



October 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:
Halloween Safety
“When the Bough
Breaks”
Drug & Alcohol
Awareness**

October is a Busy Month

We try to make our PSN newsletters timely and topical. We try to focus on themes that are recognized both nationally and in our community. Several community partners have contributed to this month's newsletter and we believe you will find their articles interesting. Be sure to discuss with your children the article from the Kenosha Police Department as well as the one from the Kenosha County Division of Health concerning Halloween Safety. It is also Fire Safety Month and time to think about applying for energy assistance, and preparing for winter. It is also one of the most beautiful times of year to be living in the Midwest. The fall colors are always breathtaking. Be sure to find time for a walk with the family. Children never tire of picking up colored leaves, or crunching them underfoot. Hopefully, you have not tired of those activities either.



PSN Family Resource Center Open Hours

The PSN Family Resource Center is staffed for drop in customers on Tuesday's and Thursday's from 2:00 to 4:00 PM. Feel free to stop in to peruse our resources. We have information on many resources in this community, as well as a variety of articles on subjects ranging from how to handle temper tantrums to how to set up chore charts or talk with children about feelings. If there is an issue or topic you would like more information about, feel free to call the PSN Family Resource Center general phone number at 697-4651, and leave your name and contact number, the topical information you seek, and when you would like to stop by, and we will do what we can to meet with you and connect you to resources.

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

Kenosha Police Department Safety Education Tips

Start with the Basics

- ✓ Help your child learn his/her full name, your full name, your address (city and state), and phone number with the area code. It might help to teach the address and phone number to the tune of a song. It is easier for the child to remember.
- ✓ Teach your child how to dial "911" in an emergency. Practice this at home with a play phone. Be sure the child knows it is not a game however.
- ✓ Tell your child never to accept rides or gifts from strangers.
- ✓ Choose a secret code word with your child to be used if you are ever unable to pick up your child and send someone in your place. Your child should be instructed to keep the word a secret and only leave with someone who knows the secret code word.
- ✓ Teach your children to go to a store clerk, security guard, or police officer if they ever become lost. Help them identify these people while you are out shopping or walking.
- ✓ Set a good example by locking doors and windows, and by asking who is there before opening the door.
- ✓ Listen carefully to your child's fears and feelings about people or places that make him uneasy. Let your child know you trust their feelings. They will learn to trust you in return.

At School and Play

- ✓ Encourage your children to play with friends, not alone. Teach them to avoid places that could be dangerous, such as empty buildings, alleys or playgrounds with broken equipment and litter.
- ✓ Get to know other parents in your neighborhood and work with them to ensure children are supervised closely on their way to and from school. Walk the routes with your children and identify safe houses or places to go for help.
- ✓ Teach your children to be alert and to tell a trusted adult about anything that does not seem right.
- ✓ Checkout your children's before and after school care. Try to use regulated child care providers. Request their certification or license, as well as staff qualifications and parent policies. The Prevention Services Network Family Resource Center has pamphlets from the State of Wisconsin about how to find quality child care. Stop by during our open hours to request a copy.



Halloween Safety

Here are some tips from to keep you safe this Halloween: submitted by Laura Davidson, PSN Nurse, with the Kenosha County Division of Health

- *Plan Costumes that are bright and reflective. Choose costumes and accessories that are flame resistant. Think twice before using simulated knives, guns or swords. If they must be used be certain that they do not appear authentic and are soft and flexible to help prevent injury.*
- *Review “Stop-Drop-Roll” with your children, so they know what to do should their clothes catch on fire.*
- *Consider using face makeup or a hat instead of a mask that can limit or block eyesight.*
- *Only trick-or-treat in well known neighborhoods at homes that have the porch light on. Know the route your kids will be taking if you aren’t going with them.*
- *Never consume unwrapped food items or open beverages that may be offered.*
- *Do not eat any treats before they are thoroughly checked by an adult at home. Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.*
- *Remain on well-lit streets and always use the sidewalk.*
- *Never enter a stranger’s home or car for a treat.*
- *If you set jack-o-lanterns on your porch with candles in them, make sure they are far enough out of the way so that kids costumes won’t accidentally be set on fire.*
- *Small children shouldn’t be allowed to use a sharp knife to carve a pumpkin. It’s best to let the kids clean out the pumpkins and draw the face on it, which you can carve for them.*
- *Explain to children the difference between tricks and vandalism. They may think throwing eggs at a house seems like fun, but clean up and damages can ruin Halloween.*
- *Trick-or-treating isn’t what it used to be. It’s not as safe to let kids walk the streets alone. Send a responsible adult or older teenager with them.*
- *Teaching kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing the street and crossing when the lights tell you to, will make them safer when they are out trick-or-treating.*

Make Halloween a fun, safe and happy time for your kids and they’ll carry on the tradition that you taught them to their own families some day!



(These tips came from the Los Angeles Fire Department and Halloween Online)



The Abuse of Prescription and Over-the-Counter Drugs

According to the National Clearinghouse for Alcohol and Drug Information, illicit drug use by teens is declining, but the abuse of prescription and over-the-counter (OTC) drugs is on the rise. Teens are abusing drugs such as painkillers, stimulants, and anti-anxiety drugs to get high. Some are conveniently found in the medicine cabinets in their homes. Some get high on OTC's such as cough medicines and cold remedies.

More teens abuse prescription drugs than any other illicit drug except marijuana. Among 12 and 13 year olds, prescription drugs are their drug of choice. Because of the availability, some teens who would not touch drugs such as marijuana or cocaine, might try these instead. Unfortunately, few parents are talking about it with their children. The National Clearinghouse stresses that parental disapproval is a big deterrent to both drug and alcohol use.

There are serious health risks to abusing these types of drugs. Even a large single dose of some painkillers or depressants can cause breathing difficulties or death. Stimulant abuse might cause paranoia, hostility or seizures. Over-the-counter cough medicine or cold remedies might seem less harmful, but can also cause blurred vision, nausea, coma or death. Some teens report taking these drugs with alcohol. This combination can be lethal.

What should concerned parents do? The following tips come directly from the Clearinghouse:

1. Safeguard all drugs at home. Monitor quantities and control access.
2. Set clear rules for teens about all drug use, including not sharing medicine and always following the medical provider's advice and dosages.
3. Be a good role model by following these same rules with your own medicine.
4. Properly conceal and dispose of old or unused medicines in the trash.
5. Ask friends and family to safeguard their prescription drugs as well.*

*This information comes directly from a pamphlet from the Clearinghouse entitled, "The abuse of prescription and over-the-counter drugs."

To learn more visit www.TheAntiDrug.com

Based on the previous article about the danger of prescription drugs, please take note of this important message from the Kenosha County Division of Health:

Medicine Collection Day

**A prescription for clean water & safe kids
NEVER FLUSH or pour unused medicine down the drain.**

**Bring it to the KENOSHA COUNTY MEDICINE
COLLECTION DAY.**

Open to all Kenosha County Residents

SATURDAY, OCTOBER 17th, 2009

9:00 am to 1:00 pm

Gateway Technical College

Madrigano Auditorium (Lot A)

3520 30th Avenue, Kenosha

You Can Bring:

Prescription Medication & Over the Counter Medication.

Ointments, sprays, inhalers, creams, vials and pet medications are acceptable.

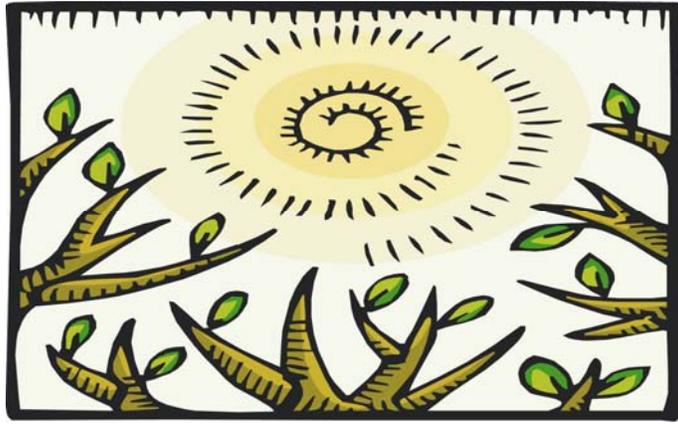
- **Keep all medication in original bottles**
- **Cross out your name but leave the name of the medication visible**
- **Put all medication in a sealed bag**

Do NOT Bring:

Illegal drugs, Biohazardous Material, Needles/Sharps,

Personal Care Products-shampoo, soaps, lotions, sunscreens

For more information contact: Kenosha County Division of Health – (262) 605-6765



Parent Talk Lunch October Topics:

October 7th: Medicine Abuse plus, Early Head Start with present on Safety and Child Proofing Your Home

October 14th : Mental Health & Post Partum Depression

October 21st : Halloween Safety plus Body Basics and Tender Touch: Teaching body awareness to your child.

**October 28th : Special Topic: Infant Mortality video and discussion
Learn about this critical issue.**

Lunch is held from 12 to 1:00 in Room North Two at the Kenosha County Job Center, 8600 Sheridan Road.

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.

Call 697-4754 to reserve a spot. Childcare is free if available.

Parents who build a healthy support system and have positive social outlets are less likely to abuse or neglect their children. Consider coming to Parent Talk Lunch to meet new people and learn something at the same time. There are often door prizes and it's fun!



Are you free for lunch on Monday or Thursday?

Do you enjoy meeting new women and talking about what is important to you as a woman?

If you answered yes to these questions, then you are a perfect candidate for Women's Circle.

NJM Management Services, Inc., a partner agency in the Prevention Services Network, is hosting **two 7 week series'** of Women's Circle this autumn.

Women's Circle is a facilitated discussion group that centers on the belief that women gain strength and friendship through conversation.

Series 1 is offered on Thursdays from 12:00 to 1:00. The series begins **Thursday, October 1st and ends Thursday, November 12th.**

Series 2 is offered on Mondays from 12:00 to 1:00. The series begins **Monday, October 12th and ends Monday, November 23rd.**

Lunch is included at no charge for both sessions.

Topics for these sessions are dedicated to a discussion of

Female Resiliency

Weekly topics include

Personal Power, Stress, Grief, Trust, Fear, Forgiveness and Self Control.

Space is limited. It is expected if you enroll that you will attend all seven sessions. Each one builds on what is discussed the week before.

Call Cindy at 697-4520 to reserve a spot.

“When the Bough Breaks”

Please come and enjoy a viewing of the PBS special “When the Bough Breaks” followed by a discussion about yourself, infants, and how to stop the deaths of infants. Learn about the African American infant mortality rate, why this group has the largest number of baby deaths than any other race, and what you can do to help change this.



Tuesday, October 27th from 11:00 am to 12:00 noon

PSN Family Resource Center

8600 Sheridan Road, Kenosha, WI

For further information or to register call 697-4651

Snacks will be served

October is SIDS Awareness Month

SIDS is the sudden unexplained death of an infant under one year of age and is the leading cause of death in children between one month and one year of age. Most SIDS deaths occur when babies are between 2 months and 4 months of age. Health care providers don't know what exactly causes SIDS, but they do know certain things can help reduce the risk of SIDS. The tip for this month is:

Avoid letting your baby overheat during sleep – Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.

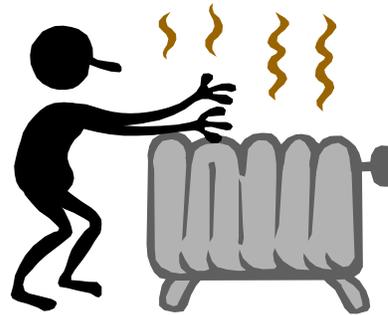
Information for this article was taken from the National Institute of Child Health and Development website at www.nichd.nih.gov.



PREVENTION SERVICES NETWORK October Spotlight Series

SESSIONS ARE HELD EVERY TUESDAY FROM 1:00 P.M. TO 2:00 P.M. AT THE PSN FAMILY RESOURCE CENTER, 8600 SHERIDAN ROAD, KENOSHA TO REGISTER FOR A SESSION OR FOR MORE INFO CALL 697-4651.

October 6th
Energy Assistance Program
Information
Presented by
Kathy Burns
PSN Outreach Specialist



October 13th
Halloween Safety Tips
Presented by
Erin Donaldson
Safe Kids Coordinator

October 20th
Red Ribbon Week
Presented by
Floyd Asonwha
Kenosha Unified School District



Keep our kids alcohol and drug free!



October 27th
Prevention of H1N1 (flu)
Presented by
Allison Maedke
Public Health Nurse
Kenosha County Division of Health

FREE SNACKS AND DOOR PRIZES AT EACH SESSION!

October

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. World vegetarian day. Plan meatless meals for the family today.</p>	<p>2. Breast Cancer awareness month. Get a check up.</p> 	<p>3. Frugal fun day. Do something that costs nothing. Go for a walk, read a book, or call a friend.</p>
<p>4. Full Moon. Learn about the cycles of the moon.</p>	<p>5. World Teacher's Day. Tell a teacher how much you appreciate his/her work.</p>	<p>6. Mad Hatter Day. Make a crazy hat with the kids.</p> 	<p>7. World Smile Day. Let your kids look at themselves smiling. It's sure to get some laughs.</p>	<p>8. It's national popcorn popping month. Enjoy this yummy treat.</p> 	<p>9. Fire Prevention Day. Are you smoke alarms working?</p>	<p>10. October is "Awareness Month"! Feel free to be aware of anything today.</p>
<p>11. It's my party day. Have a party to celebrate yourself and your family.</p>	<p>12. Columbus Day. Learn about this amazing explorer.</p> 	<p>13. Margaret Thatcher, first female Prime Minister of England was born in 1925.</p>	<p>14. National Dessert Day. Eat dessert first today.</p> 	<p>15. National Grouch Day. Have your children make grouchy faces and talk about their feelings.</p>	<p>16. Dictionary Day. Teach your children a new word and challenge them to use it. "Magnificent" is a good one!</p>	<p>17. Sweetest Day. Help children understand what makes someone sweet, and then do something sweet with them.</p>
<p>18. Puerto Rico became part of the United States in 1898</p> 	<p>19. Evaluate you life day. Take sometime to reflect and set realistic, achievable goals.</p>	<p>20. National fruit day. Apples are good and cheap this time of year.</p>	<p>21. October is Domestic Violence Awareness Month.</p>	<p>22. First recorded solar eclipse in the history of the world in China, 2136 BC.</p>	<p>23. The United Nations met for the first time in New York in 1946.</p> 	<p>24. Make a difference day. What are you contributing to the world?</p>
<p>25. Pablo Picasso was born in 1881. Check out a book of his work.</p>	<p>26. The Red Cross was organized in Geneva, Switzerland, 1863.</p>	<p>27. International School Library Day.</p> 	<p>28. Statue of Liberty was dedicated in 1886.</p>	<p>29. National Frankenstein Day. Read a scary story with the kids today.</p>	<p>30. Mischief Night. Play a silly & harmless trick on someone with your kids tonight.</p>	<p>31. Halloween. Have fun. Be safe.</p> 

