



August 2009

Kenosha County Prevention Services Network (PSN)

Partnering...Supporting...Nurturing

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.

In This Issue:
Back to school tips
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Are you reading this newsletter?

The PSN newsletter has been in production for over a year. Our hope is to provide valuable information to parents, partner agencies, and the community. In an effort to determine readership, PSN is asking our readers to participate in a phone survey. After reading this month's newsletter, please call 697-4651 and answer the following question:

What is the third tip in the "A+ Back to School" Article?

Please leave your name and phone number and you will be entered in a drawing for a "Back to School" related prize. The drawing will be held on August 26th. The winner will be notified by phone. Please feel free to also leave comments and suggestions for future newsletters. We are always looking for new items to research and share. Thank you for your participation and **GOOD LUCK!**

It's Still Summer But...

It's August, and there are some great summer days ahead, however, "Back to School" is right around the corner. Stores are filled with back to school clothes and supplies and the calendar is counting down the remaining days of summer vacation. School starts September 1st this year, a mere month away. The good news is that parents have more than enough time to begin preparing the kids to return to a routine. The earlier the routine is started, the easier it will be for everyone involved. This month's newsletter is filled with tips to make the transition easier.



TO LEARN MORE ABOUT BACK TO SCHOOL ROUTINES, ATTEND THE PSN SPOTLIGHT SERIES ON TUESDAYS, AUGUST 11TH AND AUGUST 18TH FROM 1:00 TO 2:00 PM. VIEW THE ENTIRE MONTHLY SPOTLIGHT SCHEDULE LATER IN THIS NEWSLETTER.
(REGISTRATION REQUIRED)



Back to School

Summer is a time of relaxed routines. Maybe the kids stay up a little later, sleep in more frequently, and generally take it easy. However, September is looming and back to school means getting back to a routine. Here are some ideas to help kids transition to being on a schedule.

1. Start Now

You cannot expect your children to go from staying up until 11:00 one night, and be sent to bed at 8:00 the next. That is too drastic a change and you will be sure to hear complaining. Try gradually reintroducing the regular bedtime and wake up schedules a few weeks before school starts. Set the alarm clock a little earlier each day until they are getting up near to the regular school time. Have them eat breakfast and get dressed, instead of watching television. They can get adjusted to the change and it will make life easier for everyone.

2. Connect With Friends

Because of vacations, camps, and family trips, your children may have lost touch with friends while they are off school in the summer. Now is a good time, to let them reconnect. Invite them over and steer the conversation to all the good things that will be happening this school year.

3. Re-establish Regular Routines

Have you been eating dinner on the go and at a different time each night? Have other routines, like a quiet bedtime story, been forgotten because the kids are out chasing lightning bugs? Start to get back into the routines you generally follow during the school year. Consider starting a bedtime routine if you do not have one. It helps children to know what is expected of them.

4. Schedule Appointments

The last couple of weeks of summer can be filled with appointments. Try to spread them out, so there is still time for some fun. Kids often need school physicals, vaccinations, eye check-ups and hair cuts. If you don't schedule some now, you may find yourself having to pull the kids out of school for a routine appointment. This sends a bad message to the children. School should be a priority.

5. Fun, fun, fun....

Ask the kids if there is something they would like to do before summer ends, and then do it! Did you hope to have a picnic by the lake, visit the museum, or take a walk at Petrified Springs? The days are still long, and every day of warmth is a gift. Enjoy your children and help them make positive summer memories. They do not have to be expensive. Kids love attention, and when you decide to give them undivided attention you are creating a special bond.

(Look for these tips at www.more4kids.info)

Reading to Children

Reading to children is the most important thing parents can do to ensure success in school. According to "[Reading Tips for Parents](#)" from the U.S. Department of Education, there are many things you can do to start children reading.

Get Ready To Read

- Point out printed words you see anyplace you go.
- Bring along children's books and writing materials whenever you leave home.
- Create quiet, special times and spaces for reading to children.
- Show children the importance of reading by reading books, newspapers, and magazines.
- Turn off the TV and cuddle with your child and a good book.
- Take your child to the library to pick out favorite books.

Create Strong Readers

- Take time to read every day.
- With large-print books, point to the words as you read.
- Read a favorite book over and over again.
- Read books with rhyming words and lines that repeat.
- Discuss new words.
- Stop and ask about the pictures and what's happening in the story.
- Read a variety of children's books—fairy tales, song books, poems, and non-fiction.

To obtain further information about reading to your children, attend the PSN Spotlight Series on Tuesday, August 4th from 1:00 to 2:00. The Kenosha Public Library Children's Librarian will be the featured speaker.



Upcoming Parenting Class

Kenosha Area Family & Aging Services, Inc. in partnership with the Prevention Services Network is offering a Parenting Class Series at the PSN Family Resource Center located in the Job Center/Human Services Building. This 11 week series is based on the *Nurturing Parent Curriculum* and is offered to all parents and caregivers. The class is free of charge; however there is a \$10 refundable book fee. The next session begins on August 6, 2009 and ends October 15, 2009 and meets from 9:30 to 11:00 am. If interested please call Kathy Sullivan at 658-3508 ext. 126 or Katie Bohn at 658-3508 ext. 214.



National Night Out

National Night Out, 'America's Night Out Against Crime' was introduced in 1984 in an effort to heighten awareness and strengthen participation in local anticrime efforts. There was a feeling that a high-profile, high-impact type of crime prevention event was needed nationally. At the time, only 5 to 7% of resident were actively participating in typical crime watch community activities. Due to the growth and success of these programs, this percentage has steadily grown since that time. That first year, 400 communities in 23 states participated in National Night Out. **In 2008, 37 million people in 15,000 communities in all 50 states participated.**

National Night Out is a great opportunity for communities to promote police community partnerships, crime/gang prevention and neighborhood camaraderie. While one night of attention to this issue is certainly not the answer to crime, gangs and drugs, it does represent the kind of spirit, energy and determination that is helping to make many neighborhoods safer places throughout the year.

This year's event will be held on Tuesday August 4th from 5pm-8pm at McKinley Elementary School, 5520 32nd Ave. The Theme is "This is **OUR** neighborhood, Knowing your neighbors is the best gang prevention". The sponsors are Target, Kenosha Unified School District #1 (KUSD) and Kenosha County Division of Children and Family Services, (DCFS). The event will feature food, fun family activities, contests with lots of prizes and information from several community agencies including Kenosha Police Department's Neighborhood Watch.

Parents that seek to strengthen their support systems, by getting to know their neighbors, are also strengthening their families, helping them become resistant to gang involvement, and resilient to child abuse and neglect. For more information, call Donna Rhodes, Gang Intervention Supervisor, at 262-605-6635.

Healthy Homes Initiative

The Kenosha County Department of Human Services – Division of Health has received funding under a HUD Healthy Homes Initiative Grant Program. The program will target children with asthma and allergies and in home safety for individuals 65 and older. The program will offer in home assessments focusing on asthma and allergy triggers and indoor air quality in the homes of minor children. Air quality issues can include: carbon monoxide and dioxide, tobacco smoke, dust mites, or pests. The program can also install smoke/CO detectors and fire extinguishers in cooperation with the City of Kenosha Fire Department. “Healthy” cleaning kits will also be available to those who qualify.

All services are free to qualifying individuals. Services can be performed for homeowners or renters (for rental properties, landlord permission is needed). We are currently taking applications. If you would like more information or to apply, please call: (262) 605-6762.



School Safety

Health and safety go hand in hand. Before your children go back to school, it is a good time to go over your rules regarding strangers, getting rides home, and after school activities. Although you want to mark your child's belongings with his name, make sure it is not in plain view for a stranger to see and call him pretending to know him. Make sure your children know who is picking them up. Do not ever put them in a situation where they are unsure or frightened because plans have changed and they were not told.

Your children should let you know if they decide to stay after school, go to a friend's house or take a ride home with another parent. They should be taught at a young age, that you must always know where they are to protect them. Older children and teens usually need this reminder the most!

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

Women's Circle---The conversation continues...

Two sessions:

Thursdays, October 1st – November 12th, 12:00 to 1:00

Mondays, October 12th - November 23rd, 12:00 to 1:00

YOU MAY ONLY REGISTER FOR ONE SESSION

NJM Management Services, Inc., a partner agency in the Prevention Services Network, is hosting a new session of Women's Circle. The overall theme is **Female Resiliency**.

The program is seven weeks long, and the expectation is that women will attend all sessions. Each week builds upon what is discussed the week before.

A belief statement follows this flyer. We invite you to read the statement and join our circle.

Female Resiliency

Definition of resiliency: The ability to bounce back after adversity.

We will explore topics such as Personal Power, Stress, Grief, Trust, Fear, Forgiveness and Self Control.

Lunch is provided for both sessions.

We meet in the Prevention Services Network Family Resource Center at the Kenosha County Human Services Building, 8600 Sheridan Road, Kenosha.

The Resource Center is located just inside Entrance B.

Call 697-4520 to reserve a spot.

Leave a number where you can be reached.

SPACE IS LIMITED and REGISTRATION IS REQUIRED.

"Human conversation is the most ancient and easiest way to cultivate the conditions for change—personal change, community and organizational change, planetary change. If we can sit together and talk about what's important to us, we begin to come alive. We share what we see, what we feel, and we listen to what others see and feel."

(Margaret Wheatley, Turning to One Another.)



Women's circle belief statements :

We believe that conversation is the most basic way for human beings to communicate.

We believe that all women need a format to communicate with each other.

We believe that when women communicate with each other, they become alive. If we share what we see and what we feel, we will strengthen each other.

We believe that Women's Circle is a safe, healthy, mechanism for women to communicate in such a manner.

What Women's Circle Is:

- A confidential support group for women.
- A safe place to share thoughts and dreams.
- A facilitated discussion of interesting topics designed for self awareness.
- A group where all women are of equal importance.

What Women's Circle Is Not:

- A therapy group.
- A gripe session on topics not relevant to the entire group.
- A place to advise, criticize or judge

This is what we believe and why we are here,
Kathy Burns, Robyn Smerchek, Beth Mattson, Liza Schultz
Facilitators.

We hope you join us. Every woman enhances the circle and strengthens its impact.



**Where do you get your parenting information?
Join other parents and learn about family health issues and parenting tips at:
Parent Talk Lunch**

The Parent Talk Lunch program begins a new season on **Wednesday, September 16th** at 12:00 in Room North Two at the Kenosha County Job Center, 8600 Sheridan Road, Kenosha, WI

Lunch is offered free of charge to parents through a community collaborative consisting of the Kenosha County Division of Health, Prevention Services Network, Early Head Start, Goodwill Industries of Southeastern Wisconsin, and Kenosha Area Family and Aging Services, Inc.

Strengthen your family by gaining information about child development. Understanding how your child grows helps your family become resilient to abuse and neglect. Look for topics in September's newsletter.

Save the Date!

Help and Hope for Children

Save the Date!

How AODA Affects the Clients in Your Profession

**October 2nd workshop sponsored by the Hope Council and
The Perinatal Substance Abuse Committee**

If you work with children and/or their parents, **pay attention!** There is ground breaking research on addiction as a brain disease and its impact on powerful motivational systems of behavior. Many people, however, either have not heard the information or do not understand the complicated language and its implication for their clients.

This unique training is designed to uncover some of the mysteries of addiction. It teaches tangible strategies for helping families who are suffering through the effects of addiction. Two keynote speakers will discuss the neurobiology of addiction and behavior and the impact of parental substance abuse on the offspring.

Participants will also have the opportunity to attend two break-out sessions, covering topics such as:

Special issues of women and addiction	Motivational interviewing
Mother's and children in recovery	Fetal alcohol syndrome
Effects of maternal drug use on the fetus/newborn	Insights into early brain development

This training is intended for therapists, social workers, child care providers and early educators, nurses, legal professionals, and more. Look for the flyer in next month's newsletter or for registration material call Karyn van Heijningen at 262-945-0241.



August Spotlight Series

Free Snacks
Door Prizes

EVERY TUESDAY FROM 1:00 P.M. TO 2:00 P.M.

FEATURING:

August 4th
Early Literacy and
Reading to Children
Come and receive a free
children's book

Lisa Langsdorf,
Kenosha Public Library



August 11th
Back to School Routines
Are your children ready for
back to school?

Katie Bohn,
Kenosha Area Family and Aging
Services, Inc.

August 18th
Back to School Preparation

You must pre-register for this
Spotlight.

Prevention Services Network Staff



August 25th
Reproductive Health Issues

Gwen Perry-Brye,
Kenosha County Division of
Health



AUGUST 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Some ideas for this calendar come from www.enchantedlearning.com and www.holidayinsights.com</p>						<p>1. National Mustard Day. Try a new one on a hot dog.</p> 
<p>2. National ice cream sandwich day.</p> 	<p>3. National Watermelon Day. Have a big piece of this great fruit.</p>	<p>4. President Barack Obama was born in 1961.</p> 	<p>5. Neil Armstrong, the first man on the moon, was born in 1930.</p>	<p>6. Full Moon. Take advantage of a summer night.</p>	<p>7. National lighthouse day. Go the lake and find Kenosha's light house.</p>	<p>8. Admit you're happy day. Find something to feel great about!</p>
<p>9. National book lovers' day. Read a book to your children.</p>	<p>10. Construction began on Mount Rushmore. Can you name the presidents memorialized there?</p>	<p>11. Son and daughter day. Celebrate your children. Tell them why you love them.</p>	<p>12. Family fun month. Create a memory and do something as a family.</p>	<p>13. Left hander's day. Write you name with your non dominant hand today.</p>	<p>14. National Smile week. Try smiling at everyone you see today.</p> 	<p>15. Relaxation Day. Enjoy a summer Saturday. Take a walk by the lake.</p>
<p>16. Tell a joke day. Did you hear the one about ...?</p> 	<p>17. National thrift shop day. Donate or visit Goodwill or another resale shop.</p>	<p>18. Bad poetry day. Find out about haiku's and write one.</p>	<p>19. Wilbur Wright was born in 1867 & it is National Aviation Day in his honor.</p> 	<p>20. National eye exam month. Schedule one for you and the kids.</p> 	<p>21. Senior Citizen's Day. Call or visit a senior you know.</p>	<p>22. National tooth fairy day. Get an appointment to have your teeth checked.</p>
<p>23. Ride the wind day. Make a pinwheel, blow bubbles, and enjoy the summer breeze.</p>	<p>24. Mt. Vesuvius erupted in 79AD burying the city of Pompeii. Borrow a book about this amazing event.</p>	<p>25. Amelia Earhart completed her flight across North America in 1932.</p>	<p>26. National Dog Day.</p> 	<p>27. Forgiveness Day. Let go of an old hurt, and see how good it feels. Life is too short to harbor grudges.</p>	<p>28. Martin Luther King gave his "I have a dream speech" in 1963.</p>	<p>29. National picnic month. Plan one soon. Summer is almost over.</p>
<p>30. Toasted marshmallow day. Build a fire outside tonight and roast marshmallows.</p>	<p>31. Early childhood innovator, Maria Montessori, was born in 1870. Would you like to be a teacher?</p> 					