



Having trouble viewing this email? [Click here](#)

**November 2010**  
 Get Outside and "Take A Breath of Fresh Air"  
 The Great American Smokeout is 11/18

**Upcoming Events**  
[Promoting Children's Success -- Building Relationships and Creating Supportive Environments](#)  
 11/17 6:00-8:00pm  
 Presented by The Resource Connection,  
 please RSVP to 223-1624

[Flu Clinic](#)  
 11/30 4:30-6:00pm

[Children's Holiday Festival](#)  
 12/10 5:30-8:00pm  
 Sutter Creek Auditorium

Kids in Common:  
[Zoo-phonics Workshop](#)  
 1/22 8:00am-3:00pm

For more listings, please visit our [Calendar](#).

## Ready...Set...Grow!


Volume 3

### News & Announcements

**Tobacco Reduction of Amador County warns of effects of "third-hand" smoke**

**Project BEAR Cub introduced: Breathe Easy Amador Resident Children**

**Q: What is "third-hand" smoke and why is it a concern?**



**A:** "Third-hand" smoke refers to the cigarette byproducts that cling to smokers' hair and clothing as well as to household fabrics, carpets and surfaces - even after secondhand smoke has cleared.

Doctors coined the term to raise awareness about the danger these invisible tobacco toxins pose to small children, who are especially susceptible because they breathe near, crawl on, play on, touch and mouth contaminated surfaces.

The important thing to know is that you can't eliminate smoke exposure in your home by opening a window, using air conditioning or a fan, or allowing smoking in some rooms but not others.

If you can smell tobacco smoke - even if you can't see it - you're breathing in toxins, including more than 60 known carcinogens. The only way to fully protect your children - and nonsmoking adults in your family - is to make your home and car smokefree.

~ Richard D. Hurt, M.D., Mayo Clinic



Help create a world with less cancer and more birthdays.

**Tip of the Month**

The American Cancer Society is marking the 35th [Great American Smokeout](#) on November 18 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life - one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

For more information, resources and tools to help quit today please visit the [American Cancer Society](#) or [Tobacco Reduction of Amador County](#).



project BEAR Cub

Breathe  
Easy  
Amador  
Resident  
Children



Tobacco Reduction of Amador County  
223-6638

### Q: What can parents & caregivers do?

**A:** Don't allow visitors to smoke in your home, in your car or around children.

Ask if your child's day care is smoke free at all times.

If you are a smoker, the best advice is to quit smoking. If you can't do it for your own health, do it for your kids'.

If you would like help quitting smoking or would like educational materials on the effects of smoking, please contact Tobacco Reduction of Amador County at (209) 223-6638 or [click here](#) to visit their website.

## Program Spotlight

### Amador Children in Nature Promoting children's overall health and well-being through outdoor play

Amador Children in Nature is made up of organizations and individuals from our local community that encourage free, unstructured outdoor play for children's health and well-being. The group acts as a hub for sharing information, ideas, and opportunities to help Amador County children experience nature through unstructured play and other related activities.



A *Yahoo! Group*, "Amador Children in Nature", has been created for interested parents and providers to announce upcoming events, share ideas and facilitate conversations between group members. If you have information to share or

would like to learn more about resources and local opportunities that help promote free, unstructured play in nature, simply go to <http://groups.yahoo.com>, type in AmadorChildrenInNature (no spaces) in the search box, and then click on "Join This Group!". Once you are a member, you are encouraged to start sharing your news and ideas!

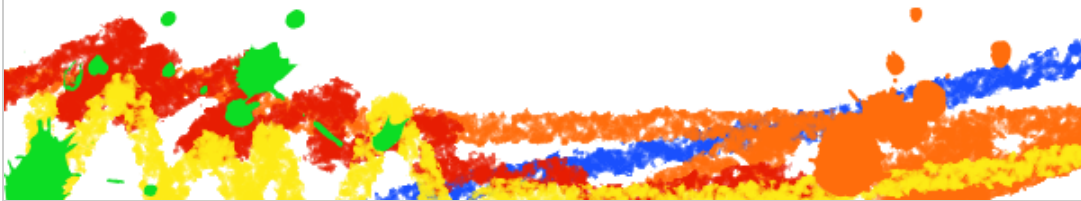
For more information on Amador Children in Nature, please [click here](#). You will find some related resources listed on the left side of the page.

First 5 Amador supports and designs programs for children 0-5 years old and their families.

For more information please visit our website:

[www.first5amador.com](http://www.first5amador.com)  
or call us at (209) 257-1092.

**As a parent, you are your child's first & most important teacher!**



**Save  
\$\$**

Save money on books for your children--get them for free! Sign your child up today and start receiving one free book a month from the Imagination Library. This is a free program, available to all Amador County children 0-4 (from birth until their fifth birthday).

*All you have to do is read to your child!*

For more information [click here](#).

[Want to share? Please feel free to forward this email!](#)

Email Marketing by

✉ **SafeUnsubscribe®**

This email was sent to [cheri@first5amador.com](mailto:cheri@first5amador.com) by [cheri@first5amador.com](mailto:cheri@first5amador.com).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



First 5 Amador | 101 Shopping Drive | Jackson | CA | 95642