

Northeast Regional Coalition of Child Abuse Prevention Councils

**BUTTE
COLUSA**

**GLENN
LASSEN**

**MODOC
PLUMAS**

**SHASTA
SISKIYOU**

**TRINITY
TEHAMA**



2008

Did you know your baby would cry like this?

Healthy babies can cry a lot in their first 4 months of life.

Important Action Steps if your baby cries:

1. **Carry, Comfort, Walk and Talk with your baby.** Sometimes you will be able to help stop the crying; but not always.
2. **If it's too frustrating, it's ok to WALK AWAY.** Put your baby in a safe place, take a few minutes, and then check on your baby.
3. **NEVER shake a baby.**

www.dontshake.org

Helpful Parenting Websites

Parentoutreach.org
Positiveparenting.com
Search-institute.org
F5ac.org
Parents-talk.com
Family.com
Theideabox.com
Kidsource.com
Familyfun.com
Pcat.org

Websites of Interest

- > Dss.cahwnet.gov/cdssweb/PG91.htm: CA Department of Social Services
- > Humanservices.ucdavis.edu/resource: UC Davis Extension. Online Mandated Reporter Training
- > PCA-CA.org : Prevent Child Abuse-CA
- > Shastacapc.org: Shasta Co. Child Abuse Prevention Council, info. on councils in the region
- > ButteChildAbusePrevention.org: Butte Co. Child Abuse Prevention Council
- > ColusaCapc.org: Colusa Co. Community Advocates for Parents and Children

Tips for Parents of Toddlers

As a baby becomes a toddler, most parents start to think about how best to discipline their child. It would be nice if discipline were a one-size-fits-all solution but, like most parenting-related topics, it's not. Good discipline takes parental creativity, consistency, and dedication.

Though it may be hard to believe at times, toddlers are not always purposefully disobeying the rules. They have a very short memory and are highly impulsive and inquisitive. A parent will find themselves needing to tell their toddler the same thing over and over again – often, even if a toddler is aware of a rule, he/she is not capable of obeying it. Eventually, he/she will learn it. Loving guidance and active involvement are effective.

Here are some tips to help parents elicit their toddler's cooperation without hitting, yelling, or withdrawing emotional attachment:

*State requests in short, easy to understand sentences. "You need to sit down."

*Allow the child to make a choice, if possible. If your toddler is resisting getting dressed, try allowing him/her to pick from two outfits. This takes the focus off the power struggle (getting dressed) while also allowing him/her to feel in control.

*Explain the reasoning behind your requests when appropriate. ("Please do not bang on the fish tank; see how it scares the fish? Poor fish!")

*Use the word "we." "We sit down at the table when we eat." This makes your requests and rules sound less like demands and more like expectations, which is what they are, in reality.

*Phrase rules using positive words and phrases. It's hard for a toddler (or an adult) to obey a negative like "don't touch that." Instead, offer an alternative, such as "put your hands behind your back and just look."

*Know what to expect of your child developmentally. Expecting a one year old to sit quietly through an hour's worth of adult conversation is unreasonable. Expecting a one year old to play quietly with some adult involvement is more reasonable.

(http://www.essortment.com/family/parentingtipsg_sjmz.htm)

Child Abuse Prevention on a Statewide Level

Office of Child Abuse Prevention

The Office of Child Abuse Prevention (OCAP) has been committed to improving the quality of life for California's children and families since 1977. To prevent child abuse and neglect, OCAP funds and coordinates local services that help strengthen and preserve families. OCAP also develops and distributes information to individuals and organizations. OCAP administers state and federal grants and the California State's Trust Fund.

CA Coalition of Child Abuse Prevention

Coordinators of the eight California regions work together with OCAP and constituents on child abuse prevention activities. These activities include sharing information statewide, developing statewide conferences, assisting with the online Mandated Reporter Training website, and being a central information point for organizations that work in similar fields.

Prevent Child Abuse California

The mission of Prevent Child Abuse California is to prevent the abuse and neglect of California's children by building community resources, enhancing public awareness, developing and coordinating prevention programs, and facilitating advocacy activities. Community resources, public awareness, prevention programs, advocacy activities.

Upcoming April Events:

9th-Kids' Day at the Capitol, Sacramento

12th-Walk-Run Mt. Shasta

13th-19th-Week of the Young Child, Statewide

18th- Parent Partners Open House Redding

19th- Family Fun Fest, Anderson

County Highlights-Plumas

The CAPC continues to grow and change. In February staff voted to change the name to Plumas Children's Council.

In April, Plumas will have articles in the paper each week highlighting parenting classes, Differential Response, fatherhood, and child prevention information, along with a thank you to those who have made contri-

butions to the Council with their tax bills. Staff will implement the "It Only Takes A Minute" Campaign by including it in all of the advertising and newspaper articles. When staff takes the Child Abuse Awareness Resolution to the Board of Supervisors meeting in April they will also take time to recognize all Plumas County Social Workers as well as the other service providers. They call this

event "The Light of Hope" and always get excellent media coverage that helps with countywide prevention awareness efforts.

Plumas' Family Resource Centers and Home Visitors, who receive CAPIT/CBCAP/PSSF monies, continue to offer invaluable assistance to the general population as well as those families who have been referred through Social Ser-

vices. They continue to work on coordinating, improving, and documenting these important services to Plumas families. The Differential Response meetings occur every month immediately following Council meetings.

Other plans for the future include the Children's Fair on May 17th and a county training called Meth 101 that will be co-sponsored with the Health Department in June.

County Highlights-Siskiyou and Shasta

SISKIYOU

The Children's Service Council (CSC) is starting a Girl's Circle training program, countywide, partnering with schools, Behavioral Health, Human Services and Probation. The Nurturing Parenting program has expanded to include 3-12 week Nurturing for Teen Parents sessions (CSC has a high rate of Teen pregnancy).

The CSC will be taking over implementation and development of the Family Based Relapse Prevention project

through the Family Resource Centers.

Walk-run for April 12 planning continues. Victim's Witness received a \$5,000 grant and CSC received a community donation for \$1,000 in support of the event.

Siskiyou has a new Human Services Director who is very committed to supporting prevention services.

SHASTA

Shasta started the first Girl's Circle at the Anderson Teen Center. April Activities this year will include distributing

materials at car shows (Hot-Orama, Kool April Nites and Macy's Show and Shine), working with Safeway Stores on a BBQ and activity day, the annual Anderson Family Fun Fest and Fishing Day and more. Shasta CAPC is collaborating with Early Childhood Services for a Week of the Young Child parenting training that targets parents. April events are available on the shasta-capc.org website. Shasta CAPC continues to coordinate 72 AmeriCorps members throughout the community as well.

Nurturing Parenting Program

Free training with Dr. Stephen Bavolek

March 29th, 2008
9am-12pm
604 East Walker Street, Suite A, Orland

Call the Orland Family Resource Center to register
(530) 934-1577

Shaken Baby Syndrome Campaign

The Coalition is taking on a regional project to provide the public with Shaken Baby Syndrome awareness.

Shaken baby syndrome (SBS) is a form of child abuse that occurs when an abuser violently shakes an infant or small child. The injury is estimated to affect between 1,200 and 1,600 children every year in the USA. SBS, a major cause of mor-

tality in infants, is often fatal and can produce lifelong disability. Up to 50% of deaths related to child abuse are reportedly due to shaken baby syndrome. About 25% to 30% of infant victims with SBS die from their injuries. Nonfatal consequences of SBS include varying degrees of visual impairment, motor impairment, and cognitive impairments.

The Coalition received funding from OCAP to purchase simulated dolls that display effects of SBS on babies, and teaching DVD's along with the dolls. They will receive other training materials as well such as The Period of Purple Crying and Portrait of Promise. Some funding will be available to do advertising on billboards, newspapers and other media as well.

County Highlights-Glenn and Butte

GLENN

April activities will include coffee sleeves, letters to the Ministerial Association on child abuse prevention awareness, Pee Wee Olympics, and an art contest.

BUTTE

The Council uses their "Baby Mikey" simulated doll to educate the public about the dangers of shaking babies. Mikey cries and the trainer

then shakes the doll to show how easy it is to harm a baby. The doll has a clear head that lights up in the regions of the brain that would be damaged from the shaking. Butte partnered with Enloe Hospital in their new Children's Health and Resource Center to provide ongoing trainings to families. They also provide resource materials such as door hangers and certificates. Parents

are educated on what to do if their baby cries and asked to sign a pledge to not shake their baby. Teachers are targeted this year for Child Abuse Prevention activities and were given a calendar of events, information on Mandated Reporter Training, and resources for families. The Council will host a booth at the Children's Faire, participate on a radio show and do bus posters.

Mandated Reporter Training Available Online!

Did you know that you can receive online Mandated Reporter Trainings? These are available at humanservices.ucdavis.edu.

A. The general training modules are all inclusive (non-profession specific)

- **General Training/ Espanol Entrenamiento General:** 4 hours

B. The profession-specific training modules are for specific fields of employment, study and volunteers

- **Child Care Providers/ Clergy/ Educators/ Registered Nurses:** 4 hours
- **Pre-/Post-Licensed MFTs/ LCSWs:** 7 hours
- **Probation Officers:** 4 hours
- **Caregivers, Teachers and Practitioners who work with children who have developmental disabilities:** 4 hours
- **Special Education Teachers, Staff and Volunteers:** 4 hours

C. Resources available at this website:

- **Child Abuse Reporting... and you**
- **Regional Contacts for more information on child abuse and prevention.**
- **Other trainings available through the UC Davis Extension Human Services.**

Shasta County Child Abuse Prevention
Coordinating Council
2280 Benton Drive
Building C, Suite B



Northeast Regional Coalition of Child Abuse Prevention Councils

The Mission of the Coalition of Northeast California Child Abuse Prevention Councils is to support and assist the public education, coordination, and community resource development efforts of local CAPCs through professional development, resource development, advocacy, and sharing of relevant data.

Regional Event- Engaging Men, The Importance of Male Role Models in Children's Lives

Every year, the Coalition puts on a Regional Event that is geared towards strengthening the counties and their communities. This year the Event will be held in Butte County.

WHAT: Engaging Men, The Importance of Male Role Models In Children's Lives

WHERE: Canyon Oaks Country Club, 999 Yosemite Drive, Chico.

WHEN: June 11, 2008

WHO'S TO ATTEND: Health and Social Service professionals, educators, CBO's.

COST: To Be Announced.

CONTACT: Margie Ruegger at (530) 893-0391. x.3037 or margier@parented.org

WHO TO CALL

In an Emergency: 911

To report child abuse:
Your local child protective service.

Regional Coordinator:
Betty Futrell at
(530) 241-5816

OCAP/CDSS:
Martha Dominguez
(916) 651-9989