



News

2nd Quarter 2010

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Welcome!

April is Child Abuse Awareness Month and the Elmore County Family Resource Center wants you to wear blue!

April 6, 2010, the Elmore County Family Resource Center, the Alabama Parent Education Center, and the Elmore County Department of Human Resources celebrated Child Abuse Prevention Month as

part of the quarterly "Lunch and Learn" program. The Honorable Judge Ford from Macon County was our guest speaker. He talked about the importance of families and communities working together to prevent child abuse. At 1:00pm, Commissioner Joe Faulk, along with Commissioner Paul Taylor and Cecelia Ball, Director, Elmore

County DHR, read a proclamation declaring April as Child Abuse Awareness Month..

Spread the word, Child Abuse Prevention is a responsibility for everyone, not just service workers.

For more information call the Resource Center at 514-5150 or 567-6301.

April — Child Abuse Prevention Month... We All Can Play a Part in Strengthening Families

April is National Child Abuse Prevention Month. This month and throughout the year, we encourage all individuals and organizations to play a role in making Elmore County a better place for families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help prevent child abuse

and neglect by strengthening families and communities.

Research shows that five important factors are present in healthy families. Promoting these factors is among the most effective ways to reduce the risk of child abuse and neglect. They are:

- *Knowledge of parenting and of child and youth development
- *Parental resilience
- *Social connections
- *Concrete supports for parents

April is a time to celebrate the important role that communities play in protecting children. Every

- *Nurturing and attachment

April — Child Abuse Prevention Month (con't)

“Children living with their married biological parents universally had the lowest rate, whereas those living with a single parent who had a cohabiting partner in the household had the highest rate in all maltreatment categories. Compared to children living with married biological parents, those whose single parent had a live-in partner had more than 8 times the rate of maltreatment overall, over 10 times the rate of abuse, and nearly 8 times the rate of neglect.” (Sedlak et al., 2010)

one’s participation is critical. Focusing on ways to promote the five protective factors, in every interaction with families, is the best thing our community can do to strengthen families and prevent child abuse and neglect.

In support of these efforts, the U.S. Department of Health and Human Services, Children’s Bureau, Office

on Child Abuse and Neglect, its Child Welfare Information Gateway, and the FRIENDS National Resource Center for Community-Based Child Abuse Prevention have created *Strengthening Families and Communities: 2009 Resource Guide*. The guide, designed for service providers who work throughout the community to strengthen families, is available online at

www.childwelfare.gov/preventing/res_guide_2009

For more information about child abuse prevention programs and activities during the month of April and throughout the year, contact the Elmore County Family Resource Center at 514-4150 or 567-6301.

Sample Parenting Teaching Plans, Newsletters— No Strings Attached, No Spam

In celebration of 30 years of providing publications for children and the adults who care for them, Parenting Press is delighted to offer you information you can use right now with your own children, or with the children and parents you work with.

Parenting Education Practitioners Talk (PEP Talk), parentingpress.com/peptalk.html, an 8-page quarterly for professionals with a fully-scripted hour-long teaching plan in each issue. Ordinarily \$5 per

issue or \$10 for an annual electronic subscription, the new Spring issue is available to you at no charge with promotional code Freeforall. Yes, you'll have to type something in the payment information line, but it won't be submitted unless you order additional publications. (Like any of the back issues or our newly revised "Something Is Wrong at My House: A Book about Parents' Fighting.") This code is valid through May 14, so order today!

Ideal for family support

specialists, Extension agents, parenting instructors and home visitors, PEP Talk this season includes Supporting Families of Deployed Military," "How to Use Meetings to Create a Network with Real People—without Going Online," and reviews of "You Were Always

Mom's Favorite," by Deborah Tannen and "The Transgender Child," by Stephanie Brill and Rachel Pepper. The teaching plan, "Understanding Kids' Learning Problems," is packed with explanations, advice on talking to kids about weaknesses, and how-to's for helping them.

News for Parents, parentingpress.com/ezone.html, is the Parenting Press monthly that parents, teachers and newsletter editors love. Always complimentary, it can be read online or you can subscribe so that each issue is in your e-mail box early every month.

Best of all: the articles in this newsletter can be reprinted in your publications at no charge, as long as you credit Parenting Press, include our web site address, and send us a copy of your publication or web site.

One mom in my group call last night who has two young teen boys said *“Technology is the only thing we fight about. And we’re fighting about it all the time!”* Parents of teens today are dealing with what feels like an immersion in a foreign tech-based world, and figuring out how to parent teens in this strange land feels very difficult to many.

Why is this difficult for many parents? There are many reasons... not the least of which is many of today’s parents are intimidated by technology and feeling behind the curve. It can be overwhelming to view the tsunami of tech toys one doesn’t know how to use, to deal with the incessant onslaught of information that

makes you feel constantly behind, and try to promote and teach balance to a tech-addicted teen. Nothing about this is particularly easy on the surface... but when you dig down you’ll see that the basics of good parenting apply here, and a sense of overwhelm, intimidation and fear can work against you.

Anne Collier provides some of the most intelligent and balanced advice for parents. She runs Net-FamilyNews.org – “Kid-tech news for parents,” insightful and smart commentary for us all. She says parents’ fear of technology, or fear of their kids’ use of it is what creates problems. *“Fear is bad. Fear increases risk.”* When parents are living in

fear it shuts down communication... and that is when kids will go into “stealth mode” where they can be at greater risk.

Your attitude matters a lot, and I recommend you begin by becoming more informed. One of the best ways to do this is to view the 90 minute PBS special Digital Nation. It is extremely well done and worth your time. Over the next few weeks I will continue to refer to the thought-provoking commentary and share video snippets from this program in the hopes that it will inform your actions and attitudes and generate helpful discussion here.

The video clip from the

“Relationships - Parenting/Advice for Parents” area of Digital Nation website has sensible, helpful – and non-intimidating advice for parents. One of the things that strikes me about Anne Collier’s comments in the video is her sensible and reasonable approach – the same attitude and approach that will benefit parents. She says we must apply the same good parenting principles that we apply in everyday life to our kids’ online life. We don’t just abandon our kids at the internet door. Don’t be fearful; don’t allow yourself to be intimidated. Reframe your approach and let your curiosity and open mind guide you.

A.P.E. Inc. : Assisting Parents & Elderly Inc.

Assisting Parents & Elderly, INC. was established in 2009. We are designed to help GOD’s children, from the beginning and to the end. For a donation of 8.05\$ per hour of service we will place a

parent with a pre-school age child with an elderly in our community in need of non-medical assistance. We will pay the parent to work in the home for a few hours a week. We believe that our program

will bring stability, LOVE, and understanding to our future generations. Please visit our web www.ape-inc.org for more information, donations, or names of people you feel we can help.



April is Autism Awareness Month

CDC Announces Interactive, Online Course Designed To Help Understand Teen Dating Violence

Dating Matters: Understanding Teen Dating Violence Prevention is a 60-minute, web-based training designed to help educators, youth-serving organizations and others working with teens understand the risk factors and warning signs associated with teen dating violence. Developed by the Centers for Disease Control and Prevention (CDC) in partnership with Liz Claiborne Inc., Dating Matters also will highlight the importance of promoting healthy relationships. <http://www.cdc.gov/violenceprevention/datingmatters.html>