



CAP ACTION EBLAST



Do Something! Do One Thing! One Thing Counts!

The Child Abuse Prevention Action Committee is a collaborative group involved in the planning and promotion of child abuse prevention efforts throughout Oklahoma.

Volume 2, Issue 7

“a publication of CAP ACTION and its partner agencies”

April 2014

Child Abuse Prevention and Concrete Supports (diapers)

Preventing Abuse, One Diaper at a Time

Right now, somewhere in our state a baby is sitting in a soiled diaper. His constant crying creates frustration for his mother, who doesn't have a clean diaper to put on him. She feels helpless, anxious, overwhelmed...



Every day in Oklahoma, parents are faced with the difficult decision between paying the utility bills and buying diapers for the month. It's sad, but it's reality for many families. In fact, an August 2013 study published in the journal **Pediatrics** shows one in three moms has struggled to pay for diapers.

Leaving a baby in a soiled diaper can have a severe impact on the health, economic and emotional well-being of the child, parent and household. The “Every Little Bottom” study conducted by Huggies in 2010 found that children experience emotional and physical consequences when not changed out of a dirty diaper. Not only can it lead to diaper rash and infection, but the baby may experience irritability and parental attachment difficulty. The guilt that a caregiver often feels when they are unable to provide clean diapers adds stress and tension to the already difficult task of parenting. So much so, that child abuse is often the unfortunate result. Yale University looked into this correlation in 2013. Researchers found that parents who could not afford an adequate supply of diapers experienced higher levels of anxiety and depression, two factors that often lead to child abuse or neglect.

A month's supply of diapers may cost more than \$100 -- a sometimes out-of-reach expense for families in poverty. Although there are government resources and agencies that assist with baby formula and food, none assists with the cost of diapers. A baby living in poverty may sit in a dirty diaper for up to 24 hours. Don't let his cries go unheard. You can prevent abuse simply by providing diapers for a family in need.

On Tuesday, April 8, 2014 you can help babies in need by participating in the *Save a Baby's Bottom Diaper Drive*. Donation bins will be set up in the second floor rotunda of the Oklahoma State Capitol building where volunteers will be collecting diapers of all sizes for Infant Crisis Services. By participating in the drive, you're not only giving diapers to a needy baby in central Oklahoma, you're giving that baby a healthier tomorrow.

Related Resources:

- <http://news.yale.edu/2013/07/29/no-money-diapers-depressing-reality-poor-mothers>
- <http://pediatrics.aappublications.org/content/early/2013/07/23/peds.2013-0597.full.pdf+html?sid=c7ef3620-56fa-43f8-9c66-cb43696196ba>
- <http://www.huggies.com/assets/huggies-2010-every-little-bottom-study.PDF>

Do just one thing! Your one thing counts!

- ✓ Donate diapers.
- ✓ Volunteer at a local diaper bank.
- ✓ Participate in a CAP Day diaper drive.
- ✓ Spread the word by hanging CAP Day posters in your community or town.
- ✓ Make a monetary donation to an organization that provides diapers to needy babies.
- ✓ Respond to a family in crisis or poverty.
- ✓ Refer a family in need to Infant Crisis Services or other social services organizations that can provide necessary resources.

Agency Spotlight

Infant Crisis Services provides life-sustaining formula, food and diapers, as well as clothing to babies and toddlers in times of crisis. All services are provided at no cost to the families we are privileged to serve. In addition to our resources, Infant Crisis Services connects families with other helping agencies to lead them on a path toward self-sufficiency. Founded in 1984, Infant Crisis Services is the only emergency food and diaper bank for babies and toddlers in central Oklahoma. Each year, we assist more than 14,000 babies who otherwise may go to bed with an empty tummy or in a soiled diaper. Learn more about our mission at www.infantcrisis.org.

Upcoming Events

Upcoming 2014 CAP ACTION meetings:

- Fri, April 25, 10:00am @ OCCHD Wellness Campus
- Fri, August 22, 10:00am @ OCCHD Wellness Campus
- Fri, October 17, 10:00am @ OCCHD Wellness Campus
- Fri, December 5, 10:00am @ OCCHD Wellness Campus

CAP Day at the Capitol & Mini Conference along with the Save a **BABY'S BOTTOM DIAPER DRIVE**:

Tuesday, April 8, 2014

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**EARLY CHILDHOOD
TIP SHEETS**

2014 Child Abuse Prevention (CAP) Action begins now! Sign Up today to join efforts!