

May 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.

Mother's Day, Yesterday and Today

On May 10th, many of us will be celebrating Mothers' Day. One might think that the day was created by the Hallmark Company or the florists shops, but mothers have been celebrated since ancient times. Ancient Greeks celebrated in honor of Rhea, the mother of the gods. Romans honored Cybele, a mother goddess, whose followers were so wild, that they were banned from Rome. In the British Isles and Celtic lands, the goddess Brigid, and then her successor, St. Brigid, was honored in the spring.

Julia Ward Howe tried to establish a Mother's Day in this country. She is best known as the author of the "Battle Hymn of the Republic," but she loathed war. In 1872, she began promoting the idea of a "Mother's Day for Peace," honoring, peace, womanhood and motherhood. The following year 18 cities in the United States hosted such days. Boston continued the celebration for 10 years, but the effort lost momentum when Julia stopped paying for the celebrations. She continued to work for peace in other ways and although a stamp was issued in her honor in 1988, there was no mention of Mother's Day.

Anna Jarvis was the real power behind the establishment of a nationally recognized Mother's Day. When her mother died in 1905, she decided to work toward the dedication of a day to honor all mothers, living and dead. Her favorite flower was the carnation, and in 1907 she passed out 500 white carnations at her mother's church, in Grafton, West Virginia. A year later, the same church dedicated a service to mothers in May. By 1909, 46 states were holding Mother's Day services, plus Canada and Mexico. In 1914, Woodrow Wilson signed a Joint Resolution in Congress establishing a national Mother's Day.

Anna was very concerned over the increasing commercialism of the day, stating, "I wanted it to be a day of sentiment, not profit." She was opposed to the selling of flowers, and called greeting cards, "a poor excuse for the letter you are too lazy to write." She never had children of her own, died in 1948, and was buried next to her mother.

(Much of the information for this article can be found at <http://womenshistory.about.com>)



Mother's Day Statistics

- ❖ August is the most popular month for having babies.
- ❖ Most babies are born on Tuesdays.
- ❖ Almost twice as many women were childfree in 2000 as in the 1950's.
- ❖ In 1976, 90% of women between the ages of 40-44 were mothers. Currently, it's 82%.
- ❖ In 2002, 55% of women with infant children were in the workforce.
- ❖ In 1976, 31% of women with infant children were in the workforce.
- ❖ There are 82.5 million mothers in the United States.
- ❖ 96% of American consumers take part in Mother's Day in some way.
- ❖ It is widely reported to be a peak day for long distance calls.
- ❖ It is the busiest day for many restaurants.
- ❖ It is the second highest gift giving day next to Christmas.

It appears that Anna Jarvis's idea has definitely taken root.
(<http://womenshistory.about.com>)



The Week of 5/10/09 Is Baby Wellness Week

In honor of Mothers Day, the week of May 10, 2009 has been proclaimed "Baby Wellness Week" by the Infant Mortality Delegation, a community initiative sponsored by United Way of Kenosha County. The delegation has been working to address the issues surrounding the ethnic and racial disparities in birth outcomes in Kenosha County. Several subcommittees have been created dedicated to 1) communication and outreach, 2) data, policy and funding, and 3) evidenced based practices, to comprehensively address the issues and create solutions to eliminate this disparity. For more information about the Infant Mortality Delegation, contact Crista Kruse at United Way of Kenosha County, 658-4104.



Parent Talk Lunch

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.

Wednesdays from 12:00PM to 1:00PM in Room N2

May Topics

May 6th: Visit with Early Head Start and learn to make time for yourself and Laura Davidson will share info on the Swine Flu

May 13th: Make stress balls with Kenosha Area Family and Aging Services, Inc. and learn about managing stress.

May 20th : Join the Child Care Center staff and learn about “Achieving Your Child’s Dreams.” Info on shot requirements for next school year will also be provided.

May 27th : Prevention Services Network will present on promoting desirable behavior in children. Laura will talk about healthy routines for your family.

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

Child care is free if available and is reserved in the same way. Call Kathy Burns, PSN Outreach Specialist, 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-week session 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.

5/5: Respect

5/12: Stress

5/19: Resiliency

5/26: No Session (Memorial Day)

6/2: Hope

6/9: Forgiveness

6/16: Friendship

6/23: Integrity

Tuesdays from 11:30 a.m. to 12:30 p.m.

PSN Family Resource Center

Kenosha County Human Services Building

8600 Sheridan Road, Kenosha

Lunch is included.

Attendance for all 7 sessions is encouraged. **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.



What is a “SAHM”?

We are a society of acronyms and each group has its own accepted abbreviations. It sets a standard of both inclusion and exclusivity. Within Human Services, you might hear conversations coming from DCFS (Division of Children and Family Services) about a BFI program (Brighter Futures Initiative), not to be confused with teens talking about their BFF (Best Friend Forever). So what is a SAHM? It stands for Stay-At-Home-Mom, a rather new way of describing mothers that do not work outside the home. There are an estimated 5.4 million SAHMs in the United States.

Sometimes, SAHMs get a bad rap from working moms, so they might experience some guilt. Caring for young children is a full time job, and mothers who work have their children cared for by others. Moms who stay home are doing that same work, but with their own children. The following are some tips from the Stay at Home Moms website to deal with the guilt:

1. Let it go.

You do not have to be a perfectionist and your home does not have to be spotless. Enjoy the time with the kids.

2. Give yourself a break.

In our mobile society, parenting becomes a 24/7 job, especially for SAHMs. Take some time off for yourself.

3. Teach your children to help.

As the kids grow, they will go from needing you 100% of the time, to much less. Give them tasks to help you that are age appropriate. Even toddlers can help put away toys if you make it a game.

4. Don't argue about it.

Don't let yourself be pulled into arguments defending your situation to stay home or condemning other mothers for working. Understand that everyone handles their families in their own ways, and arguing will just cost your friendships.

Teen Pregnancy Prevention

Jamie Lynn Spears, Bristol Palin and movies like “Juno” have made teen pregnancy look like a growing trend among adolescent girls. This appears to be true, according to statistics gathered by National Center for Health Statistics. Although efforts over the last several years to prevent teen pregnancy seemed to be working, since 2005 the rates of teen pregnancy have increased for the second year in a row. **May 6, 2009 is the National Day to Prevent Teen Pregnancy.** The day was started to raise awareness about the issue and stop the myth “It can’t happen to me.” During this month, teens are encouraged to go online and participate in a quiz at StayTeen.org. This quiz is anonymous and offers common scenarios for teens to think about.

A growing trend among teens is that technology plays a role in relationships. Many teens are reporting that they are using text and picture messaging to exchange sexual content. According to TRU, a research company, 15% of teens have sent images, texts or communications to people they only know through online communication. According to CosmoGirl.com four of ten teens have had pictures shared with them that were meant to be private or for a significant other. One in five teens have sent or posted nude/semi nude pictures of themselves.

The National Campaign for Teen or Unplanned Pregnancy suggests that parents need to be aware of what messages are being sent to teens and that there are very real consequences for this type of behavior. Teens need to be provided with choices and guidance for appropriate behavior. It is important for parents to be aware of who your children are talking with, limit online and technology communication, and check what your adolescents are posting online (check Facebook, My Space and other social networking sites). Become an involved parent. Communicate with your teenager about these new trends and help them make good decisions.

Information for this article was gathered from stayteen.org and the nationalcampaign.org.



The Prevention Services Network is dedicated to connecting families to the services they need. Our initials express our mission:

Partnering with the community to strengthen families...

Supporting families to achieve optimum success...

Nurturing parents to be strong caregivers, resilient to abuse and neglect.

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



Spotlight Series

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

FEATURING:

May 5th Environmental Stewardship: Teach your children how to help save the environment!

Erin Morey and Caitlin DeLap,
UW Parkside CCP



May 12th Safe Sleep Practices

JoMarie Coloriano,
Kenosha Area Family and
Aging Services

May 19th: Child Passenger Safety Program

Debbie Rueber,
Kenosha County
Division of Health



**May 26th: “THIS PLACE”
Video and discussion
regarding adolescent
alcohol use**

Beth Mattson and
Liza Schultz,
Prevention Services Network

Each session will be held in the PSN Family Resource Center.
Come join us! To register, contact Cindy at (262) 697-4520.

