

# The Child Abuse Prevention Council of Barry County Newsletter



## MAKE THE SCHOOL YEAR SUCCESSFUL:

1. Keep a family calendar
2. Get things done the night before to ease the morning rush.
3. Provide a personal area to do homework.
4. Set a regular study time.
5. Help with homework if asked.
6. Start the day with a healthy breakfast at home or school.



## HALLOWEEN JOKES:

1. What is a witch's favorite subject? *Spelling*
2. What do ghosts serve for dessert? *Ice Scream*
3. What kind of mistakes do spooks make? *Boo Boos*
4. Why didn't the skeleton cross the road? *He didn't have the guts*
5. Who did Frankenstein take to the dance? *His ghoul friend*

## SAFETY ON HALLOWEEN:

1. Use flashlights, stay on sidewalks and avoid crossing yards.
2. Cross streets at the corner, use crosswalks and do not cross between parked cars.
3. Wear clothing that is bright, reflective and flame retardant.
4. Consider using face paint instead of masks.

5. Avoid wearing long, baggy or loose costumes.
6. Bring treats home before eating them so parents can inspect them.

## DID YOU KNOW...?

There are several things parents can do to help prepare our children to learn about GIVING:

\*Begin to show children the joy of giving:

We can emphasize how good the other person is feeling, when we give.

\*Noticing positive behavior:

Letting our children know when we notice their positive behavior encourages more of it.

\*Our children learn by watching us:

Our children will see we give to others and will learn how good it feels inside to make someone else happy.

## SPORTS:

10 COMMANDMENTS FOR BEING A COOL PARENT AT YOUR CHILD'S GAMES:

1. Thou shalt attend as many games as possible.
2. Thou shalt not shout advice from the sidelines
3. Thou shalt not scream at the opposite team's coaches, our coaches or the officials.
4. Thou shalt honor thy child by paying attention to the game and not socializing with the other parents.
5. Thou shalt not yell, "Nice play, honey."
6. Thou shalt not run to your injured child unless the coach motions you over.
7. Thou shalt listen sympathetically to your child after a difficult loss.

8. Thou shalt not blame the loss on the officiating.
9. Thou shalt not discuss the rules or the officials if you really do not know what you're talking about.
10. Thou shalt not take the game too seriously. Most kids just want to have fun.

-From "Sports Illustrated for Kids" magazine.



## Be My Christmas Gift

If you sat beneath the Christmas tree,  
You'd sure add to the décor,  
But even if you were gift wrapped,  
I couldn't love you more.  
You have to know that if I had you,  
I'd have the gift I'd most adore,  
Better than any expensive gift  
I could purchase in a store.  
If you hug me tight, you wonderful thing,  
And be my Christmas gift,  
You'll brighten my days forevermore  
And give my heart a lift.

## Mission Statement

*"To eliminate and prevent all forms of child abuse and neglect through awareness, advocacy and education."*



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2010

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**Recipe Corner**

**Marshmallow Snowman**

Give each child 3 marshmallows and a toothpick. Let them construct snowmen sticking the toothpick through the marshmallows to hold them together. Add raisins, candy sprinkles or mini chocolate chips for facial features, buttons and other decorations. Pretzels sticks make great arms extending out from the middle marshmallow layer. Frosting may also be used instead of a toothpick to hold the snowmen together.

**Peanut Butter Snowballs**

You will need:  
 1 small jar of peanut butter  
 dry powdered milk  
 flaked coconut

Empty the jar of peanut butter into a bowl. Add 1 to 2 tablespoons of honey. Stir in ¼ cup of dry milk. Keep adding small amounts of dry milk until the peanut butter mixture has the consistency of playdough. Invite children to roll the dough into small balls. Next, roll the balls into flaked coconut to make snowballs.



**THE PARENT'S PLEDGE**

1. I will set a good example for my child.

2. I will show my children I love them every day through words and physical affection.
3. I will listen to my children and let them know I value what they say.
4. I will praise my child's accomplishments and efforts.
5. I will have realistic expectations for my children. I will allow them to make their own mistakes and learn from those experiences.
6. I will avoid being too critical or focusing on my child's shortcomings.
7. I will encourage my child to meet new challenges and have new experiences.
8. I will respect my children as individuals even if I don't always agree with them.
9. I will enjoy my children and make time to share interests and appreciate one another.
10. I will love my children unconditionally. I will let them know they are lovable, worthwhile and valuable human beings.

*-The Bureau for At-Risk Youth.*



**HOLIDAY TRAVEL & INFANT SAFE SLEEP**

- ♥ Infants can die in Barry County when placed in unsafe sleeping environments while visiting.
- ♥ It's most important when visiting that infants have a safe place to sleep.
- ♥ All infants should be placed on their backs for naps and night sleep.
- ♥ Infants should sleep in their own crib, bassinet or "pack'n'play" with a firm mattress ✓ to make sure they meet current safety standards.
- ♥ Don't use bulky quilts, comforters, pillow, bumper pads or other fluffy, loose bedding.

- ♥ Provide your own infant bedding.
- ♥ Don't allow anyone to smoke in the home or around your baby.
- ♥ Be aware of your baby getting too warm during sleep – room temperature no warmer than 75 degrees.
- ♥ Babies can become wedged or suffocate in inappropriate make-shift sleeping situations.
- ♥ Too many babies are dying in unsafe sleeping environments – evidence suggests that these deaths are PREVENTABLE!

*-Tomorrow's Child*

**"Nine Facets of Parental Engagement"**

- ✓ Be there: Get involved in your children's lives and activities.
- ✓ Open the lines of communication and keep them open.
- ✓ Set a good example: Actions are more persuasive than words.
- ✓ Set rules and expect your children to follow them.
- ✓ Monitor your children's whereabouts.
- ✓ Maintain family rituals such as eating dinner together.
- ✓ Incorporate religious and spiritual practices into family life.
- ✓ Get Dad engaged – and keep him engaged.
- ✓ Engage the larger family of your children's friends, teachers, classmates, neighbors and community.

*-Joseph Califano, Chairman/Founder of CASA\* at Columbia University.*

