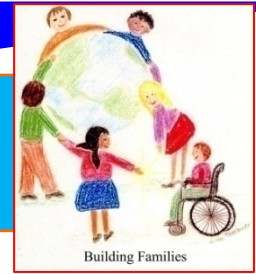


Building Families Empowerment
Every child, beginning at birth, will be healthy and successful.



Parenting Pal- April is Prevent Child Abuse Month

Know the Signs of an Abused Child

- The child is nervous or fearful around adults or afraid of certain adults
- The child is reluctant to leave or go home
- Very passive or withdrawn or very aggressive and disruptive
- The child may show sudden changes in behavior or school performance
- Delays in physical or emotional development
- Missing school a lot
- Being frequently dirty, not being bathed
- Lack of emotional attachment to the parent

These signs do not prove that a child is being abused, but they could be signs that the child and his or her family is in trouble.
"You Can Help Prevent Child Abuse" booklet from Prevent Child Abuse America

If you suspect child abuse call

Hamilton: 1-866-474-5366

Humboldt and Wright: 1-866-474-5366

Prevent Child Abuse Iowa Council

Building Families is hosting a Prevent Child Abuse Iowa Council Meeting from noon-1:00 at the Building Families Offices on April 7th, 2009. This council is made of parents and service providers to help Hamilton and Wright County work on how to make our communities and families safer. If you would like to attend the council meeting contact Amy Muller.

amuller@hamiltoncountymhsb.org

515-832-1791



ALWAYS believe a child when he or she tells you they are being abused.

Parent Education



Helping You and Your Child
Grow as a Family!



PREVENT CHILD
ABUSE IOWA
CONFERENCE APRIL
20-21, 2009

If you want to find out more information about how YOU can help prevent child abuse visit <http://www.pcaiowa.org/index.html>

Parenting with Support

Building Families is holding a parent support group at the United Church of Christ Congregational in Clarion. It will be held from 5:30-7:30 every second and fourth Thursday of the month until May.

Parents will learn effective parenting skills, get support from others, and achieve personal goals.

Free meal and child care provided.

Please contact Amy Muller to register if you would like to participate.

Dates at the United Church of Christ Congregational:

121 Third Ave NW

Clarion

April 9th and 23rd

May 14th and 28th

A Parent Group in Humboldt will be held from 5:30-6:30 at the Taft Elementary Media Center. The parent group will be discussing Positive Solutions for Families. Below are the list of dates in April and what will be discussed at each group. Please Register with Amy Muller if you would like to attend or look for signup sheets at school!

April 2nd

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.

You can find past Parent Pals, find websites used in Parent Pal, learn about our programs, and read our newsletter on our website
<http://www.buildingfamilies.net/>

Know the Signs of an Abusive Adult

- Denies problems at school or at home, often blames the child
- Seems unconcerned about the child's welfare at school or home
- Avoids discussing the child's injuries or gives conflicting explanations
- Sees the child as worthless or a burden
- Uses harsh physical discipline or asks other caretakers to use it
- Seems secretive or tries to isolate the child from other children

These signs do not prove that a child is being abused, but they could be signs that the child and his or her family is in trouble.

"You Can Help Prevent Child Abuse" booklet from Prevent Child Abuse America

WHAT YOU CAN DO TO HELP

- Reach out to parents who are struggling. Try to help them find resources in the community. They may be stressed about finances or lack good parenting skills. Help them find someone who can help.
- Always believe a child when they say they are being abused.
- Be kind to children and families. Build trust with families, they are more likely to come to you when they have a problem.
- Teach your children how to protect themselves. Make sure they know where safe places are, teach them how to say "No!", and make sure they know it ok to tell "secrets" and that is not their fault.
- Take part in prevention efforts. Donate to local agencies that help families, promote parent classes or counseling, advocate for all children, and be part of your local Prevent Child Abuse Iowa Council.
- Educate yourself. Seek help if you are struggling. If a Parent or care taker struggles with managing stress it can lead to abuse

These signs do not prove that a child is being abused, but they could be signs that the child and his or her family is in trouble. "You Can Help Prevent Child Abuse" booklet from Prevent Child Abuse America