

Care1st Avondale Resource Center Newsletter

April 2016

Volunteer Income Tax Assistance (VITA) Blow-Out



The Care1st Avondale Resource Center is hosting its Annual Volunteer Income Tax Assistance (VITA) Blow-Out on Saturday, April 16, 2016 from 9:00 a.m.-

1:00 p.m. Tax preparers will be on site and ready to assist you with your 2015 income taxes. This is a great opportunity to get your income taxes prepared at no cost without worrying about having to file for an extension.

What to Bring:

- Social Security cards, ITIN letter or cards for all members of the household.
- Picture ID for taxpayer and spouse.
- Proof of income with W-2 or 1099 forms
- Name, address, and tax ID number of child care provider. Plus, amount paid to child care provider for 2015.
- Account and routing number for direct deposit.
- Copy of last year's tax return.
- If filling jointly, both adults must be present to sign.

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Screenings Can Detect Learning Problems *Before* Kindergarten



Just as mammograms or prostate exams help detect diseases earlier in adults, periodic screenings of infants, toddlers and preschoolers can help identify issues that can become learning challenges later on. According to the CDC, about 13% of U.S. children between 3 and 17 have a developmental or behavioral disability. In addition, many children have delays in language or other areas that can affect school readiness. However, fewer than half of children with developmental delays are identified before starting school, meaning significant delays might have occurred and treatment opportunities may have been missed.

The American Academy of Pediatrics recommends that all children be screened for developmental delays and disabilities during regular well-child doctor visits at 9 months, 18 months, and 24 or 30 months. Hearing and vision screenings are done before newborns leave the hospital and at every well-child visit. If your child's doctor does not routinely check your child with these types of screenings, you can ask that they be done.

First Things First recognizes that early intervention is key to keeping developmental delays or sensory issues from becoming learning problems. Through our partnerships with child care centers, preschools and voluntary home visitation programs, last year more than 25,000 screenings were completed on kids birth to 5 years old. We also partner with parents to ensure children get the necessary referrals for follow-up services that can help. If you are a parent or caregiver of a child 5 and younger, you can make a difference by monitoring your child's physical, mental, social and emotional development.



Please remember that all children develop at different rates; what is typical for other children may not be the same for yours. If you're unsure whether your concerns warrant a doctor's visit, call the toll-free, statewide Birth to 5 Helpline (1-877-705-5437). There, nurses and developmental experts will give you tips on which milestones your child should have achieved for their age and help you decide if a screening is needed. By working together, we can ensure that all young kids are on track to start school healthy and ready to succeed!

Sam Leyvas is the Interim Chief Executive Officer at First Things First. He can be reach at sleyvas@azftf.gov.

Avondale KidFest



Join us for “Avondale KidFest” on Saturday, April 9, 2016 from 10:00 a.m.-1:00 p.m. at Friendship Park in Avondale as we kick off the “Week of the Young Child.” This family-friendly festival will celebrate, “the early years are learning years!” Participate in a fun, outdoor event filled with activities and entertainment geared toward young children. Our focus is family fun, kids’ activities, entertainment, education, healthy lifestyles and safety. “Avondale KidFest” is open to the public and available at no cost. Please call 623-333-2703 for more information.

Southwest Nutrition and Physical Activity Program

Take part in the “Southwest Nutrition and Physical Activity Program” on Friday, April 8, 2016 from 10:00 a.m.-12:00 p.m. at the Care1st Avondale Resource Center for a fun parent and child interactive class! You will learn engaging physical activities to do with your children and new tips on eating healthy. This class is offered at no cost and it is for parents and children 0-5 years old. For more information or to register, call 623-333-2703.



Arizona Science Center: Bugs and Blooms



The Arizona Science Center presents, “Bugs and Blooms” on Tuesday, April 5, 2016 from 2:00 p.m.-3:00 p.m. at Care1st Avondale Resource Center . The relationship between bugs and blooms is an important one for all life on Earth. Children, ages 3 to 5 years, will have the chance to observe similarities and differences between various insects in the insect collection and learn their importance for pollination of the many plants that surround us. Children will also create their own germinator pouch and biodegradable planter to take home. To register, call 623-333-2703.



Upcoming Events

April 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- Taking Turns Toybrary: Apr. 7, 14, 21, 28 — 9:30 a.m.-1:00 p.m.
- Arizona Science Center: Apr. 5 — 2:00 p.m.-3:00 p.m.
- Developmental, Hearing & Vision Screenings: Apr. 19 — 1:00 p.m.-3:00 p.m.
- Goodwill Career Services: Apr. 4, 11, 18 & 25 — 1:00 p.m. -3:00 p.m.
- Play & Learn Play Group: Apr. 7, 14, 21 & 28 — 10:00 a.m.-11:00 a.m.
- Nurturing Parents Raise Great Kids: Apr. 5, 12, 19, & 26 — 9:00 a.m.-11:00 a.m.
- Open Sat.: Apr. 16 — 9:00 a.m.-1:00 p.m.

- Vita Blow-Out: Apr. 16 — 9:00 a.m.-1:00 p.m.
- VITA: Apr. 5 & 12 — 5:00 p.m.-7:00 p.m.; Apr. 2, 9, & 16 — 9:00 a.m.-1:00 p.m.
- KidFest: Apr. 9 — 10:00 a.m.-1:00 p.m.
- Car Seat Education Class: Apr. 27 — 1:00 p.m.-3:00 p.m.
- Southwest Nutrition & Activity Program: Apr. 8 — 10:00 a.m.-12:00 p.m.
- Southwest Family Advocacy Center: Apr. 26 — 5:00 p.m.-6:30 p.m.
- Citizenship Classes: Apr. 4, 6, 11, 13, 18, 20, 25 & 27 — 4:30 p.m.-6:30 p.m.

Care1st Avondale Resource Center

328 W. Western Avenue, Avondale, AZ 85323
623-333-2703

resourcecenter@avondale.org

Monday-Thursday: 8:00 a.m.-7:00 p.m. and Friday: 9:00 a.m.-5:00 p.m.

Open 3rd Saturday: 9:00 a.m.-1:00 p.m.

