

PREVENTION SERVICES NETWORK



Partnering, Supporting, Nurturing

April 2010

Volume 3, Issue 4

Prevention Services Network is a community wide collaboration dedicated to strengthening families, and helping them become resilient to child abuse and neglect. This newsletter is designed to reach out to families and providers with current research and information about community resources that support prevention.

Celebrate Children in April

April is a month dedicated to children. It is Child Abuse and Neglect (CAN) Prevention month and the month when both the Week of the Young Child (4/11 – 4/17) and Celebrate Children's Day (4/30) occur. The Prevention Services Network is actively involved in these community wide activities all month. This newsletter carries information about these events as well as helpful tips related to keeping children safe and families strong.

Talking about preventing child abuse and neglect has its challenges. There are statistics to show how many children have been victims of abuse, but none to show how many children have been kept safe because of the programs available that help families remain resilient. However, there is research based, sound evidence that shows that families can build protective factors that make them stronger and less likely to abuse their children. A description of five of the protective factors is included in this newsletter.

It is the early care and education community that celebrates the Week of the Young Child. Early educators include in-home and center-based child care providers, Early Head Start service coordinators, Head Start teachers, preschool teachers, 4K teachers and kindergarten teachers. In partnership with parents, these teachers have a lasting impact on children's early brain development and social/emotional competency. They are also a front line defense in the battle against child abuse and neglect and in the effort to help families build protective factors. Be sure to read more about how this week is celebrated.

Finally, the month ends with a Celebrate Children's Day. We should celebrate children every day, but April 30th is a great day to remember the joy children bring to our lives. It puts a closing on our thoughts for the month. In order to celebrate children, we need to raise them in strong families and keep them safe.

TO VIEW PREVIOUS ISSUES OF THE PSN NEWSLETTER, LOG ON TO
<http://www.co.kenosha.wi.us/dhs/Divisions/CFS/Newsletter/index.php>

THE BABY WON'T STOP CRYING!

A crying, hard to calm infant, is a challenge for parents. Constant crying can get on your nerves and it is critical to remember to quit taking it personally. Babies cry for many reasons and it is how they communicate to their caregiver that something is wrong. Crying is normal for healthy babies.

If the baby is crying, check some basics as you attempt to figure out what's wrong. Ask yourself the following questions:

- Is the baby hungry? Feed her or give her a pacifier.
- Is the baby uncomfortable? Maybe his diaper is wet or he is too warm.
- Is the baby overtired? She may need to be rocked or listen to soothing music.
- Is the baby sick? Take his temperature and call his doctor if necessary.

It is helpful to have a plan in place ahead of time to reduce the stress of having a crying baby. Raising a child is both the most difficult and the most rewarding job you will ever have. Take care of your own health and establish a support system of family and friends.

If you find that you are losing your cool when your baby cries, then take a time out. Leave the baby on her back in a safe place like her crib and walk away. It is all right to let the baby cry it out. Once the baby is safe, remember the Rule of 10, as defined by the Children's Trust Fund. Stay 10 feet away for 10 minutes or take 10 deep breaths until you calm down. When you are calm, check on the baby again. If necessary, repeat the steps,

If losing your temper when the baby acts up or cries happens frequently, ask for help. Call a friend, a family member, or your doctor.

No matter what happens, **never shake a baby**. It can cause permanent traumatic brain injury. Information shared in this article was taken from the Wisconsin Children's Trust Fund at www.celebrate-children.org.



PSN Plaza

Thursday, April 8, 2010
9:00 am to 1:00 pm

Kenosha County Center
19600 75th Street, Bristol, WI

Join us the second Thursday of each month at the Kenosha County Center for the PSN Plaza!

Stop in and talk to a PSN Service Coordinator about resources for your family. Pick up information about parenting and child discipline. Find out ways to strengthen your family and keep your children safe!

Preventing Sexual Abuse

Most parents raise their children to have a healthy fear of strangers. We caution them about going anywhere with someone they do not know and teach them about “stranger danger.” Protecting our children against sexual predators is more difficult, because the offender is often someone the children know well.

According to the Blue Ribbons for Kids website (www.blueribbonsonline.org), it is estimated the 1 in 4 girls and 1 in 7 boys will be victims of sexual abuse before reaching adulthood. Sexual abuse happens across all ethnic and social groups and to children of all ages. Sexual abuse is not about sex or desire, but rather authority and power. It depends on secrecy to flourish. It is therefore important to teach children to talk to you about feelings and about their bodies.

How can you protect children?

- * Trust your instincts and be leery of adults who are overly interested in your children.
- * Keep lines of communication open and talk with your children every day about what is going on in their lives.
- * Explain to your child the difference between good and bad secrets. Adults should not tell children to keep secrets from their parents unless they are about something special like a birthday present.
- * Encourage children to trust their intuition.
- * Pay close attention to your children if they act strangely around certain adults or tell you they do not like someone.
- * Learn everything you can about age appropriate sexual development. All children are curious about their bodies and need their parents’ help to learn appropriate behavior and boundaries.
- * Educate your children about the “uh-oh” touch. It occurs when a child touched in such a way that they feel, “Uh-oh, this doesn’t feel right!”
- * Be careful around any adult who has unsupervised access to your child.
- * Tell your children they have the right to say “no” to unwanted touches, even if they are from family or friends. Don’t let anyone pressure your children into kisses or hugs they don’t want. The choice should be up to the child.

(These tips are from www.blueribbonsonline.org)

PSN Drop-In Hours

The Prevention Services Network Family Resource Center, located in the Kenosha County Human Services Building at 8600 Sheridan Road, Kenosha, is open every Tuesday and Thursday afternoon from 2:00 to 4:00 for parents to drop in and talk to someone about parenting concerns, pick up information about community resources, and find out about programs and services of the PSN.

Turn the Town Blue

2010 Child Abuse & Neglect Prevention Campaign

April is Child Abuse & Neglect **Prevention** Month

Join us to raise awareness and share the message that **prevention** works by turning Kenosha County **BLUE** during the month of April.

- **Wear a **Blue Ribbon** for the month.**
- **Decorate your cubicle or workstation in **blue**.**
- **Tie **blue ribbons** on trees.**
- **Paint a **blue ribbon** on the windows of your home or workplace.**
- **Designate a wear **blue day** at work.**
- **Use your imagination and **Go Blue!****

Participants in this campaign who send us a picture electronically by April 9th, will be showcased at the **Prevention Celebration**. Send your pictures to Brian.Kaspar@cssw.org

The Power of Prevention Celebration

Friday, April 16th at 10:00 AM

Kenosha County Human Services Building
8600 Sheridan Road, Kenosha

You are invited to attend a celebration to hear how your community members are linked in the **prevention** of child abuse and neglect.

From the state level to the personal level we are **strengthening families, building protective factors, and keeping kids safe.**

Service learning projects dedicated to **prevention** from Bradford High School will be acknowledged during the ceremony.
Light refreshments will be served.

Turn the Town Blue campaign is a collaborative effort by Kenosha County Department of Human Services Division of Children and Family Services, Children's Hospital of Wisconsin-Kenosha Child Advocacy Center, Community Impact Programs, Inc., Kenosha County Prevention Services Network, Kenosha Unified School District #1, Children's Service Society of Wisconsin, and the Kenosha Association for the Education of Young Children.

CALL KARYN VAN HEIJNINGEN AT 262-945-0241 WITH QUESTIONS

Five Protective Factors that Strengthen Families

When athletes want to improve their skills, they work out to become stronger. They emphasize the parts of their bodies that need strengthening. When parents want to improve their parenting skills there are protective factors they can build upon, that strengthen their families, much like the athletes strengthen their bodies. The following are research based factors that make families stronger.

1 - Social emotional competence of children

Children who learn how to identify their feelings, empathize with the feelings of others, share emotions appropriately and problem solve with peers and adults are more likely to succeed in school and have friends. Give your children many opportunities to talk about feelings and discuss positive ways of coping with their feelings like listening to music, playing sports, drawing or writing, etc.

2 - Knowledge of child development and parenting

Many know it's normal for a 2 year old to have a tantrum, but fewer people know what behaviors are normal at other ages. Parents with knowledge about parenting and their own child's development have more appropriate expectations and appropriate discipline choices. If you are struggling with your child's challenging behaviors, seek help from your child's teacher, take a parenting class, find a book about it, or search for resources online.

3 - Concrete support in times of need

Concrete support covers many things families need. It can be the need for food, clothing or shelter. It can also be the need for a ride to work when your car won't start, or having someone you trust to stay home with your sick child. When parents are in situations where they lack support, they find themselves making risky choices that may put them and their children in harm's way. Children are more protected if the families get access to the resources they need quickly. Become familiar with the services available in your community for yourself or others in need.

4 - Social connections

When we are isolated from others, we think we are all alone and that no one else is dealing with similar problems. Parents tend to think no one else's child is acting the way their child is acting. Releasing stress by connecting with others helps us become better parents. We learn from each other. Seek out other parents at school events, daycare, churches, baby groups, or organized social activities. Reach out to parents you know who seem overwhelmed.

5 - Parent Resilience

Resilience is the ability to bounce back from difficulties. Raising children is an overwhelming task. Recognize that you cannot do it alone. Work to maintain hope and problem solve through difficult situations. Remember what gives you strength and what positive qualities got you through other difficulties.

For more information on Building Protective Factors, call Karyn van Heijningen, Coordinated Response to Abuse and Neglect Coordinator, at 262-945-0241 or Kathy Burns, Prevention Services Network Outreach Specialist at 262-697-4628 or visit www.strengtheningfamilies.net.

Child Abuse and Neglect Questions

What is child abuse and neglect?

Child abuse and neglect often takes place in the child's home and is done by a parent, caregiver or a family friend, meaning it is someone the child knows well. There are four main kinds of child maltreatment. They may occur separately, but often happen together.

1. Neglect is the failure to provide for a child's basic needs.
2. Physical abuse is physical injury to a child. It can be caused by hitting, kicking, shaking, burning, or any other way a child can be hurt.
3. Sexual abuse occurs when a child is used in anyway for sexual gratification. This could be through indecent exposure, rape, incest, fondling or using the child for exploitation through prostitution or the production of pornographic materials.
4. Emotional abuse is any kind of behavior that hinders a child's healthy emotional development and self worth. This type of abuse can be caused by constant criticism, threats or rejection.



What are the consequences of child abuse and neglect?

The consequences of child maltreatment can be far reaching for the child and the family. Research has linked abuse to adverse health and mental health outcomes for children that can last a lifetime. These outcomes can be physical, psychological or behavioral.

A history of abuse or neglect puts a child at a higher risk of:

- * Mental illness
- * Substance abuse
- * Developmental disabilities and learning problems
- * Social problems with peers and adults
- * Teen pregnancy
- * Poor performance in school
- * Domestic violence
- * Chronic illness

Child abuse impacts not only the child and the family but other systems within a community. A 2009 resource guide published by the Children's Bureau of the U. S. Department of Human Services states that it is estimated "that child maltreatment costs the Nation as much as \$258 million each day, or approximately \$94 billion each year." (Strengthening Families and Communities pg.58). Read the entire guide at www.childwelfare.gov/preventing

Week of the Young Child April 11th thru 17th

In recognition of the work done by area early care and education providers, the Kenosha Association for the Education of Young Children, (KAEYC), is hosting an event on Thursday, April 15th from 6:30 to 8:30 at the Kenosha County Human Services Building at 8600 Sheridan Road, Kenosha.

Representatives from the Early Childhood Education Division of the Department of Children and Families, the Wisconsin Early Childhood Association and 4C's out of Milwaukee will be guest presenters. Those in attendance will get the most current information on the child care quality and improvement rating system.

A "Walk About" will follow the presentations. Participants can visit learning stations that will be available at the Prevention Services Network Family Resource Center, where they can view a child development DVD, or at A Child's Place Child Care Center, where they can make a "feeling faces" make-and-take. They can also visit resource tables with materials from the Kenosha Public Library and KAEYC.

For more information, call Kathy Burns, at 262-697-4628.

PSN Spotlight Series

Every Tuesday Afternoon 1:00 to 2:00

April
2010



Protecting Children

April 6th: Shaken Baby Syndrome

Presented by Julie McGuire
Children's Hospital of Wisconsin Child Advocacy Center

April 13th: Protective Factors that Strengthen Families

Presented by Kathy Burns Prevention Services Network
and Karyn Van Heijningen, Community Impact Programs, Inc.

April 20th: CPS, What to Expect

Presented by Lisa Retzlaff and Al Smith
Kenosha County Division of Children and Family Services

April 27th: Safe Sleep

Presented by Erin Donaldson
Safe Kids Coalition

Weekly Door Prize!

PSN Spotlight Sessions are held at the
Prevention Services Network Family Resource Center
8600 Sheridan Road, Kenosha, WI 53143
(262) 697-4651



Partnering, Supporting, Nurturing



April 2010
Parent Talk Lunch
Celebrating Children & Keeping Them Safe

Parent Talk Lunch is a community collaborative lunch sponsored by Prevention Services Network, the Kenosha County Division of Health, Goodwill Industries, Early Head Start and Kenosha Area Family and Aging Services, Inc.

These organizations provide funds and staff time to bring a weekly lunch to parents served at the Kenosha County Human Services Building, 8600 Sheridan Road, Kenosha, WI 53143 in Room North Two.

Each week a nurse from the Kenosha County Division of Health presents on a health related issue and the other partner agencies present on other issues of interest to families.

LUNCH is FREE but registration is required
Call A Child's Place Child Care Center at 697-4754 to reserve a spot.

There is no guarantee of lunch if you are not pre-registered.
Child care is free if spots are available. Call A Child's Place at 697-4754 to reserve a spot.
Call Kathy Burns, PSN Service Coordinator with questions: 697-4628.

Wednesdays from 12:00 pm to 1:00 pm

- April 7th: Spring Break. No lunch this week**
- April 14th: Celebrate the Child**
- April 21st: The Parenting Tool Box
Childhood Allergies**
- April 28th: Traumatic Brain Injuries in Children**



COME—LEARN—GROW



WOMEN'S CIRCLE

Two different Women's Circle Series will be held this Spring.
See below for topics and registration information.

The Future

A six week series of Women's Circle will begin on
Thursday, April 15th and end on Thursday, May 20th.

The theme for this series is "The Future."

Weekly topics include:

Imagination, Creativity, Humor, Hope, Optimism and Dreams.

Female Friendship

A four week series of Women's Circle will begin on
Monday, April 19th and end on Monday, May 10th.

The theme for this series is "Female Friendship."

Weekly topics include:

Characteristics of a Good Friend, From Competition to Cooperation,
Toxic Friendships, and Rules of Female Friendship.

*Women's Circle is a facilitated discussion group.
It is guided by the members of the group and fosters the respectful
sharing of feelings and opinions.*

**All Women's Circle sessions are held from 12:00 to 1:00 PM in the
PSN Family Resource Center
at the Kenosha County Human Services Building.
Lunch is served free of charge.**

Registration is required Call
Robyn Smerchek (697-4536)
with questions and to register.
Participants are allowed to attend
only one of the above series.





The Kenosha Public Library presents:

A workshop for parents, daycare providers, educators and librarians

The Power of
Positive
Parenting

AND

Parenting ToolBox

A Lesson Plan for Parents!

Parents are their children's first and most significant teacher.

Join presenter Juan Torres as he explores positive parenting techniques that will help parents and caregivers prepare children for the challenges of school.

All attendees will receive a "Parenting Toolbox" filled with ideas to help parents and caregivers incorporate early literacy skills into every day routines.

Guests will also make several literacy-building "tools" to take home including a flannel board and treasure hunt game.

Join us

Thursday, April 22 at 6:30 to 7:30 pm

or

Wednesday, September 15 at 6:30 to 7:30 pm

Southwest Library, 7979 38th Avenue, Kenosha, WI 53142

To register, call: (262) 564-6150

Continuing Education Credit Available

This project is made possible by a grant from the U.S. Institute of Museum and Library Services

AMERICANS WITH DISABILITIES ACT NOTICE

Kenosha Public Library would like to accommodate you if you are disabled. Please let us know if you are disabled and need special assistance.

Contact Kenosha Public Library at 564-6381, at least 72 hours in advance.

For assistance using the services located at the Simmons Library, 711 59th Place, please call 564-6130.