

COMMUNITY RESOURCES FOR CHILDREN

Somos Cuidadores Report—February 2022

From May to July 2021, Community Resources for Children (CRC) participated in a Stanford d.school human-centered design project together with First 5 Napa County. The project, which was generously supported by Live Healthy Napa County (LHNC), was launched to explore how to create ways for Family, Friend and Neighbor (FFN) caregivers, who are not part of formal systems of care, to connect to community services and provide quality early learning experiences to the children in their care.

Our human-centered design process led to the creation of a small prototype event: an informal gathering of Spanish-speaking FFNs to connect, learn and reflect. Features of the event were informed by learnings from the design process, including outreach through a trusted messenger, a convenient neighborhood location, providing a meal with additional food for them to bring home to their families, participation in early learning activities, extra materials to take home and incentives such as raffle prizes. This inaugural event was held at Playground Fantastico in Napa in July 2021 and was attended by 5 Spanish-speaking FFN caregivers.

The prototype has since become the basis of CRC's Spanish-language Caregiver Café (Somos Cuidadores). With additional funding from LHNC and other sources, a second event was hosted at Playground Fantastico in November. Through additional outreach via community members, we were able to serve a total of 15 participants, including 9 FFN caregivers. In addition, we were able to broaden our scope to include three community members (or trusted messengers), one licensed family child care home provider and 2 parents, one of whom attended along with the grandmother who provides care for her children. The event allowed participants to learn with and from peers of similar cultural and linguistic backgrounds in a format and location that was most convenient and accessible to them. By creating opportunities for these parents and caregivers to cultivate relationships and build community, we are not only ensuring that they are supported and strengthened by these connections, but also laying the foundation for more successful resource and knowledge-sharing between participants in the future.



On our program surveys, participants shared feedback such as:

- ***“Que es muy bueno escuchar otras experiencias para aplicarlas día a día.”***
That it is very good to hear other's experiences to apply them day to day.
- ***“Aprender cosas nuevas y escuchar a otras personas su forma de pensar.”***
To learn new things and listen to other people's way of thinking.
- ***“Me gusto mucho y aprendí los tipos de juego, juego guiado y juego libre.”***
I liked it a lot and I learned about the types of play, guided play and free play.

Pending additional funding, CRC hopes to continue this program on a quarterly basis. By offering this opportunity for FFN caregivers to reflect and learn from each other, we are able to strengthen their wellbeing and enhance the quality of the care they provide. We are grateful for the generous funding provided by Live Healthy Napa County for this project and how the work has informed our ability to better serve this unique group of caregivers.

“The mission of Community Resources for Children is to provide resources for the early care and education of children in Napa County”

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Addendum:

Our prototype event enabled us to understand that an in-person, monolingual approach serves a different target population than an online approach. As a result we developed three different program formats in order to more effectively serve a broader range of participants. Having three separate iterations of this program supports stronger relationships and increased knowledge-sharing between participants in the language they are most comfortable with and in a format that is most convenient and accessible to them alongside peers that share similar life experiences and cultural backgrounds.

Our in-person, Spanish-only program at a convenient location best serves our Spanish-speaking FFNs, while our separate English and Spanish virtual programs primarily serve our better-resourced FFNs such as license-exempt providers, as well as working parents and licensed family child care home providers. In the 4 events supported by LHNC funds, we were able to serve a total of 48 participants, including 16 FFNs. 100% of caregivers participating in the three different formats responded in post-program surveys that they “Strongly Agree” or “Agree” that our events:

- Allowed them to learn from other’s experiences with caring for children;
- Helped them reflect on their strengths as caregivers;
- And enabled them to deal positively with challenges they experience with the child(ren) in their care.

For more information about this program, please contact: Steph Shieh at 707-253-0376 x107 or sshieh@crcnapa.org.

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