



MICHIGAN CHILDREN'S TRUST FUND

SUMMER/FALL 2020
NEWSLETTER

UPdate

FROM THE DIRECTOR'S DESK



Over the last few months, our CTF Team has been planning a variety of exciting projects that focus on the needs of children and families in Michigan's local communities. These projects range from selecting, orienting and supporting our newly funded prevention programs as well as providing education on ACEs and Strengthening Families to all 100+ of our prevention programs. While we facilitate and support child abuse and neglect prevention programs in each of our 83 counties, the key to making a difference in the lives of our children and families is the active participation and support of our donors, contributors, collaborative partners, etc. Later this fall, there will be new, proven prevention programs throughout the state - check out our [website](#) to learn more!

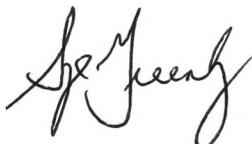
In 2020, the return to school may look different for your child(ren). Whether they are attending school virtually, on a partial schedule or in person, we need each and every one of us to be aware of the children around us. As adults, we need to listen, observe and take action on behalf of children. During COVID-19, many of our children have been home and will now return to school having experienced trauma, isolation, etc. Please be vigilant; our children count on **us** to protect them. For resources and information in your local community, check out our [program map](#) for local contact information.

In addition, we invite you to consider the ways that you can "Stand UP for Kids" in your daily actions. I recently read an [article](#) by Family Futures' Executive Director, Candace Cowling (CTF local council) which included these ways that you can get involved in your community:

- If you have not already completed your Census information, do so. The Census will determine how financial resources are allocated. It has a tremendous impact on where and who will hold power in communities across the country and our state, with direct impact locally. Go online to [2020Census.gov](#).
- Vote – register to vote and exercise your right to vote.
- Enjoy yourself and join us for the 18th Annual Pam Posthumus Auction as our first ever virtual auction on September 16th—check out the event information on the next page. To register for this amazing event, as well as to participate in the silent auction beginning September 14th, [register here](#).

Finally, if you have an idea on ways that we can work together to stop child abuse and neglect in your community and across our state, please contact us at ctfinfo@michigan.gov.

Stay safe, be well and give a child a smile every day,



Suzanne Greenberg
Executive Director

Back to School

Tips for Helping Children Adjust to a New Normal

MAINTAIN STRUCTURE

- Whether your child will be returning to school in person or virtually, it is essential to ease them back into a structured daily routine and sleep schedule. Ensure your child is getting enough sleep, being physically active and eating healthy food to support a healthy body and mind.

SET THEM UP FOR SUCCESS

- Take steps to set your child up for success academically, physically and emotionally, especially if they are participating in virtual or remote learning.
- Encourage your child to do more of what they enjoy most, whether reading, playing outside or other activities.
- Set up ways for your child to continue to socialize safely with their friends over the phone or video chat, especially if they participate in distance learning.
- Check in with your child frequently and listen to their concerns. Make sure to validate their emotions, letting them know that their concerns and frustrations are understandable.

EASE ANXIETIES

- Help your child focus on what they can control in the fight against the pandemic, such as hand washing, wearing a face mask and practicing social distancing.
- Teach your child breathing exercises they can do when they feel anxious.
- Help your child adjust to COVID-19 precautions such as wearing a face mask by practicing at home. Empathize with your child if they find wearing a mask uncomfortable. Let them know that although it can be unpleasant at times, wearing a mask is an important way we can help protect others. For older children, remind them that they are helping protect others and doing good for their community by following health precautions.

AT-HOME LEARNING

- Set up a desk. A desk is really just an opportunity to minimize distractions. It doesn't have to be fancy- clearing off a table will work just fine!
- Stick to a schedule. A schedule helps your child know what is coming next; it can help them stay on task to know when a break is coming.
- Take breaks from screens. Online learning requires extensive amounts of screen time. Encourage your child to go outside or play a game during breaks.
- Minimize distractions. Keep distractions away from your child's workspace! Your child will stay focused if their space is organized, desk is clean, and TV/phone/tablets are turned off.
- Talk about feelings. Ask how your child is feeling about things and open a conversation by talking about your own feelings. This new schedule and learning style is likely affecting both of you- talk through it together!

AKKAD HOLDINGS PRESENTS
Pam Posthumus
SIGNATURE AUCTION EVENT

18TH ANNUAL



Join Us!

Online Silent Auction

September 14 - 16, 2020

Live Virtual Event

Wednesday, September 16, 2020

7:00 - 8:00 p.m.

The Children's Trust Fund is Michigan's only independent, statewide, nonprofit organization dedicated to the prevention of child abuse and neglect. Serving as a voice for Michigan's children and families; we lead the way to better health, safety and well-being by funding effective community-based programs.

Visit ctfauction.givesmart.com to register for the event or make a donation. If you are interested in becoming a sponsor or donating an auction item, please contact Michelle Boggs at (517) 575-9312

HONORARY CHAIRS SHARIF HUSSEIN & PASCALE EID

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**As of August 14, 2020*

SEPTEMBER 14 - 16, 2020



Register Now!

To register, scan this code with a smartphone camera or visit ctfauction.givesmart.com. Although the auction is virtual, you **MUST** register in order to participate!



SCAN ME

CTFAUCTION.GIVESMART.COM

2020 CENSUS

Shape
your future
START HERE >

United States®
Census
2020

Help your community get the funding it needs for programs and services like the Supplemental Nutrition Assistance Program, or SNAP, Medicaid, health clinics, education, and much more.

Complete the 2020 Census online, by phone, or by mail. It's easy, safe, and important.

For more information, visit:
2020CENSUS.GOV



Shaping the Future for Young Children

The 2020 Census will help determine how much money local communities receive for critical resources that children and families depend on for the next 10 years—basically, an entire childhood! Resources that could be impacted include food assistance, Head Start, child care, housing support, public schools, early intervention services for children with special needs, and children's health insurance. Knowing how many children there are and where they live is essential to getting those services and programs to them. It is important to count all children, but those under the age of 5 are often missed, particularly when they don't live in the same home as both parents. When newborn babies and young children are not included in the census, support programs for early childhood development are impacted. It is critical to get an accurate count for the 2020 Census, and **you can help!** If you work with families, let them know how quick, easy, and important it is to complete the Census. Share this information with family, friends, and coworkers. In this time of social distancing, social media is incredibly powerful! Graphics like the one above can be found [here](#).

Important Dates

SEPTEMBER 14-16, 2020

VIRTUAL SILENT AUCTION

Register for the three day online silent auction [here](#). Join our email list or follow us on social media for sneak peeks at some of our exclusive silent auction items!

SEPTEMBER 16, 2020

VIRTUAL LIVE AUCTION EVENT, 7:00-8:00 P.M.

Join us for a one hour online program and live auction featuring luxury travel packages, fine art, sports memorabilia and more! Register for the free event [here](#).

SEPTEMBER 30, 2020

2020 CENSUS DEADLINE

Take a few minutes to answer 9 questions and make an impact in your community! Fill out your Census [here](#).

OCTOBER 27, 2020

VIRTUAL CTF CHILD ABUSE & NEGLECT PREVENTION CONFERENCE

Space is limited- please contact us at ctfinfo@michigan.gov for more information.

Stay in touch!



facebook.com/michiganctf



[@ctf_michigan](https://twitter.com/ctf_michigan)