learned. As your child grows, they will reach new milestones and each stage will bring a new way to connect. When parents and caregivers learn to recognize the feelings behind their children's behaviors, parenting is easier. Stay in tune to your child's feelings as they grow and complete regular developmental check-ups.



## WHO CAN I TALK TO?

If you have parenting questions, concerns or you need to be connected to other community resources, you can contact a Family Engagement Specialist:

Hub 1 & 4  
Katie Rinehart  
(530) 919-6898



Hub 2 & 3  
Jesus Cordova (bilingual English/Spanish)  
(530) 957-3153



Hub 5  
Leigh-Ellen Yarbrough  
(530) 295-2337

## HUB ACTIVITIES

### For parents and children 0-5:

- ★ Play & Learn Groups (guided play time with parenting topics and information).
- ★ Connection to parenting resources and classes.
- ★ ASQ Kits available for check-out.
- ★ Family Engagement Specialists available during office hours for individual questions and assistance in completing an ASQ.

*Call or visit your Hub for current office hours.*

To learn more and find schedules of Hub activities, visit [www.First5EIDorado.com/community\\_hubs](http://www.First5EIDorado.com/community_hubs)