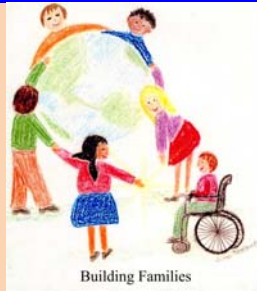


Building Families Empowerment



Building Families Vision:

Every child, beginning at birth, will be healthy and successful.

Building Families Mission:

Building Families' mission is for children, youth, and families to live in safe and nurturing environments that promote health, independence and success. Building Families will create a continuum of supports and services that embrace children and their families.

Newsletter March 2009



Prevent Child Abuse
Iowa Conference has
great breakout sessions!
I'm planning to attend!

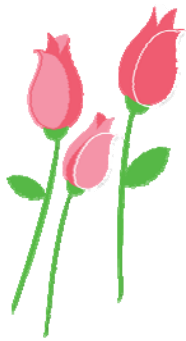
The registration for Prevent Child Abuse Iowa's 28th annual conference, "Building Healthy Families," is now open! The conference, featuring many great workshops designed to enhance the skills and knowledge of child abuse prevention and family support professionals across the state, will be held at the Sheraton West Des Moines Hotel on April 20-21, 2009.

Online registration is quick and easy at www.regonline.com/pcaiowa. You can register online and pay by credit card or by check.

Stay positive and take action!

As we see budget cuts, layoffs, and foreclosures, we know that families are more stressed than ever and programs are stretched to provide the services to assist those families. Sometimes it takes a little imagination and resourcefulness to find help! Here are a few ideas---

- Plan a family event for your community. Make it fun and link into your community resources for assistance. Service organizations, clubs, church groups, and schools can help.
- Put together a day for a family basketball tournament.
- Sponsor a kid friendly ice cream social with games for families to play with their children.
- Ask your recreation center to sponsor a potluck, let the families use the facility for together time.
- Refer your families to young parent support groups and if you don't have one in your community, initiate it with your churches, Prevent Child Abuse Council or Parent Coordinator.
- Ask your library to start a story hour if they don't have one already.
- Help your parents start "play dates" with other parents where they can get together for coffee and let their kids play together.
- Join the CARES group in Hamilton or Wright counties.
- Attend a parenting class, Stratford is just finishing up theirs and Humboldt will begin one this spring.
- Get families involved in a socialization sponsored by HOPES programs. (ask permission first)
- Start a support group for families who have children with a disability.
- Take care of yourself. Take breaks, laugh, exercise and eat healthy.
- Remember that this too shall pass; we've been here before and can get through the worst of any situation!



New Parent Group In Humboldt

A new parent group will be starting in March in Humboldt. It will be held from 5:30-6:30 at the Taft Elementary Media Center. The parent group will be discussing Positive Behavior Supports. Below are the list of dates and what will be discussed at each group. Please Register with Amy Muller (515-832-1791 or amuller@hamiltoncountymhsb.org) if you would like to attend or look for sign-up sheets at school!

March 19th

Session 1: *Making a Connection!* Meet each other and learn about our families. Identify the importance of building positive relationships with children. Discuss the "power" of using positive comments and encouragement with children.

April 4th

Session 2: *Making it Happen!* Understand how play can be a powerful parenting practice. Learn ways to help children develop friendship skills. Link building relationships, using positive comments/encouragement, and play to children's behavior.

April 16th

Session 3: *Why do Children do What they do?* Examine why children do what they do. Practice ways to determine the meaning of behavior. Understand how to make expectations clear for children. Understand effective ways to develop and teach household rules.

April 30th

Session 4: *Teach me What to Do.* Identify feeling words and identify effective ways to teach feeling vocabulary. Demonstrate the use of books to support emotional literacy and social emotional development. Identify ways to cope with feelings of anger and disappointment. Learn how to teach problem solving skills.

May 7th

Session: 5 *Facing the Challenge: Part 1* Examine nine specific strategies that can be used to promote positive adult and child behavior in home and community settings.

May 21st

Session 6: *Facing the Challenge Part 2* Identify that problem behavior has meaning. Identify the meaning of behavior by examining what happens before and after the problem behavior. Identify the three parts of a behavior plan: preventions, new skills to teach, and new responses. Learn to use the *Family Routine Guide* to identify supports for use with children during daily routines.

You are invited to participate in Hamilton Counties

Love Our Kids Day Celebration

When: May 3rd from 1pm to 4pm

What: A resource fair focusing on injury prevention

Where: Webster City Middle School

Purpose: To provide a safe family friendly activity for parents and children, let the community know of the resources available to them, and promote child injury prevention.

Who are the target population: Families with children aged 0-18

Who should participate: service providers, preschools, health providers, child care providers, faith, educators, community/civic groups at large

What will you do: Set up a resource table for your agency, hand out brochures, information about your services, or a toy or incentive; focus on one aspect of injury prevention for children; and provide an activity for children, youth or families to become engaged in.

Who is sponsoring this: Public Health, Power Up YOUth, ACE and Building Families are the initial planning committee.

What is planned so far: UDMO plans to give away booster car seats to the first 150 persons who drive up and request one, Building Families Child Care Nurse Consultant will focus on Nursery Safety and hand out a booklet, display crib safety, and hand out choke tubes, PUY will provide a speaker on "Just Say Know", giving the facts on how alcohol effects the body.

To participate in the Love Our Kids Day Celebration, contact Ann for the registration form.



*Attention: Michelle Olson, CCNC is planning training on Sun Screening for this spring.
Watch for more information or call Michelle at 515-832-1791 to register.*

Six Smartest Movie Quotes of 2008

http://www.reellifewisdom.com/the_10_smartest_movie_quotes_of_2008

"Our lives are defined by opportunities, even the ones we miss." [The Curious Case of Benjamin Button](#)

"Money is a good reason but it's never the real reason." [Revolutionary Road](#)

"One often meets his destiny on the road he takes to avoid it." [Kung Fu Panda](#)

"With lies, you may go ahead in the world but you can never go back." [Transsiberian](#)

The unhappiest people of the world are retired - no purpose. What makes life mean something is purpose - a goal, a battle, a struggle." [Frost/Nixon](#)

"I know you can't live on hope alone but without hope life is not worth living. So you and you and you, you've got to give them hope." [Milk](#)

Ann Stewart, LBSW
500 Fair Meadow Drive, Suite A
Webster City, Iowa 50595
515-832-1791
astewart@hamiltoncountymhsb.org