



January 2009

Kenosha County Prevention Services Network (PSN)

Building Community Relationships that Strengthen Families

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.

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HAPPY NEW YEAR!

Are you one of those people that sets new year's resolutions? Try a new outlook this year. Decide to set personal goals instead of the same unrealistic resolutions. How you set your goals affects their effectiveness. Consider the following points to help you set and achieve your goals.

Set performance, not outcome goals.

Make sure you are setting goals in areas over which you have control. Do not let a goal get sabotaged by something like bad weather or an accident. For example if you set a goal to run a race at your own personal best, it is much more likely you can achieve it, than if you set your goal to finish first. What if an Olympic runner decides to compete? You would not have a chance of meeting your goal.

Set specific goals.

To decide to finish school is not specific enough. To decide to register for a class at a specific date, and plan out what needs to be done to complete the degree is much more specific, and you can see progress.

Set realistic goals.

Do not set goals based on what other people want for you. They often do not include your dreams and may be self serving. Make sure you have sufficient information about a goal you want to achieve. If you decide to take a trip this year, be sure to know the costs. Respect yourself and your limitations. If your goal is to make the perfect soufflé, and you cannot boil water, you might want to reconsider.

Goals can help you design a roadmap from where you are to where you want to be. They can provide motivation and help you set priorities. Have fun making a resolution to set a goal.

Some ideas for this article came from Mind Tools (www.psywww.com) and Time Thoughts (www.timethoughts.com)



New Year's Resolutions for Adolescents

No one wants to have someone else suggest a resolution, and teens are especially sensitive to suggestions that come from their parents. However, this handout might provide an opportunity to talk about resolutions. As a parent or guardian, you might say you read these resolutions, and ask your teen for feedback. Does he think these are good resolutions? Are there resolutions your children would like to add to the list? Ask if they have friends that might benefit from making a positive change. If so, how would they approach a friend to suggest a change? Any time you can have a conversation with your teen where you are seeking feedback, it is a good conversation!

The following are some New Year's tips for adolescents from the American Academy of pediatrics.

To Make A Positive Change in My Life:

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body and seek my highs through sports, fitness and nutrition instead of through drugs and alcohol.
- I will choose non-violent television shows and video games, and I will only spend one to two hours each day – **at most**—on these activities.
- I will check to see if I can give away any of my unwanted clothes and shoes to those in need.
- I will wipe negative “self talk” (i.e. “I can’t do it” or “I’m so dumb”) out of my vocabulary.
- Whenever I am feeling angry or stressed out, I will take a break and look for constructive ways to make me feel better, such as exercising, reading, writing in a journal, or talking out my problem with a parent or friend.



New Year's Resolutions for Your Infant and Toddler

Wouldn't it be great if your infants and toddlers could make up their own resolutions? Of course they cannot, and their lives rest entirely in the hands of their parents and other caregivers. We just know that if they were in charge, the following resolutions from the American Academy of Pediatrics would head their list:

- I'll allow myself "tummy time" when I'm awake.
- I will always sleep on my back.
- I won't ride in a car without being buckled in to a car safety seat.
- I will keep myself, and the places where I live and play, clean.
- I will ask someone to read to me everyday.
- I will brush my teeth twice a day.
- I wash my hands after going to the bathroom and my caregiver will wash her hands before and after she changes my diaper.
- I will clean up my messes right away.
- I won't tease the family dog or even a friendly dog, and I will avoid being bitten by keeping my fingers and face away from his mouth.
- I will not let anyone smoke around me.
- I will make sure someone gets me immunized.
- I will laugh a lot.

Watch for information regarding the new
Prevention Services Network Family Resource Center
Opening in 2009!



FROSTBITE

“Oh the weather outside is frightful...” We are in the midst of a very cold winter season. Frostbite is a very serious condition that requires emergency care and is caused by exposure to extreme cold. It is much more serious than frost nip, and most often occurs on the hands, face and feet. It causes aching and numbness. Skin that is frostbitten feels hard, and has a white, waxy or purplish appearance.

What to do if you cannot get to the hospital right away or you must wait for an ambulance:

- ❖ Bring the affected person inside immediately. Do not try to thaw frostbite unless you are in a warm place. Warming and refreezing skin can cause even more damage.
- ❖ Remove wet clothing. Treat the frozen parts gently. Do not rub them.
- ❖ Warm the frozen body parts in warm (not hot) water for about 30 minutes. Do not use dry heat like a stove, fireplace or heating pad to thaw frostbite.
- ❖ Make sure to warm the entire body, not just the affected parts.
- ❖ Place clean cotton balls between frozen fingers and toes. Do not break any blisters.
- ❖ Loosely wrap the re-warmed areas with clean bandages.
- ❖ **Call medical care immediately.**

THINK PREVENTION:

Keep yourself and especially children warm and dry in cold weather, especially during winter sports. Loose fitting, layered, warm clothes are best. Wear well insulated boots, thick socks, hats, scarves and mittens. Remember alcohol thins the blood and makes people more prone to frostbite. Share this information with teens who put fashion before warmth.

This information comes from the KidsHealth website at www.kidshealth.org

To view previous issues of the Prevention Services Network Newsletter, log on to the Kenosha County PSN webpage at <http://www.co.kenosha.wi.us/dhs/Divisions/CFS/Newsletter/index.php>



Parent Talk Lunch

Celebrating Six Years of Service to our families.

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.

Set a goal in 2009 to come to lunch to meet new people, learn about improving your health, strengthen your parenting skills and take some time for yourself to interact with other parents.

Wednesdays from 12:00PM to 1:00PM

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.

January Topics

January 7th An update on influenza, making homemade toys.

January 14th: Making exercise part of your life.

January 21st: **“Warm Up Your Winter”**: Display books, recipes, resources, things to do and places to go to beat the winter blahs. Raffle off a Parent Lunch backpack with some snowy stories.

January 28th: **Setting goals.**

LUNCH is FREE but you must register by calling A Child’s Place Child Care Center 697-4754 to reserve a spot.

There is no guarantee of lunch if you are not pre-registered. Child care is free if available and is reserved in the same way. Call Kathy Burns, PSN Service Coordinator with questions: 697-4628.

Women's Circle---Starting the Conversation

NJM Management Services, Inc., a partner agency in the Prevention Services Network, is hosting a seven session series of group discussion topics for women. PSN Service Coordinators will facilitate the group based on the premise that talking through issues leads to a greater understanding of self and others.

Dates, topics, time and location:

January 15: Trust	February 05: Friendship
January 22: Stress	February 12: Forgiveness
January 29: Integrity	February 19: Leadership
	February 26: Strengths

Circle is held from 12:00-1:00 at Kenosha County Human Services Building, 8600 Sheridan Road, Kenosha. **LUNCH IS INCLUDED.** Each week builds upon the previous week, and therefore attendance for all seven sessions is encouraged. Child care can also be arranged. **RESERVATIONS ARE REQUIRED.**

No new members will be allowed after week three.

**Call Kathy Burns 697-4628 or
Robyn Smerchek 697-4536 to reserve a spot.
Leave a number where you can be reached.**

Read what former participants in Women's Circle have stated about the experience:

"It has been very helpful to talk with other women who can relate to what I am going through."

"I believe that sharing your thoughts and feelings is a gift to yourself and others."

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.

Consider joining us.



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Some ideas for this calendar come from www.enchantedlearning.com and www.holidayinsights.com www.hisdates.com				1. Happy New Year!	2. January is hot tea month. Drinking tea is good for you & a great way to stay warm.	3. Alaska became the 49 th state in 1959.
4. National blood donor month. Become a donor and help someone in need.	5. George Washington Carver died in 1943. Read about this great scientist.	6. Joan of Arc was born in 1412. Find out about this woman warrior.	7. Galileo discovered Saturn's 4 biggest moons in 1610. Get a book about the planets.	8. Bubble bath day. Relax and unwind with a hot bath.	9. National soup month. Soup is a cheap and nutritional meal.	10. League of Nations formed 1920.
11. Full Moon. Take a peak at the moon tonight in its winter splendor.	12. John Hancock was born in 1737. Practice writing your name in a fancy way.	13. Make your dreams come true day. Tell someone about one of your fondest dreams.	14. National oatmeal month. A good breakfast is the best way to start a winter day.	15. Dr. Martin Luther King, Jr., birthday. Read one of his inspirational speeches.	16. National Nothing Day. Take a day to relax.	17. Benjamin Franklin's birthday, 1706. Learn about some of his inventions.
18. A.A. Milne's birthday, the author of Winnie the Pooh.	19. Dr. Martin Luther King holiday celebrated.	20. Buzz Aldrin, one of our first astronauts was born today in 1930.	21. National squirrel day. Don't forget to feed them during the winter.	22. National hobby month.	23. National handwriting day. Compare your handwriting with other family members.	24. Compliment Day. Say something nice to someone today.
25. First Winter Olympics in 1924.	26. Annular solar eclipse.	27. Wolfgang Amadeus Mozart was born in 1756.	28. Fun at work day. If you have a job, enjoy it!	29. National puzzle day.	30. Franklin D. Roosevelt's birthday, 1882.	31. Backward Day. Challenge the kids to do something backwards.

