

# 扶幼通訊

二零一零年  
夏季

扶幼計劃是由列治文心理輔導中心及華埠兒童培育中心合辦  
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## 歡迎閱讀我們夏季版的扶幼計劃通訊！

Rose Sneed, PsyD.,  
扶幼計劃主任

各位家長、兒童、托兒中心職員及朋友：  
暑期快樂!!!!

希望您們會喜歡我們的首版通訊。我們希望能給大家提供另一渠道去認識有關扶幼計劃的最新事項。我們也希望為您們提供有用的育兒信息。

在這版您會閱讀到有關的社區活動、育兒技巧，和有關我們的職員的信息。最重要的是，您會進一步了解我們的角色和工作。

上一學年是相當令人振奮的一年！我們除了歡迎一些新的職員加入我們的行列，還新增了家長支援員的職位。Andrea Fung Dimas, MFTI 和 Lily Sun, MFTI, 分別於二零零九年八月和九月加入成為扶幼計劃的兒童心理健康顧問。我們也很高興 Christy Tam 在二零一零年三月加入成為我們的行政助理文員。Janette Liu 增加了她的職務，成為我們的首位家長支援員。她將繼續執行一些行政和辦公室工作，但在家長支援員的職務上，其重點將是對外推廣宣傳。作為一個扶幼計劃的家長支援員，Janette 將以她的第一手經驗接觸其他家長，與他們分享扶幼計劃的項目。（下接第二頁）

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# The Fu Yau Times

Summer  
2010

A Collaboration of Richmond Area Multi-Services, Inc. and Chinatown Child Development Center  
720 Sacramento Street • San Francisco, CA 94108 • 415-392-4453

## Welcome To The Summer Edition Of The Fu Yau Project Newsletter

By Rose Sneed, PsyD.  
Director of Fu Yau Project

Happy summer to all our parents, sites and friends!!! We hope you enjoy this first edition of our newsletter. We wanted to make sure we gave you yet another way of learning about the most current events happening in the project. We also wanted to offer you our ideas for fun and useful parenting information.

In this issue you'll read all about community events, parenting techniques, and our staff. Most importantly, you will get a snapshot of who we are and what we do.

Let's take a look at this year. It has been pretty exciting! We welcomed several new staff and created a new parent advocate position. Andrea Fung Dimas, MFT Intern, began working with Fu Yau as a mental health consultant in August 2009 and Lily Sun, MFT Intern, began in September 2009. We are also very happy to have Christy Tam on board. She began working as one of our administrative assistants in March 2010.

Last, but certainly not least, Janette Liu has taken on the added job of being our Parent Advocate. She will continue to work on some administrative and office tasks, but the focus of Janette's parent advocacy role will be outreach. (continue on Page 2)



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### Mental Health Consultant: Sarah Mak, MSW

Sarah has been a Mental Health Consultant with the Fu Yau Project for 4 years. She was born and raised in Hong Kong, immigrated to Canada and then subsequently to the United States. She is fluent in both Cantonese and English. Sarah earned her Master degree in Social Work at San Jose State University with a concentration on people with physical and mental disabilities. During her free time, Sarah enjoys hiking, playing tennis, and spending time in nature with friends. Being an immigrant herself, Sarah understands the challenges that many immigrant families face and has a strong interest in serving the Chinese community.



### 兒童心理健康顧問簡介：Sarah Mak, MSW, 麥姑娘

Sarah已擔任扶幼計劃的兒童心理健康顧問四年。她出生於香港，移民到加拿大，及後再移民到美國。她懂得流利的廣東話和英語。Sarah在聖何西州立大學獲得社會工作碩士學位。在她的空閒時間，Sarah喜愛遠足，打網球，及與朋友享受大自然的各種活動。作為一個移民，Sarah明白到許多移民家庭面臨著的各種挑戰，因而她志力於服務華人社區。



**(Continue from P1)** Janette will use her first-hand experience of being a Fu Yau parent to reach others in our community who would like to hear from one of their peers about the project's work. Janette will be very busy this summer and fall visiting sites with our consultants, sharing her thoughts about consultation, recruiting parents for our Parent Advisory Board, and also helping to organize parent education workshops. If you see her at your site, be sure to ask her questions or just say "Hi!". We would all like to meet new people!

There were other big events at Fu Yau this year. We also celebrated our 10th Anniversary in August 2009. We had a fantastic celebration that included lots of acknowledgements from our supporters such as Senator Leland Yee, Supervisors David Chiu and Eric Mar, RAMS and CCDC directors. Some guests from our partner sites and our current Parent Advisory Board also attended. We gave a special appreciation award to Un Un Che for all of the work she had done to support Fu Yau and parents in the city. At the end of the evening we were all tired, but really happy about how things turned out for the event!

I may be a little biased, but I think Fu Yau had a very successful year. We're planning some big things for next year also. We will be resuming our parent education workshops, but we'll be adding more parent child activities. We may also have a few new family child care sites added to our program, and we may have additional staff.

Please let us know what you think of our newsletter! Tell us what we can do to make it great!  
See you in the winter!

(上接第一頁)

Janette 今年夏季和秋季將會非常繁忙，因為她將與我們的顧問訪問兒童中心；分享她對諮詢服務的想法；招募家長加入我們的家長諮詢委員會；協助舉辦家長教育講座。如果你看到她在你的中心探訪，歡迎您與她攀談，或是問候一聲“你好！”因為我們喜歡結識新朋友！

今年扶幼計劃還舉辦了其他大型活動。我們在二零零九年八月舉辦了扶幼計劃十週年的慶祝活動。這是一個十分成功的慶典活動，我們得到各界人士的鼎力支持和認可，參議員余胤良、市參事馬兆光和邱信福分別給我們頒發了嘉許證書，並感謝我們對社區的貢獻！出席的賓客還包括列治文心理輔導中心及華埠兒童培育中心的主任及職員、合作夥伴的兒童中心職員及我們現任的家長諮詢委員會成員等。我們還頒發了嘉許狀給杰出表現的家長代表 Un Un Che，感謝她對扶幼計劃一如既往的支持！晚會結束後，我們都累了，但我們很慶幸晚會圓滿結束！總括來講，我覺得今年的扶幼計劃是一個非常成功的丰收年。我們明年也準備了一些大事項。我們將會繼續舉辦家長教育講座，與此同時，我們也將增加更多的家長親子活動，也期待一些新的家庭/托兒中心加入我們的計劃，我們還有可能增加新職員。

最後，請讓我們知道您對扶幼通訊的意見，幫助我們如何可以做得更好！

冬季再見！

# Parenting tips:



訓導孩子的要方  
Peter Chan, & Chiaki Sasaki, Psy.D.  
兒童心理健康顧問

家長經常都會問有關訓導的問題，以及如何有效地教導孩子什麼行為是可以接受的，和什麼是不能接受的。

首先，你選擇訓導的方法會讓你的孩子知道什麼行為是可以容許的。如你說他們被懲罰是因為他們打人，可是你也是用打他們的方法來訓導他們，他們不會學到不打別人，他們相反會學到如何打人而不被人抓到，他們甚至會想欺負比你小的人是可以的。

其次，訓導不一定是處罰。利用處罰的方法來制止孩子某種不良的行為經常都會引至他們心靈或身體上的創傷。處罰在短期內可能有效，但在長期時(特別是體罰)將造成反抗、侵犯、和社交能力不足。

第三，家長可以利用適當的自負後果方法來取代處罰的型式。一些例子是拿走他們一些特權，例如當他們和兄弟姐妹爭玩具時，後果是不讓他們玩玩具或電子遊戲。以下我們提供了一些建議，可以有效的推行自負後果的方法：

**一定要跟進執行以設定的後果：**如果你不跟進執行，孩子會不相信你的說話，而自負後果的作用也會失去效用。

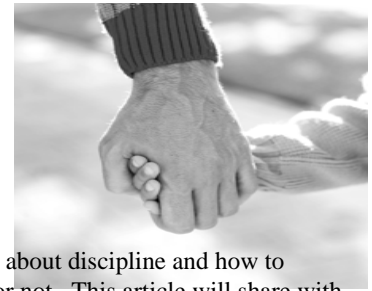
**要一致：**每次孩子犯同樣的錯誤時，你需要用同樣的自負後果。例如你不想你的孩子把單車放在外面，每次他這樣做，你就不允許他騎單車一段時間。很快他就不會把單車留在外面，因為他已知道如果不遵守規則的話，他就無法再騎單車。

**不要用不功實際的後果作為威脅的方法：**孩子們會說你是虛張聲勢而已！如你沒有跟進執行以設定的後果，你會失去你的誠信力或他們相信你不是認真的。

**後果輕重應與不良的行為相匹：**確保後果是行為的自然結果。例如他們亂用工具，那麼就拿走這工具，直至他們能表示和告訴你如何小心使用為止。如果他們在公眾場所太吵，就把他們帶到外面去直到他們靜下來為止。

**後果時間要短：**短期和集中的時間，比長時間或拖拉下去更為有效。

# Parenting tips:



## On Discipline

By Peter Chan, & Chiaki Sasaki, PsyD.  
Mental Health Consultant

One of the most frequently asked question from parents is about discipline and how to effectively teach children what behaviors are acceptable, or not. This article will share with you some input we have regarding discipline.

First, how you chose to discipline your child shows them what is okay through your own actions. If you say they're being punished for hitting someone, and then you spank them, they don't really learn not to hit. They learn not to get caught or that it is only okay to hurt folks smaller than you.

Second, discipline does not have to mean punishment. Punishment is usually hurting a child, in hopes of discouraging certain behavior. This may work in the short term, but in the long term punishment (especially physical punishment) leads to resentment, aggression and poor social skills.

Third, appropriate consequences can be used in place of punishment. Some examples might be taking away privileges like playing with a toy or video games as a consequence for fighting over the toy with a sibling. Here are some more ideas for how to give effective consequences:

**Follow through:** once a consequence is given follow through, otherwise you will not be taken seriously and the consequence will lose its effectiveness.

**Be consistent:** give the same consequence every time the child does that same behavior. For example, if you do not want your child to leave his bike outside, then every time he does, take away his bike privileges. Pretty soon, he won't leave it outside because he knows then he won't have it to ride.

**Do not threaten with consequences you are not likely to give:** Kids will call your bluff! If you don't follow through, you lose credibility or they believe you are not serious.

**Consequences should match the offense:** Make the consequence a natural response to the behavior. If they misuse tools, take away that privilege until they can show and tell you how to care for them. If they are too loud in public, take them elsewhere until they can be quiet.

**Keep consequences short:** Short and focused has a greater impact than long or drawn out.

## ~~~~~EFFECTIVE COMMUNICATION~~~~~

### *Why is effective communication important for children to learn?*

*By Justin Young, MFTI*

Mental Health Consultant

A child who has effective communication skills is a child who is socially and emotionally healthier. Research shows that a child who has a strong social and emotional foundation has a better chance for academic success.

#### *How can parents help their child become more effective communicators?*

Parents have a big role in helping children develop effective communication and social skills. A child learns how to communicate through observing how their parents communicate with them and other people. When a child learns effective communication skills through their parents, they will be more skilled at communicating and building healthy relationships with other children.

The relationship between parents and their child is also greatly improved when there is effective communication happening at home.

#### *What can parents do to help their child learn effective communication?*

- Go to your child's eye level when talking or listening to them and maintain eye contact
- Use language that is age-appropriate and simple
- Eliminate distractions (i.e. Television, Cell Phones) when talking with your child
- Let your child know they have been heard
- Use open-ended questions
- Validate your child's feelings and thoughts instead of judging them
- Practice social skills with them through role playing
- Give encouragement and praise to your child when he/she uses effective communication

## 良好的表达能力

**Justin Young, MFTI**

兒童心理健康顧問

### 為什麼良好的表达能力對孩子是重要的？

一個有良好表達能力的孩子在社交能力和情感表達上通常是比較健康的。研究顯示，小朋友如果有良好的社交能力和情感表達基礎，將來成功的機會比較大。

### 家長如何能夠幫助其子女成為具有良好表達能力的孩子？

子女能否養成良好的表達習慣，父母的角色是舉足輕重的。孩子一般是通過觀察其家長如何對待自己及其他人，從中學習如何與他人溝通和相處。當孩子從家長身上學到好的有效的表達能力，他們將比較容易與其他孩子建立健康的友好關係。並且，如果父母與子女在家中有良好的溝通，將有效地改善親子關係。

### 家長如何能夠幫助其子女學習良好的表達技能？

- 與孩子交談或傾聽其訴說時保持在他/她的眼睛水平位置。
- 使用與孩子年齡相稱和簡單的句子。
- 與孩子交談時盡量減少干擾（例如：電視、手提電話）。
- 讓你的子女知道你在聆聽。
- 發問沒有固定答案的問題。
- 認同你子女的感覺和想法，而不是判斷他們。
- 通過扮演不同角色去練習社交技巧。
- 當子女使用良好的溝通技巧時，給予鼓勵和稱贊。

## 為人母的心路歷程

Janette Liu  
家長支援員

五月九日早上，三歲和六歲的女兒安排我端坐在梳髮上並閉上眼睛靜待她們的意外驚喜：母親節禮物。當我微笑地打開她們精心設計的母親節卡片時，她們正仰著小臉等待著我的讚許，我蹲下身給她們一個熊抱並謝謝她們說：“你們的禮物真漂亮，媽媽很喜歡。謝謝！”忽然大女兒語出驚人：“爸爸有沒有送禮物給您？我叫他送您一枚鑽石戒指好不好？”我說：“好。謝謝！”但她爸爸回答說他正在努力存錢買戒指時，兩女兒二話不說就拿起了白紙蠟筆三下兩下工夫就各自畫了枚巨型“鑽石戒指”遞到我面前。她們不解釋我真不知道那是一枚戒指，因為看起來像降落傘，五顏六色，非常鮮豔奪目。但不管它是鑽石戒指還是降落傘，對我來說它都是價值連城的無價之寶。為人父母真好！

然而，為人父母真難！為人父母者總希望自己的孩子能成龍成鳳，出人頭地。但真正成龍成鳳者又有幾許？管教孩子絕對不是一件簡單容易的事！作為兩個女兒的移民母親，我深深地體會到這點。回憶我以前在中國的孩童時代，父母的訓話就是權威，幾乎是沒有商量的餘地，不管是對是錯，都要按他們的意願執行，如有什麼行差踏差，就會備受責罵甚至體罰。現在輪到我為人母，以前的權威式教育方式似乎不是很受用。他們總是和我據理力爭，不向我的權威低頭，經常把我氣得頭頂冒煙，不知所措。現在我總是抓緊機會向我的同事諮詢他們的專業意見，以應付女兒突然而來的挑戰。他們總是勸喻我盡量採用和平、溝通、理解和包容的方法來教導我們的下一代。比如說我盡量嘗試心平氣和地聽聽女兒的解釋和看法，如果我真的錯怪了她們就向她們認錯。勇於承認錯誤也是一種非常正的教導方法。但是，我也很清楚說時容易，做時難，特別是在時間緊逼的時候。每天早上和晚上對我來說都是分秒必爭的時刻，我總希望她們可以吃完營養早餐、按時送她上學然後後上班。下午拖著疲憊的身子接她們回到家後總希望她們可以自覺地完成她們的功課然後洗澡；吃晚飯的時候可以一起愉快進餐並分享當天的喜怒哀樂；然後爭取九點前上床睡覺，以確保她們有足夠的睡眠。但許多時候都事與願違，吃早餐慢吞吞、做功課拖拉拉、洗澡慢吞吞、吃飯慢吞吞...總而言之就採取“拖”字訣。每當這個時候我由焦急變為生氣、進而口頭警告、再而大聲喝罵。其實當時我也知道這樣做是無效的、不應該的，她們只是小孩子，不能把她們當大人一樣看待。但是我還是這樣做了。現在，我盡量不喝罵她們，如果我真的看不過去，我就走開幾分鐘不理她們，待我的氣消了再和她們解釋。而且我從來不吝嗇我對她們的愛，我喜歡擁抱她們、跟她們講“我愛你”！童年是短暫的，我希望她們的童年充滿愛和歡樂。

我相信天下的父母都愛自己的兒女，我們都希望他們能健康快樂地茁壯成長。但作為父母，我們也都是在不斷的學習、不斷的成長。雖然為人父母不容易，但這是上天賜給我們的使命，我們責無旁貸、義不容辭。我們要絕對相信自己--我是一位好家長，我可以。

## Motherhood Thoughts

By Janette Liu, Parent Advocate

This past Mother's Day was a very heartwarming day for me. My daughters, age 3 and 6 make me a beautiful card. As they handed me the card, they ask their father, my husband, "did you get a diamond ring for Mommy?" Daddy replied, "We are saving for a house, so no diamond ring this year." Immediately, my daughters took out paper and crayons to draw me a diamond ring. Although it looked more like a colorful parachute, it is worth more than an actual diamond ring. These moments are reminders of how rewarding parenthood is.

On the other hand, being a good and responsible parent is not easy! As a new immigrant and mother of two kids, I realized that teaching my kids is definitely challenging. I clearly remember my childhood in China. A parent's authority was not to be questioned. If a parent lectured their child there was no room for negotiation, and the child was expected to do what their parents told them, otherwise they might be scolded or physically punished. Now, it's my turn to be a parent, that authoritarian form of parenting does not seem very useful anymore. My kids often argue with me, and disagree with what I tell them. This sometimes makes me feel very angry, anxious, and confused in my role as a mom. I often talk with my colleagues (Fu Yau Project consultants) for their professional opinion and advice. They advise that communication and understanding are the most effective tools in teaching our next generation, and encourage me to try to calmly listen to my kids' explanations and points of view before responding. Courage to admit mistakes is another positive teaching method even for adults. However, this is often easier said than done, especially during rushed hours in the morning and evening, where every second counts. Every morning, I wish my kids would finish their breakfast quickly, so that I can drop them off at school and get to work on time. After coming home from work, I am often tired and wish my kids would finish their homework, take a bath, and enjoy our family dinner together. When this does not happen, I have learned to try not to yell at or scold them, but instead to calm myself down first by taking a deep breath, or walking away for a few minutes before discussing the situation with them. I remember to always tell them that "I Love You" and show them by giving hugs. Childhood is short; I hope my kids' can look back and remember a childhood that was filled with love and joy.

I believe all parents love their children and want them to grow up to be healthy, strong and happy. As parents, we need to constantly develop and learn to be a "good parents". Being good parents are not easy, but this is the mission given to us by God, we are duty-bound, and obligated. We must absolutely convince and believe in on ourselves – I can be a good parent.

# Free Activities

## **FREE ADMISSION – EVERY DAY**

1. Cable Car Museum, San Francisco <http://www.cablecarmuseum.org>
2. Chinese Cultural Center Gallery, San Francisco <http://www.c-c-c.org>
3. Museo ItaloAmericano, San Francisco <http://www.museoitaloamericano.org>
4. San Francisco Fire Department Museum, San Francisco <http://www.sffiremuseum.org/index.html>
5. San Francisco Botanical Garden [www.sfbotanicalgarden.org](http://www.sfbotanicalgarden.org)

## **FREE ADMISSION – FIRST SUNDAYS**

1. Asian Art Museum, San Francisco <http://www.asianart.org/hoursandadmission.htm>

## **FREE ADMISSION -- FIRST TUESDAYS**

1. De Young Museum, San Francisco (except special exhibitions) <http://www.famsf.org/deyoung/visiting/index.asp>
2. Legion Of Honor, San Francisco (except special exhibitions) <http://www.famsf.org/legion/visiting/index.asp>
3. Cartoon Art Museum, San Francisco ("pay what you wish" day) <http://www.cartoonart.org/directions.html>
4. Museum of Craft & Folk Art (Yerba Buena), San Francisco in 2010 <http://www.mocfa.org/visit/index.htm>
5. Yerba Buena Center for the Arts, San Francisco <http://www.ybca.org/visit/gallery.aspx>
6. Conservatory of Flowers, Golden Gate Park, San Francisco <http://www.conservatoryofflowers.org/visit/hours>
7. Museum of Modern Art (MOMA), San Francisco [http://www.sfmoma.org/visit/visitinfo\\_hours.asp](http://www.sfmoma.org/visit/visitinfo_hours.asp)

## **FREE ADMISSION – FIRST WEDNESDAY**

1. San Francisco Zoo, San Francisco—For residents of San Francisco only <http://www.sfzoo.org>
2. Exploratorium, San Francisco [http://www.exploratorium.edu/visit/hours\\_admission.html](http://www.exploratorium.edu/visit/hours_admission.html)

## **FREE ADMISSION – THIRD WEDNESDAY**

1. California Academy of Sciences & Steinhart Aquarium, San Francisco (first come, first served) <http://www.calacademy.org>



# 免费亲子活动

## **免费入场 -- 任何一天**

1. Cable Car Museum, San Francisco <http://www.cablecarmuseum.org>
2. Chinese Cultural Center Gallery, San Francisco <http://www.c-c-c.org>
3. Museo ItaloAmericano, San Francisco <http://www.museoitaloamericano.org>
4. San Francisco Fire Department Museum, San Francisco <http://www.sffiremuseum.org/index.html>
5. San Francisco Botanical Garden [www.sfbotanicalgarden.org](http://www.sfbotanicalgarden.org)

## **免费入场 -- 每月第一个星期天**

1. Asian Art Museum, San Francisco <http://www.asianart.org/hoursandadmission.htm>

## **免费入场 -- 每月第一个星期二**

1. De Young Museum, San Francisco (except special exhibitions) <http://www.famsf.org/deyoung/visiting/index.asp>
2. Legion Of Honor, San Francisco (except special exhibitions) <http://www.famsf.org/legion/visiting/index.asp>
3. Cartoon Art Museum, San Francisco ("pay what you wish" day) <http://www.cartoonart.org/directions.html>
4. Museum of Craft & Folk Art (Yerba Buena), San Francisco in 2010 <http://www.mocfa.org/visit/index.htm>
5. Yerba Buena Center for the Arts, San Francisco <http://www.ybca.org/visit/gallery.aspx>
6. Conservatory of Flowers, Golden Gate Park, San Francisco <http://www.conservatoryofflowers.org/visit/hours>
7. Museum of Modern Art (MOMA), San Francisco [http://www.sfmoma.org/visit/visitinfo\\_hours.asp](http://www.sfmoma.org/visit/visitinfo_hours.asp)

## **免费入场--每月第一个星期三**

1. San Francisco Zoo, San Francisco—For residents of San Francisco only <http://www.sfzoo.org>
2. Exploratorium, San Francisco [http://www.exploratorium.edu/visit/hours\\_admission.html](http://www.exploratorium.edu/visit/hours_admission.html)

## **免费入场--每月第三个星期三**

1. California Academy of Sciences & Steinhart Aquarium, San Francisco (first come, first served) <http://www.calacademy.org>



## 扶幼通訊問卷調查：您的意見很重要！

請回答下列問題以幫助我們提升服務：	同意	不同意	沒意見
1. 我認為扶幼通訊內容豐富。			
2. 我認為扶幼通訊很有閱讀趣味。			
3. 我認為扶幼通訊的文章對家長/老師很有幫助。			

請從以下清單選擇（打“√”）您希望下一期扶幼通訊的內容：

- 1. 家長貼士
- 2. 兒童發展問題
- 3. 社區資源
- 4. 家長/教師心得分享區
- 5. 扶幼通訊問卷調查
- 6. 課室相片
- 7. 扶幼職員簡介
- 8. 其他: \_\_\_\_\_

請將閣下的寶貴意見交給  
貴子弟的老師或心理健康顧問。



## Fu Yau Times Questionnaire: Your opinion is important to us!

Please rate the following questions to help us do a better job:	Agree	Disagree	No comment
1. I found the Fu Yau Times to be informative.			
2. I found the Fu Yau Times to be interesting			
3. The articles were helpful in my role as a teacher/caregiver.			

Please check box(es) next to the sections you would like to see in subsequent Fu Yau Times:

- 1. Parenting Tips
- 2. Issues in child development
- 3. Community resources
- 4. A section to publish family stories/creative writing by caregivers/teachers
- 5. Fu Yau Times questionnaire
- 6. Interaction classroom pictures
- 7. Fu Yau staff profile
- 8. Others: \_\_\_\_\_

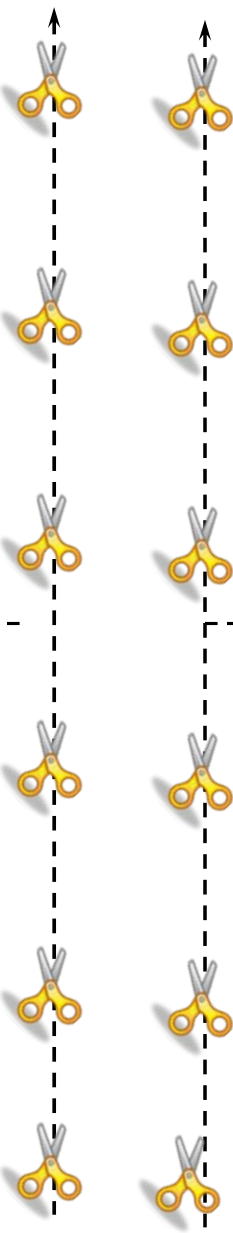
Please submit your feedback  
opinion to your teacher or consultant.



**Fu Yau Project**  
**720 Sacramento Street**  
**San Francisco, CA 94108**

(Please fold here)

**Thank you very much!**



**扶幼計劃 Fu Yau Project**  
**720 Sacramento Street**  
**San Francisco, CA 94108**

(請沿虛線對折)

**Thank you very much!**

# 私人筆記

1. \_\_\_\_\_
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# Personal Notes

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## Fu Yau's Sites (接受扶幼計劃服務的托兒中心一覽表)

Child care Center (托兒中心名稱)		Consultant (顧問)
1	Unified School District--Tule Elk Park	Chiaki
2	The Family School	Chiaki
3	E.R. Taylor	Chiaki
4	Selinas's Family Child Care	Chiaki
5	EOC--OMI	Chiaki
6	Cadillac Head Start	Andrea
7	Carmen Maldonado	Andrea
8	West Side	Andrea
9	Wu Yee -- 177 Golden Gate	Andrea
10	Glide Child Care Program	Andrea
11	FCC--Angela	Colleen
12	Kai Ming -- Geary	Colleen
13	Kai Ming—North Beach	Colleen
14	True Sunshine Preschool	Colleen
15	Head Start-- Ella Hill Hutch	Colleen
16	Wu Yee--New Generation	Colleen
17	Kai Ming---Sunset	Helen
18	Unified School District--Argonne	Helen
19	Unified School District--Sarah B. Cooper	Helen
20	Unified School District--Grattan Child Development Center	Helen
21	FCC--Song Moy (little Sunshine) Family child care	Helen
22	Kai Ming-- Powell	Justin

Child care Center (托兒中心名稱)		Consultant (顧問)
23	Kai Ming---Richmond	Justin
24	Unified School District-- Noriega	Justin
25	Wu Yee FCC---Crystal Dai Di Liang	Justin
26	EOC-- North Beach/Chinatown	Justin
27	Unified School District--Jefferson	Paul
28	Asian Family Support Center---Sunset	Paul
29	Wu Yee---Joy Lok Family Resource Center	Peter
30	Wu Yee-Home-base Program	Peter
31	Asian Family Support Center--- Richmond	Peter
32	Wu Yee FCC---Xue lan Kuang	Peter
33	Wu Yee---Generations	Rebekah
34	Asain Women Resource Center --- Chinatown	Rebekah
35	Wu Yee FCC --- Siu Kam	Rebekah
36	Wu Yee FCC --- Xiao Ling Liang	Rebekah
37	UFUSD--Commodore-Stockton	Lily
38	EOC-- Rainbow	Lily
39	Wu Yee--Jeanne Ng (FCC)	Sarah
40	Wu Yee--Lydia Wong (FCC)	Sarah
41	Wu Yee EHS 831 Broadway Chinatown Infant center	Sarah
42	Kai Ming -- Broadway	Sarah
43	Wu Yee--Lok Yuen Child Development Center	Sarah
44	Wu Yee FCC -- David Lo	Rose

### Fu Yau Staff (扶幼職員) :

Peter Chan      Andrea Dimas      Helen Duong      Rebekah Kao  
 Chiaki Sasaki      Rose Sneed      Lily Sun      Christy Tam

Paul Lee      Janette Liu      Sarah Mak  
 Colleen Wong      Justin Young