

What should WE DO TODAY?

It's never too early to start learning! Here are some places to begin.



Check out activities offered by city Parks & Recreation Departments

- Activities may include classes for children of all ages, 4th of July celebrations, free family movies, free summer concerts
- Call 211, or use a search engine for phone numbers and addresses for Parks & Recreation Departments near you



Be an outdoor explorer



Take a walk around your neighborhood or to a local park.

- Look for colors and shapes as you walk.
- Count flowers, trees, people, cars.
- Help your child use other senses: What do you hear? What do you smell?

Rainy? Hot? Be an indoor explorer

- Take a walk around your home –look for colors & shapes, count different kinds of objects.
- Play singing games or dance.
- Look at picture books or read stories.
- Get messy – finger paint with yogurt, shaving cream or pudding.
- Get wet!



Visit the local library & ask

- For books that you can read with your child.
- About library programs for young children including sensory-friendly story time.
- About Discover & Go -- free passes to local events, performances, and museums.
- Visit the Contra Costa County Library web site at ccclib.org for library locations and hours.



Visit local museums

- Many offer hands-on activities for children & admission may be free for young children
- Many are available with the Library's Discover & Go program.



Visit a First 5 Center

- First 5 Centers offer free programs and activities for families with children from birth-5 years old.
- Located in Antioch, Brentwood, Bay Point, Concord & San Pablo
- Locations and more information [here](#).



These suggestions will help you find activities especially for infants, toddlers and preschoolers, but many of the activities are fun for older children as well.

Out & About IN CONTRA COSTA

West County

West County First 5 Center

510-232-5650, 2707 Dover Street, San Pablo

Contra Costa County Library

Find local branches at ccclib.org or 800-984-4636

East Bay Regional Parks

<https://www.ebparks.org/>

Richmond Main Street

www.richmondmainstreet.org

Urban Tilth Farm Stands

<https://urbantilth.org/heal/farm-stands/>

Golden State Model Railroad Museum

900-A Dornan Drive, Point Richmond
check www.gsmrm.org for schedule

Alvarado Adobe & Blume House

13831 San Pablo Avenue, San Pablo; 510-255-7488

Richmond Museum of History

<https://richmondmuseum.org/>
400 Nevin Ave., Richmond (510) 235-7387

Rosie the Riveter National Historical Park

<https://www.nps.gov/rori/index.htm>
1414 Harbour Way South, Suite 3000, Richmond
510-232-5050

Little Point Richmond Fairy Houses

Washington Ave at Nicholl Ave., Point Richmond

Richmond Plunge (indoor pool)

Visit their [website](#)
1 East Richmond Ave., Richmond

El Cerrito Splash Park

Visit their [website](#)
2913, 7007 Moeser Lane, El Cerrito

Castro Park

1420 Norvell St, El Cerrito, CA 94530

Tassajara Playground

2575 Tassajara Ave, El Cerrito

Activities & Events

Check these websites for calendars of activities & events, big & small, in Contra Costa County, including many free events and neighborhood events.

- **Contra Costa Library** ccclib.org; click on the Events tab
- **510 Families: Fun with Kids in the East Bay** www.510families.com
- **All-Abilities Playgrounds** tinybeans.com/san-francisco/all-abilities-playgrounds-sf/

Central/South County

Monument First 5 Center

925-849-88861 1736 Clayton Rd, Concord

Contra Costa County Library

Find local branches at ccclib.org or 800-984-4636

East Bay Regional Parks

<https://www.ebparks.org/>

Lindsay Wildlife Experience

<https://lindsaywildlife.org/>
1931 First Ave., Walnut Creek; 925-935-1978

Buchanan Field Viewing Plaza

201 John Glenn Dr., Concord

Pixieland Amusement Park

<https://www.pixieland.com/>
2740 E. Olivera Rd., Concord; 925-676-9612

Larkey Spray Ground

Visit their [website](#)
2771 Buena Vista Ave, Walnut Creek, at Larkey Park

Meadow Homes Spray Park

Visit their [website](#)
1351 Detroit Ave., Concord

Borges Ranch

Visit their [website](#)
1035 Castle Rock Rd., Walnut Creel; 925-943-5860

ALL ABILITIES PLAYGROUNDS

Athan Downs Playground

Montevideo Dr & Davona Dr, San Ramon

Matteo's Dream Playground

2050 Olivera Rd, Concord

Heather Farm Park

301 N San Carlos Dr, Walnut Creek

East/Far East County

Antioch First 5 Center

925-301-4052 300 H Street, Antioch

Delta First 5 Center

925-516-3880 760 1st Street, Brentwood

East County First 5 Center

Serving Bay Point & Pittsburg
925-301-4040 355 E Leland Rd., Pittsburg

Contra Costa County Library

Find local branches at ccclib.org or 800-984-4636

East Bay Regional Parks

<https://www.ebparks.org/>

East County Community Events Calendar

<https://www.eastcountylive.com/event>

Smith Family Farm

Visit their [website](#)
4350 Sellers Ave., Brentwood 925-625-5966

Antioch Water Park

<https://www.antiochca.gov/water-park/>
4701 Lone Tree Way, Antioch; 925-776-3070

Brentwood Family Aquatic Complex

Visit their [website](#)
195 Griffin Lane, Brentwood 925-516-5430

Small World Park

Visit their [website](#)
2551 Harbor Street, Pittsburg; 925-439-4879

Contra Costa County Fair (Spring)

<https://contracostafair.com/>
1201 W. 10th Street, Antioch 925-757-4440

Any inclusion in Care Parent Network materials does not constitute a recommendation or endorsement. Families are urged to exercise independent judgment, follow the recommendations of their physician and request references when considering any provider, resource, treatment, therapy or the provision of services.



You can always contact Care Parent Network at:

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www.careparentnetwork.org