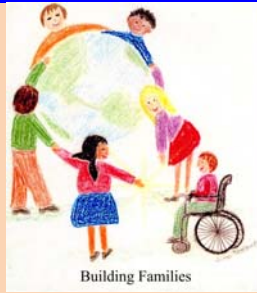


Building Families Empowerment



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.

November 2008 Newsletter



Surveys are going out!

Watch for Building Families Child Care Surveys and Parent surveys. Empowerment Staffs are working conferences at

schools, preschools, and parent groups to catch parents and to ask them to assess their needs. Child care providers will also be contacted to complete a survey for their needs. Surveys will be used to develop the three year community plan for our empowerment area. All surveys are confidential and persons signing up for the parent pal newsletter will be eligible for a free drawing.

Training Page

County Child Care Provider Support Groups

Hamilton times from 6:30-8:00 pm:
December 9th, Fire Station in Jewell;
February 10th, ICC in Webster City;
April 14th Fire Station in Jewell
Humboldt times from 6:30 to 8PM
meeting at Godfather's Pizza in
Humboldt: November 10th, January 7th,
March 11th, and May 11th.
Wright times from 6:30 to 8PM:
November 18th at Clarion Pizza Ranch;
January 20th at Belmont Pizza Ranch;
March 17th Clarion Pizza Ranch; and May
19th at Belmont Pizza Ranch

FFCERS:

Ft. Dodge on November 4, 11, 18, and 25

IQPPS Workshop

Monday Dec. 1 from 9-3 at Prairie Lakes
AEA for school districts who have not
received the four year old preschool grant.
Contact AEA to register.

jinedved@aea8.k12.ia.us

Welcome to Childcare

Building Families Office from 6:30 to
8:30 pm on Nov. 5, 11, 18, 25 and
Dec 2nd.



Common Myths about Sex Education

Myth 1: Youth should only be taught about abstinence.

Fact: There is not strong proof that abstinence-only programs have had an impact on:

- Preventing teens from having sex
- Preventing minimizing the number of partners
- Teen sexual behavior

Myth 2: The more teens know, the more they will have sex

Fact: There is no evidence that teaching sex education increases the number of teens that choose to have sex.

Myth 3: Teens will not increase their self-esteem or make better choices if they know more about sex.

Fact: Comprehensive programs have had a positive impact on teens. They have changed their behaviors by improving:

- Teens' knowledge about risks and consequences of pregnancy and STD's
- Teens values and attitudes of having sex
- Teens feeling more confident about saying "no"
- Teens avoiding sex or insisting on using the appropriate protection
- Communication with parents or other adults about these topics.

Myth 4: Teaching a science-based curriculum will send a confusing message to teens about sex.

Fact: Teaching about waiting until marriage and protection for those who do decide to have sex are realistic and effective approaches that do not confuse teens.

Myth 5: Science-based sex education does not work.

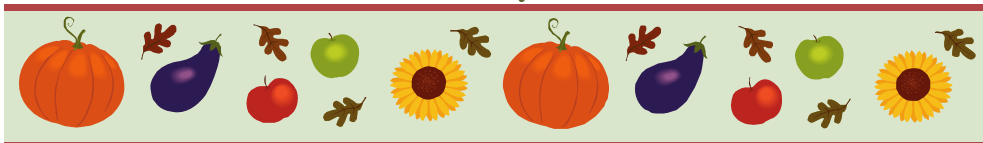
Fact: Positive results include:

- Teens waiting to have sex
- Teens having sex less
- Teens lowering their number of partners
- Teens being safe by using appropriate protection.

**Get the Facts
Be Responsible
Stay Healthy
Set Limits**

Avoid Risk Situations

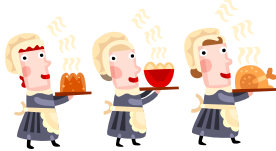
For more information contact Tiffany Larson at 515-832-1791 EX 204



Parents of Young Children of all ages Join the Wright County Parent Support and Education Group

Sponsored by Prevent Child Abuse Iowa

The groups are located at the Presbyterian Church in Clarion from 5:30 pm to 7:30 pm every 2nd and 4th Thursday of each month. Parents will learn effective parenting skills, get support from others and achieve personal goals. A fee meal furnished by the community churches will be provided along with child care by a registered child care provider. For more information call Amy Muller at 515-832-1791 EX 202



Health and Safety Tip

Taken from Kid Source

<http://www.kidsource.com/kidsource/content3/biters.p.t.4.html>

Although biting isn't "abnormal" in the sense that one out of ten toddlers and two-year-olds does it, it is a disturbing and potentially harmful behavior that parents and educators must discourage from the very first episode. If a child bites, remain calm and think about what the child experienced just before the incident. Understanding why young children bite can help you deter this aggressive behavior and teach them positive ways to handle their feelings. Young children may bite for different reasons, and not all will respond to the same types of intervention. Identifying the kind of biter you're dealing with will help you develop an appropriate discipline technique.

- **The experimental biter.** Experimental biters may simply want to touch, smell and taste other people in order to learn more about their world.
- **The frustrated biter.** Some biters lack the skills to cope with situations such as the desire for an adult's attention or another child's toy.
- **The threatened biter.** Some children, feeling they are endangered, bite in self-defense.
- **The power biter.** Some children experience a strong need for autonomy and control.

Working as a team, educators and parents may identify possible reasons for a child's biting and respond accordingly. While early childhood professionals may be more familiar with positive discipline techniques, parents are experts on their own children's behavior.

Take the time to look for patterns in the biter's environment and emotional state at each episode. We can guide children towards self-control and away from biting. The key is understanding -- for adults and children alike.

For more information, contact: National Association for the Education of Young Children
1509 16th Street, N.W., Washington, DC 20036-1426 Phone: (800) 424-2460
Web: <http://naeyc.org/naeyc/>

Preschool Scholarship Funding

This year despite several school districts receiving the four year old preschool grant, Building Families has received an extraordinary increase in the amount of requests for preschool starships. Because of this, the board was approved moving additional funds into the scholarship budget. To date, we have 37 on a waiting list and we hope to fund as many as possible. Preschools will be contacted as soon regarding the children not funded. Children are funded on a first come first serve basis and funding is not allocated according to county, preschool, or number. ---Ann

Building Families Board Meetings

Just a reminder that Building Families Board meetings are open to the public. We meet the fourth Monday of every other month, next meeting on December 22nd at 3pm at the Building Families Office. We also have two openings for citizens to serve on our board. If you have an interest in early childhood, reside in Hamilton, Humboldt or Wright Counties and would like to serve as a board member please contact Ann. We also welcome input at our committee meetings that are held the Thursday prior to the board meetings.

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