

# Be a SUPERhero for CHILDren!



Child Abuse Prevention  
Month Toolkit



***Mark Your Calendar***

**APRIL 8<sup>th</sup>**



**Child Abuse Prevention (CAP)  
Day at the Capitol  
&  
CAP Day  
Mini Conference  
(The Samis Education Center)**

**BE A SUPERHERO  
for Oklahoma's Children!**

Visit these CAP Day links to help prepare you for the day!

**Mini Conference Program**

<http://www.ok.gov/health2/documents/Be%20a%20SuperHero%20CAP%20Day%20Mini%20Conference%20Program.pdf>

**Registration for Mini Conference/Display Table/Governor's Photo Drawing**

[https://www.ok.gov/triton/modules/calendar/calendar.php?month=4&year=2014&calendar\\_seq=32&event\\_type\\_seq=](https://www.ok.gov/triton/modules/calendar/calendar.php?month=4&year=2014&calendar_seq=32&event_type_seq=)

**2014 CAP MONTH PACKET**

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.2936

# 2014 CAP MONTH TOOLKIT

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### 2014 CAP MONTH TOOLKIT

# 2014 CAP Month ToolKit

## “April is National Child Abuse Prevention Month”

From: **OSDH**  
Family Support & Prevention Service Date: March 13, 2014

- |               |   |                            |
|---------------|---|----------------------------|
| ✓ Urgent      | ✓ Please E-mail to other Staff & Community Partners | ✓ Please Circulate         |
| ✓ Please Post | ✓ Please Add To Newsletters & Bulletin Boards       | ✓ High Level of Importance |

### **“Oklahoma has a new Superhero... YOU!”**

**Who can make a difference? Anyone. Everyone.**

Young and old. Individuals and groups.

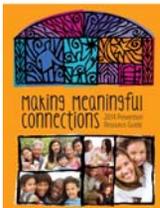
Anyone can make an impact on children's lives. **Be a Superhero today!**

April is National Child Abuse Prevention Month, a time to recognize that we each play a part in promoting the social and emotional well-being of children and families in Oklahoma.

Community partners across the state have worked together (along with the Family Support and Prevention Service/Oklahoma State Department of Health) to offer suggested activities, promotional materials and other tools to help you get involved in hosting a successful Child Abuse Prevention Month campaign or event close to home in your own community.

### **What to do now?**

Review the materials enclosed to decide which activities are best for your program and/or community.



Download the ***Making Meaningful Connections Prevention Resource Guide*** for information on the Protective Factors, history of National CAP Month, parent tip sheets in both English and Spanish, sample social media messages and much more <https://www.childwelfare.gov/preventing/preventionmonth/>.

Plan to attend the 9<sup>th</sup> Annual CAP Day at the Capitol and 4<sup>th</sup> Annual CAP Day Mini Conference on Tuesday, April 8<sup>th</sup>. Preregistration for conference required.

<http://www.ok.gov/health2/documents/Be%20a%20SuperHero%20CAP%20Day%20Mini%20Conference%20Program.pdf>

Promote your own April CAP MONTH events by completing the fill-in-the-blank press release enclosed in this packet and distribute to local media – see page 8.

Contact our office about picking up your 2014 Resource Guides, Superhero Posters and Hotline Cards (available while supplies last).

Plan your own Community Diaper Drive and collect diapers for the families in your programs or where needed in your community– see diaper drive section beginning on page 22.

Start planning your ***“Blue Ribbon Tree for Kids”***. Tree photos and registration due by April 2<sup>nd</sup> to be included in the CAP DAY Blue Ribbon Tree Slideshow at the Capitol. If your tree photos include individuals, please remember photo releases are required (available in the attachment section of this packet or on the FSPS website – <http://fspd.health.ok.gov>).

### **Showcase your events in the official 2014 CAP Month Scrapbook!**

Complete and return the **Community Event Form** – Please send success stories and CAP MONTH happenings to [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov)! We would like to see newspaper clippings, flyers, and general information on community events and activities that you host during the month of April – form included in packet. We are happy to highlight your events in the official 2014 CAP Month Scrapbook and/or FSPS CAP Month webpage. Photos of events are appreciated, but, again, must be accompanied by photo release/consent if individuals are present in photos.

Wishing you a successful April filled with prevention, blue ribbon trees, diapers and everyday Superheroes making a difference in the lives of children!

-- the 2014 CAP ACTION Committee --

## MEDIA SECTION – CAP MONTH

### STATEWIDE PRESS RELEASE

For Release: March 25, 2014  
Contact: Pamela Williams  
Office of Communications, 405.271.5601

#### **Communities Urged to Help Prevent Child Abuse and Neglect** **April is Child Abuse Prevention Month: “It’s Your Turn – Be a Superhero for Children”**

Small, positive actions can make a difference in the life of a child. The focus for this year’s annual Child Abuse Prevention (CAP) Month activities in April is to highlight actions each of us can take to help raise safe, healthy, resilient children. Child advocates and the general public will be encouraged to step up and “Be a Superhero for a Child!” during CAP Day at the State Capitol on Tuesday, April 8. From 8 a.m. till noon that day, booth displays and special activities will focus on building supportive community and family environments that help children grow and develop into productive citizens. This observance is made even more important considering the latest statistics from the Oklahoma Department of Human Services that indicate child abuse confirmations have risen the last three years in Oklahoma, with 11,418 cases confirmed in state fiscal year 2013.

Among the activities offered during CAP Day at the State Capitol will be a “Save a Baby’s Bottom” diaper drive, directed by Infant Crisis Services. Diapers of all sizes may be dropped off from 8 a.m. till noon at the second floor rotunda. “Every day, thousands of Oklahoma parents are forced to choose between buying diapers and providing basic necessities for themselves and their children,” said Miki Farris, executive director of the Infant Crisis Services. “We encourage everyone to get involved and be a superhero for the children and families of Oklahoma by the simple act of contributing a box of diapers.”

Beginning at 1 p.m. on April 8, the fourth annual CAP Day Mini Conference will be held at the Samis Education and Conference Center located at 1200 Children’s Avenue in Oklahoma City. While space is limited, the afternoon sessions will include free workshops open to the public who pre-register, featuring a variety of topics and well-respected speakers with expertise in child abuse prevention. To reserve a space for the conference contact Sherie Trice at [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov) or (405) 271-7611.

“We hope those who can attend these events will do so. Prevention is key to reducing the number of victims of child abuse and neglect. Providing new strategies and fresh ideas for participants to take back to their community goes a long way in working effectively with parents,” said Annette Jacobi, chief of the Family Support and Prevention Service at the Oklahoma State Department of Health (OSDH).

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Sherie Trice, OSDH community-based child abuse prevention grant coordinator added, “Communities are encouraged to build a Blue Ribbon Tree as another way to participate in Child Abuse Prevention Month activities. Individuals can help by using words of praise and encouragement to a child or the caregiver, listening carefully to what a child has to say, showing that you care, and saying ‘I love you.’ These actions can have a positive impact on a child’s growth and development.”

The OSDH offers the following parenting tips:

- Help your children feel loved and secure, even when they do something wrong.
- Encourage your children by praising their effort in addition to their achievements and talents. Recognize the skills they are learning.
- Spend time with your children doing things that you both enjoy. Listen to them.
- Learn how to use nonphysical options for discipline that are appropriate for your child’s age and development, and/or redirect your child’s attention by offering positive choices, and/or helping them experience appropriate consequences related to their behavior when applicable.
- Seek help if you need it. Sometimes special circumstances like unemployment, or a child with special needs, can add stress to the family. If you need additional support, try to talk to a friend, health care provider, faith leader or counselor or join a support group for parents.

Finally, the OSDH encourages everyone to get involved with local activities related to Child Abuse Prevention Month using the theme “*It’s Your Turn – Be a Superhero for Children,*” including the following:

- Attend CAP Day at the State Capitol on Tuesday, April 8.
- Donate diapers for babies at CAP Day at the State Capitol on April 8.
- Buy a CAP specialty license plate. Applications for the specialty license tag called “Start Right” are available at your local tag agency. Money will go into the child abuse prevention fund to support prevention programs across the state.
- Participate in “Build a Blue Ribbon Tree for Kids.” Find a highly visible spot to place your blue ribbon tree and add a blue ribbon for the number of children abused and neglected in your county; or the number of new babies born in your community; or to represent something that shows your support for children.
- Call your local library to see what materials are available for parents and childcare professionals to prevent child abuse and neglect, and to learn good parenting skills.
- Volunteer to serve on the statewide CAP ACTION Committee and plan to help with future activities.

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- Get involved in Court Appointed Special Advocate (CASA) volunteer efforts to assist children through the legal system. Learn more by visiting this link: <http://www.oklahomacasa.org/Volunteering.html>.
- Get involved with Prevent Child Abuse Oklahoma by calling Parent Promise at (405) 232-2500.

For general information about CAP Month activities, to request posters for your community, and to discover ways to get involved, call the county health department in your area or contact Sherie Trice at (405) 271-7611.

###

# MEDIA SECTION – CAP MONTH

## LOCAL NEWS RELEASE TEMPLATE

### Fill-in-the-Blank News Release for Local Task Forces or CHDs

**For Release:** \_\_\_\_\_, 2014  
**Contact:** (Administrator’s Name, Title)  
(Telephone #)

*“It’s Your Turn – Be a Superhero for Children”*

#### \_\_\_\_ County Health Department/Task Force Seeks Community Efforts to Help Prevent Child Abuse and Neglect

\_\_\_\_\_ County Health Department/Child Abuse Prevention Committee has launched a community awareness campaign in observance of April as Child Abuse Prevention Month. This year’s theme is *“It’s Your Turn – Be a Superhero for Children.”* Child advocates and public health officials are urging people to get involved by contacting the \_\_\_\_\_ County Health Department (optional: local task force or other child abuse prevention organization) to participate in local projects and events.

Latest statistics from the Oklahoma Department of Human Services indicate child abuse confirmations have risen the last three years in Oklahoma, with 11,418 cases confirmed in state fiscal year 2013.

The \_\_\_\_\_ County Health Department (or local task force/organization) wants to focus on the small positive actions that everyone can take to help raise safe, healthy, resilient children. Locally and statewide, Child Abuse Prevention committees will be hosting prevention activities and events, such as the “Building Blue Ribbon Trees for Kids” campaign to raise awareness of this important issue and to urge community members to get involved.

Local Child Abuse Prevention Month activities during April include the following:  
(List the date, time, location of local activities and a brief description here. If you are having a “Save a Baby’s Bottom Diaper Drive,” list the date, time and place for drop off of diapers by the general public and how they will be distributed to the families in need.)

(Optional: Include a description about your organization or committee, its mission, history and contact information to recruit volunteers.)

###

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# MEDIA SECTION - CAP MONTH

## RADIO PUBLIC SERVICE ANNOUNCEMENTS

\_\_\_\_\_ County Health Department  
**April is Child Abuse Prevention Month**  
**Radio Public Service Announcements**

**#1 - :20**

**Announcer Voice:**

Did you know that you can help prevent child abuse and neglect? This April, during Child Abuse Prevention Month, call the \_\_\_\_\_ County Health Department, [optional: or (organization)], to learn how you can become a volunteer and help new parents cope with stress. It's your turn – Be a Superhero for Children! This message is brought to you by the \_\_\_\_\_ County Health Department and this station.

###

**#2 - :30**

**Announcer Voice:**

What are some ways you can prevent child abuse? You can have patience. Take time out. Don't take it out on your child. Say kind and loving words to nurture a child. Get involved by volunteering to help out at a local child abuse prevention program. For more information, or to volunteer, call the \_\_\_\_\_ County Health Department or a local child abuse prevention committee in your neighborhood. Remember, **"It's Your Turn – Be a Superhero for Children."** This message is brought to you by the \_\_\_\_\_ County Health Department and this station.

###

**#3 - :60**

**Announcer Voice:**

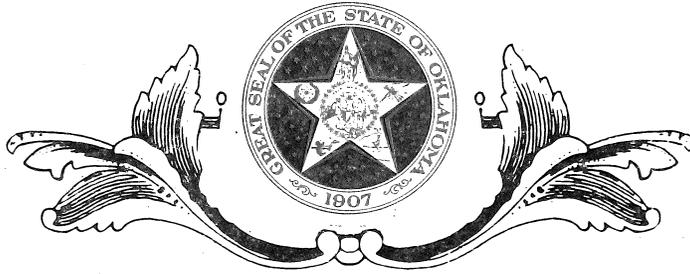
Communities statewide are recognizing that healthy childhood experiences are not just good for children, but good for their communities as well. It's simple, really. The actions we take to promote healthy child development are the very actions that help to prevent child abuse and neglect, like positive parent-child interaction, reading and constructive play. Unfortunately, children are sometimes exposed to intensive stress like child abuse and neglect. Too much stress is bad for anyone and can be devastating to a child's development. This is where prevention through nurturing comes into play. **"It's Your Turn – Be a Superhero for Children."** You can help prevent child abuse and neglect. To learn what your community can do to protect children and prevent abuse, visit [w-w-w-dot-f-s-p-s-dot-health-dot-OK-dot-gov](http://w-w-w-dot-f-s-p-s-dot-health-dot-OK-dot-gov) or call the \_\_\_\_\_ County Health Department. This message is brought to you by the \_\_\_\_\_ County Health Department and this station.

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# STATE OF OKLAHOMA



## EXECUTIVE DEPARTMENT

# Proclamation

Whereas, Oklahoma's future prosperity depends on nurturing the healthy development of almost one million children currently living, growing and learning within our many diverse communities; and

Whereas, research shows that safe, nurturing relationships and stimulating, stable environments improve brain development and child wellbeing, while neglectful or abusive experiences and unstable or stressful environments increase the odds of poor childhood outcomes; and

Whereas, the abuse and neglect of children can cause severe, costly and lifelong problems affecting all of society, including physical and mental health problems, school failure and criminal behavior; and

Whereas, research also shows that parents and caregivers who have social networks and know how to seek help in times of trouble are more resilient and better able to provide safe environments and nurturing experiences for their children; and

Whereas, individuals, businesses, schools, and faith-based and community organizations must make children a top priority and take action to support the physical, social, emotional and educational development and competency of all children; and

Whereas, the Oklahoma Child Abuse Prevention Action Committee in partnership with the Oklahoma Interagency Child Abuse Prevention Task Force engage public and private sector agencies, early learning professionals, advocates for children and youth, and residents throughout the state in activities that increase understanding of topics related to child, family and community success; and

Whereas, during the month of April, the Oklahoma State Department of Health in collaboration with its statewide partners will be engaging individuals and communities throughout Oklahoma in a coordinated effort to prevent child abuse and neglect by promoting awareness of healthy child development, positive parenting practices and the types of support families need within their communities; and

Whereas, I encourage all citizens of Oklahoma to recognize that prevention starts with each of us;

Now, therefore, I, Mary Fallin, Governor of the State of Oklahoma, do hereby proclaim the month of April 2014 as

### **"Child Abuse Prevention Month"**

in the state of Oklahoma.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Oklahoma to be affixed.



Done at the Capitol, in the City of Oklahoma City, this 25<sup>th</sup> day of February, in the Year of Our Lord two thousand and fourteen, and of the State of Oklahoma in the one hundred and sixth year.

*Chi Zenge*  
SECRETARY OF STATE

*Mary Fallin*  
GOVERNOR

# BUILD A BLUE RIBBON TREE FOR KIDS

## BLUE RIBBON TREE CAMPAIGN MATERIALS TABLE OF CONTENTS

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**TAKE ACTION IN YOUR COMMUNITY!**

**BUILD A BLUE RIBBON TREE FOR KIDS!**



Family Support & Prevention Service  
 Oklahoma State Department of Health  
 1000 NE 10<sup>TH</sup> ST • Oklahoma City, OK 73117-1299

*"April is National Child Abuse Prevention Month"*

PRESORTED  
 STANDARD  
 U.S. POSTAGE PAID  
 OKLAHOMA CITY, OK  
 PERMIT NO. 1504

**PROMOTE HEALTHY CHILDREN AND STRONG FAMILIES!**

Communities everywhere will be building **blue ribbon trees** in honor of **National Child Abuse Prevention Month (April)**. The blue ribbon is the international sign for child abuse prevention and serves as a constant reminder that all of us have a responsibility in helping to protect children.

- Decorate or create a tree!
- Make the ribbons count!
- **Deadline** ~ Wed, April 2, 2014
- **Get Listed** ~ Official Tree Registry
- Learn more (visit website)



Child Abuse Prevention  
 CAP ACTION Committee  
 (405) 271-7611  
 OSDH Website: [fspd.health.ok.gov](http://fspd.health.ok.gov)

Please call or visit OSDH website for complete packet ▶▶▶



Tree photos will be displayed during Child Abuse Prevention Day at the Capitol  
**Tuesday, April 8, 2014**

## FOR IMMEDIATE RELEASE!!!

**DATE:** January 6, 2014

**TO:** Communities-at-Large, Community Members, Community Organizations (including, but not limited to... Schools, Libraries, Churches, Civic and Community Groups, Childcare Centers, Hospitals, Medical Facilities, etc)



**FROM:** The **Child Abuse Prevention CAP ACTION Committee** – led by the Oklahoma State Department of Health (Family Support & Prevention Service), which include individuals and representatives from multiple programs and agencies across our state who care about Oklahoma’s children!

**SUBJECT:** Get Involved! Easy Activity... **“Be a Superhero... Build a Blue Ribbon Tree for Kids in Your Community!”**

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### **TAKE ACTION!**

**April is National Child Abuse Prevention Month.** For the sixth straight year, we invite and urge every community to take action for children by simply **“Building a Blue Ribbon Tree for Kids”** to be prepared to display the trees for the month of April. The blue ribbon is the international sign for **child abuse prevention** and serves as a constant reminder that all of us have a responsibility in helping protect children.

#### **Where do I participate?**

Anywhere in Oklahoma

#### **When do I participate?**

“Ribbon-ed Trees” are recommended to be on display before April begins or at any time during the month of April. We urge everyone to take advantage of getting your tree in the official Tree Registry by sending in the registration form (next page) and no more than two photographs. Tree photos received by the deadline will be featured during a dual slideshow at the Child Abuse Prevention (CAP) Day at the Capitol on April 8<sup>th</sup> and in the 2014 CAP Month Scrapbook. Deadline for submission to be featured at the capitol is **Wednesday, April 2, 2014.**

#### **How do I participate?**

Any community group or individual has the power to **“Take a Turn”** making a difference for children. **“Build a Blue Ribbon Tree for Kids”** with the rest of the state.

1. Select a Tree or Construct a Tree (out of any materials you choose)
  - a. If utilizing a ‘live’ tree, choose one that has high visibility;  
*Note: Please ask permission if required.*
  - b. If constructing a ‘unique’ tree, **creativity appreciated and encouraged.**
2. Decorate tree with Blue Ribbons (store bought or home-made – *flagging tape works wonders*)
  - a. Hang ribbons on trees to represent any of the following:
    - ⓧ The number of new babies born in your community;
    - ⓧ Something significant to your agency, program, or community (i.e. number of families served by your program/agency);
    - ⓧ Or use the ribbons to show your community support for children in general (benefit – NO counting ribbons on this selection).
3. Get logged in the **Tree Registry!**

# TREE REGISTRY

## Build a Blue Ribbon Tree for Kids -- In Your Community!

Please complete the information below to register your tree or trees for  
April – National Child Abuse Prevention Month.

Name of Person, Group or Organization: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

County: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Number of Blue Ribbon Trees: "Live" \_\_\_\_\_ or "Your Own Creation" \_\_\_\_\_

Location of Blue Ribbon Trees: \_\_\_\_\_

Example: Court House, Main Street, High School, Grade School,  
Neighborhood, etc.

What Do Your Blue Ribbons Represent: \_\_\_\_\_

### Requirements for Tree Registry:

- ✘ No more than two photographs allowed for each submission.
- ✘ All photographs and Tree Registry forms must be sent in together.
- ✘ Photographs and registry form must be sent in by deadline, **Wednesday, April 2, 2014!**
- ✘ All photos with people must have signed photo releases for ALL individuals.

Example: # of New Babies born in your Community, # of Children served by your program; Blue Ribbons for general support of all children, something else significant to your agency or program (please specify), etc.

Submission deadline to be included in the Child Abuse Prevention (CAP) Day at the Capitol slideshow: **Wednesday, April 2, 2014.**

\* Photos will be displayed in the 2014 Child Abuse Prevention Month Scrapbook and during Child Abuse Prevention Day at the Capitol on April 8, 2014. Some photos may be shared on the 'Child Abuse Prevention Awareness' website and facebook.

Please mail, fax or e-mail completed form and tree photographs to:

Sherie Trice, M.S., CCPS, CBCAP Grant Coordinator  
Family Support and Prevention Service, OSDH  
1000 NE 10th Street  
Oklahoma City, Oklahoma 73117-1299  
Phone: 405-271-7611 Fax: 405-271-1011  
[SherieT@health.ok.gov](mailto:SherieT@health.ok.gov)

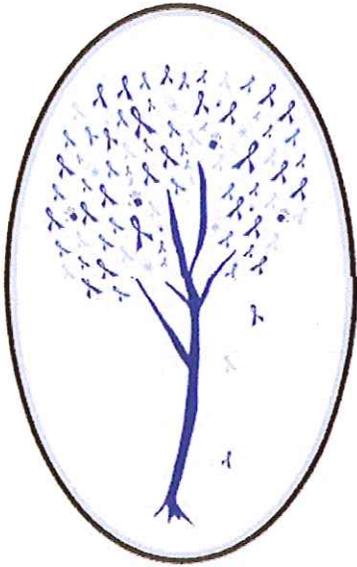
\* If people are present in photo, signed photo releases must accompany registration for each individual. [www.ok.gov/health2/documents/2013release.pdf](http://www.ok.gov/health2/documents/2013release.pdf)

**Thank You!**



BUILD A BLUE RIBBON TREE

## Building a Blue Ribbon Tree with Preschool Aged Children



The Child Abuse Prevention Action Committee recommends that, while working with young children on projects such as Building a Blue Ribbon Tree, the focus remains on the positive aspects of prevention. It is our hope and goal for everyone to be involved in preventing child abuse, and we certainly want to include children! By supporting all children and educating about healthy families and how the community can help families, we will be preventing child abuse.

Ideas for ways to talk to young children about Building a Blue Ribbon Tree:

1) Talk about symbols that they recognize and what they represent. For example, show them a picture of a McDonalds sign and ask them what they think of; show a picture of a heart and ask them what it means to them. You can think of more....this will be a fun game for them. Next show them a picture of a Blue Ribbon Tree. Tell the children that a Blue Ribbon Tree means that children are special and need adults to take care of them.

2) Draw pictures of blue ribbon trees, glue blue shredded paper on a picture of a tree, etc. While working on art projects tied to Blue Ribbon Trees, talk about how important children are. Talk about their families and how many people love each one of them....including you, their teacher.

3) It feels good to do nice things for others. Talk about nice things they can do for each other and how it makes them feel.



4) Tell the children their whole school is going to make a big Blue Ribbon Tree so that all the people driving by (or coming in) and all the moms and dads know that our school believes that children are special.

5) Discuss things they can do for children and moms and dads that would be helpful.

⇒ Learn about organizations that help families with young children.

⇒ Clean up a park, playground or school.

⇒ Donate food, clothes, etc. for families that need them.

⇒ Donate toys and books for children.

⇒ Tell children how special and important they are.

⇒ Pray for the families in your community.

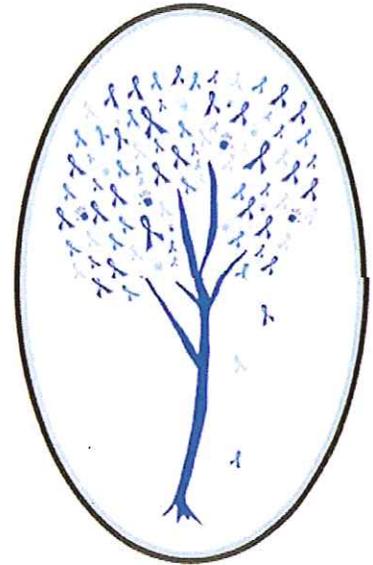
⇒ When someone does something nice for you or someone else, tell them, "Thank You!"

⇒ Have a Blue Ribbon Tree party in April for all the people you know that help families. Invite people that might want to join you. Send a picture of your tree to us so we can show it @ the capitol.



## Building a Blue Ribbon Tree with Grade School Aged Children

The Child Abuse Prevention Action Committee recommends that, while working with children on projects such as Building a Blue Ribbon Tree, the focus remains on the positive aspects of prevention. It is our hope and goal for everyone to be involved in preventing child abuse, and we certainly want to include children! By supporting all children and educating about healthy families and how the community can help families, we will be preventing child abuse.



Ideas for ways to talk to children about Building a Blue Ribbon Tree:

1) Talk about charities their parents may have supported in the past. They may have gone on a walk to support breast cancer with their parents; they may have helped in some way with Special Olympics, etc. They can do some kind of project (large or small) about these familiar charities.

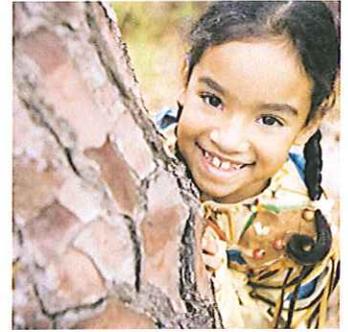
2) Discuss with the children that the Blue Ribbon Tree project is for supporting children and their families. If we call people's attention to children and families' needs, more people will want to help.



3) It feels good to do nice things for others.

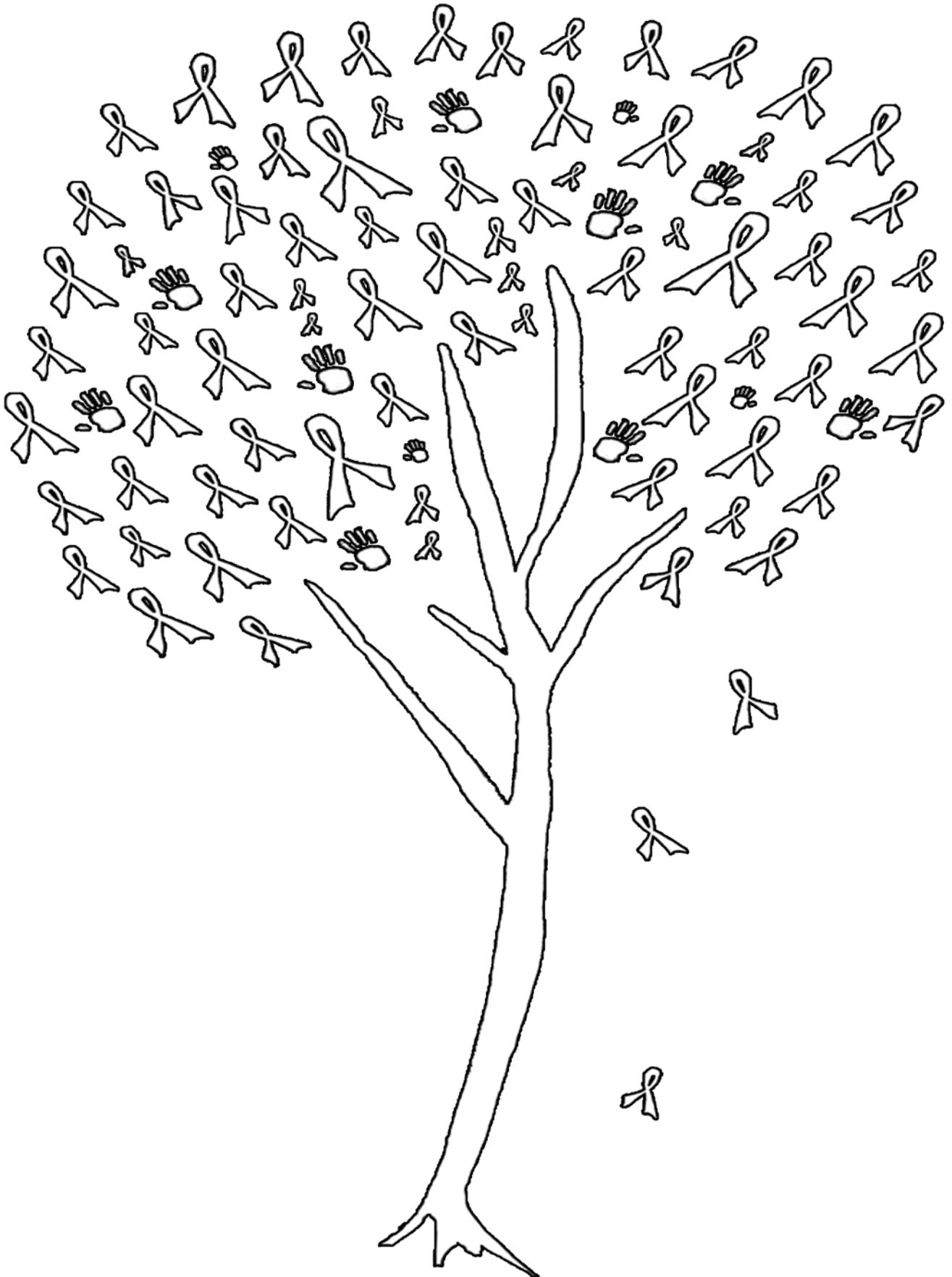
4) Some of the ways we can all help children and their families in our community:

- ⇒ Learn about organizations that help families with children and ask if they need help. Volunteer.
- ⇒ Clean up a playground, park or school.
- ⇒ Volunteer to read to children in the hospital.
- ⇒ Donate food, clothes, etc. for families that need them.
- ⇒ Donate toys for children @ Christmas time or any time of the year. It might be someone's birthday!
- ⇒ Tell children how special and important they are.
- ⇒ Pray for the families in your community.
- ⇒ Look for kids doing kind things and tell them what you think!



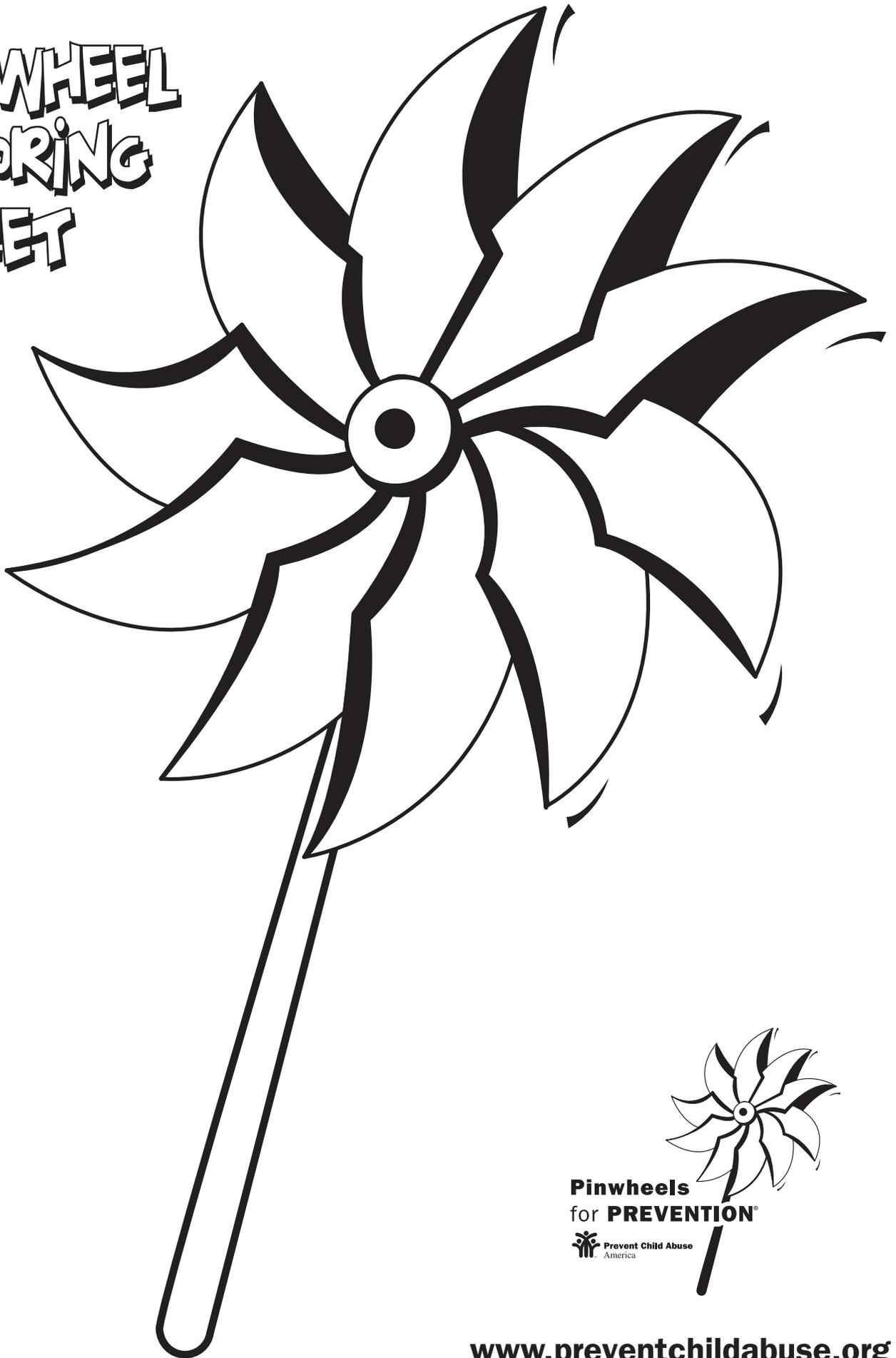
⇒ Donate books. Read to a child.

- ⇒ Have a Blue Ribbon Tree party in April for all the people you know that help families. Invite people that might want to join you. Send a picture of your tree to us so we can show it @ the capitol.



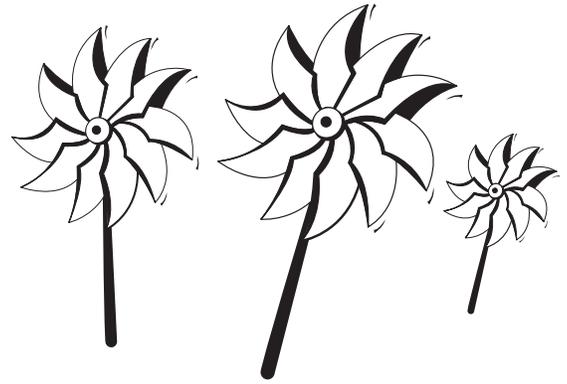
BUILD A BLUE RIBBON TREE

# PINWHEEL COLORING SHEET



[www.preventchildabuse.org](http://www.preventchildabuse.org)

# MAKING YOUR OWN PINWHEEL



Here's a craft project that will allow children a chance to participate in your community's "Pinwheels for Prevention" activities. This activity can be used in schools, daycare centers, after-school programs, church groups, etc.

## Pinwheel Wind Collector

### Materials

- A push pin
- A square piece of construction paper (about 8.5" by 8.5")
- A sharpened pencil with an eraser
- Scissors

### Procedure

1. Lay the square paper flat on a table and draw a line diagonally from each corner to the opposite corner.
2. Mark the center of the square where the two lines cross and punch a small hole through it with the pencil tip.
3. Next, cut along each line stopping about an inch from the hole in the center of the square.
4. Take the pin and punch a hole in the top left corner of each of the four flaps. (No two holes should be next to each other.)
5. Pick up a flap at a punched corner and carefully curve it over toward the center hole, securing it with the pin.
6. Repeat this for the other flaps.
7. When all four flaps are held by the pin, carefully lift the paper without letting the flaps unfurl.
8. Lay the pencil flat on a table and carefully push the point of the push pin into the side of the eraser.
9. Now your pinwheel is complete and ready to go.  
Pick up the pinwheel near the pencil point and let it catch the wind.



**BE A SUPERHERO – CAPITOL &/OR COMMUNITY  
SAVE A BABY’S BOTTOM DIAPER DRIVE**

**DIAPER DRIVE MATERIALS  
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# BE A SUPERHERO – SAVE A BABY’S BOTTOM diaper drive

## CAMPAIGN INFORMATION

### *Did you know...*

- that it costs about \$120 per month for diapers and wipes?
- diapers are not covered by food stamps or WIC?
- that 1 in 3 American moms struggle to buy diapers for their babies?
- that families may be forced to choose between buying diapers and providing necessities for themselves and their children?

*You can be a part of the solution and help to provide a healthy tomorrow.*

*Be a Superhero for a needy baby... donate diapers!*

*(at the Capitol or in your own Community)*

### OPTION I:

## **THE CAPITOL DIAPER DRIVE**

*Infant Crisis Services is leading the way to a mountain of diapers at the Capitol on Tuesday, April 8<sup>th</sup>!*

**When:** From now until Tuesday, April 8<sup>th</sup> – Collect, Donate Diapers of all sizes for children of central Oklahoma!

### **Where:**

- Deliver diapers at the drop off site listed below before April 8<sup>th</sup>; or
- Deliver diapers to the Annual Child Abuse Prevention (CAP) Day at the Capitol, Tuesday, April 8<sup>th</sup>, 8:00 a.m. – noon.

*Oklahoma State Capitol, 2<sup>th</sup> Floor Rotunda*  
2300 N. Lincoln Boulevard  
Oklahoma City, Ok

*Drop Off Donation Site (other than the Capitol on Tuesday, April 8<sup>th</sup>)*

*Infant Crisis Services*  
4224 N. Lincoln Boulevard  
(North of State Capitol, on the East side of Lincoln), Okc  
Donor drop-off door is on the north/east side of the building.

### **Posters**

Download, Print and Disseminate (next page)

# Capitol The Diaper Drive

TO DO LIST

Be a Superhero...  
Save a Baby's Bottom!

Every day, thousands of Oklahoma parents are forced to choose between buying diapers and providing basic necessities for themselves and their children. According to a 2013 study published in the journal *Pediatrics*, one in three mothers has struggled to buy diapers. You can be a part of the solution and help to provide a healthy tomorrow.

*Be a super hero for a needy baby... donate diapers.*

**get  
involved:**

### Save a Baby's Bottom!

Donate/collect diapers of *all sizes* for children of central Oklahoma and deliver to the State Capitol for Infant Crisis Services.

**When &  
Where:**

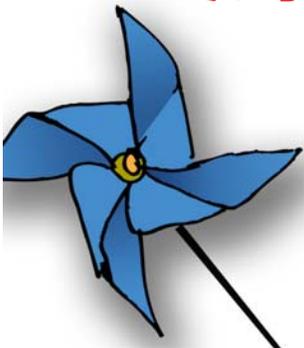
**Tuesday, April 8, 2014**

**Oklahoma State Capitol, 2nd Floor Rotunda**

2300 N. Lincoln Blvd.

Oklahoma City, OK

Infant Crisis Services provides life-sustaining formula, food and diapers to babies and toddlers in times of crisis... because no baby should go hungry.



**OPTION II:**

**THE DELUXE DIAPER DRIVE**

*(Close to home and in your own backyard!)*

***Communities are encouraged to host their own diaper drive  
and keep the diapers close to home!***

**Build a Mountain of Diapers during the month of April!**

**Simple steps to conducting a successful diaper drive:**

**1. Choose and Identify the Collection Site:**

- Choose locations that are convenient to drop off diapers.
- Choose a method of collection. The diaper drop-off bins could be as simple as a cardboard box, or as creative as a bassinet, Pack 'n Play or baby pool.
- Label the drop off bins with **Diaper Drive Box** signs.

**2. Spread the Word**

- Download and localize the fill-in-the-blank flyer (next page) – disseminate hard copies and/or email an electronic version of the flyer to everyone you know.
- Send a letter or email summarizing why you have chosen to host a diaper drive, as well as where and when to donate diapers.

**3. Track and Deliver the Diapers**

- Use the Diaper Drive Tracking Form to record donations received (included in this section), email a copy to [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov), send pictures of your efforts if you like.
- Coordinate pick-up or drop-off of donated diapers to the program your group designates.

**Posters**

Download, Print and Disseminate (next page)

# Deluxe The Diaper Drive

TO DO LIST

Be a Superhero...  
Save a Baby's Bottom!

Every day, thousands of Oklahoma parents are forced to choose between buying diapers and providing basic necessities for themselves and their children. According to a 2013 study published in the journal *Pediatrics*, one in three mothers has struggled to buy diapers. You can be a part of the solution and help to provide a healthy tomorrow.

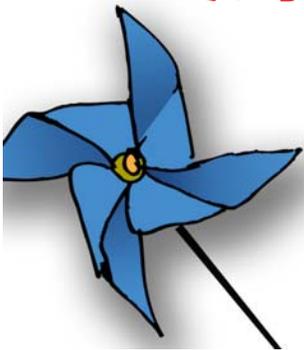
*Be a super hero for a needy baby... donate diapers.*

**get  
involved:**

## Save a Baby's Bottom!

Donate/collect diapers of *all sizes* for Oklahoma's children during the month of April - Child Abuse Prevention Month. Drop off sites listed below.

**When &  
Where:**





## Diaper Drive Superhero Donations Tracking Form

**Organization Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

Don't forget, the diaper delivery is a great team building (and photo) opportunity for your organization! Please send any newspaper clippings and/or photos to us (with a photo release for anyone included in picture – available upon request).

Summary of Donations Received	
# of Diapers (not packages)	
# of Wipes (not packages)	
Other	

**Thank you for organizing this diaper drive!**

Return to:  
[Sheriet@health.ok.gov](mailto:Sheriet@health.ok.gov)  
 Phone: 405.271.7611 Fax: 405.271.1011





March 01, 2014

Dear Sir or Madam,

I would like to personally thank you for your participation in the Annual Child Abuse Prevention (CAP) Day at the Capitol on Tuesday, April 8, 2014, or for your involvement in a similar diaper drive in your own community. I take great pleasure in knowing thousands of needy babies and toddlers across Oklahoma will benefit from your generosity.

For the past 30 years, Infant Crisis Services has been dedicated to providing food, formula, diapers and other essentials to needy babies and toddlers in central Oklahoma. We provide our tiny clients with the necessities to help them grow into healthy, productive adults. But that's not all, we also ease the burden of poverty for their mothers by helping them nourish and nurture their babies. Studies have shown that mothers who cannot provide an adequate supply of diapers are more prone to depression and anxiety, which often leads to child abuse or neglect.

Currently, we serve more than 1,200 needy babies each month. With your help, we can continue our mission to provide for needy babies and toddlers in our community. Together, we can change the lives of our tiniest citizens.

Always for the Babies,

Miki Farris  
Executive Director  
Infant Crisis Services

## FAMILY & COMMUNITY INVOLVEMENT

### OTHER SUGGESTED IDEAS FOR LOCAL ACTIVITIES

Bring Child Abuse Prevention Month to your community!  
With these activities, you can encourage groups of concerned citizens to participate in Child Abuse Prevention Month.

**Wear BLUE the first Friday of April (4/04)!**

**Get the Press Involved** – Send out a press release to your local media (see press release template in this packet). Meet with the editors of your local newspaper urging them to write an editorial about child abuse and what can be done to prevent it.

**Contact the Local Radio Station** – Radio stations (as well as TV stations) are required to use a certain amount of airtime for public service announcements (PSAs) each month. Send them a “reader’s script” with timed announcements so that on-air personalities can read them when a time gap needs to be filled (check out the Media section in this packet).

**Websites** – Update the community calendars and public service announcement sections on your local radio and television station websites. List your family fun events that are happening at the library so that the community can attend. Radio stations often pull their public service announcements off their websites.

**Work with Local Businesses** – Request that businesses in town display positive parenting posters (provide copies of the ones available through FSPS) and try to get some to pledge a small percentage of their profits to child abuse prevention efforts during the month of April.

**Get Involved in the second CAP DAY/CAP MONTH “Save a Baby’s Bottom” Diaper Drive** – Join the CAP DAY drive or host a community drive close to home.

**Blue Ribbon and/or Blue Ribbon Tree Campaign** - Many communities across the country conduct blue ribbon campaigns to draw attention to Child Abuse Prevention Month.

- ⌘ ***Build a Blue Ribbon Tree for Kids!***
- ⌘ Form a blue ribbon committee to plan and implement an April campaign.
- ⌘ Wear a blue ribbon each day in April and encourage others to wear them as well.
- ⌘ In April, host or suggest, “Blueberry Muffin Mondays” at work.
- ⌘ Fire and police departments can display blue ribbons on vehicles throughout the month of April.
- ⌘ City councils, mayors’ offices, states’ attorney’s offices, and other government staff may wish to get involved in child abuse prevention activities, including wearing blue ribbons throughout the month.
- ⌘ Storeowners can display blue ribbons on doors, windows, light posts, and other visible areas.
- ⌘ Employees (especially those seen by the public) may wear blue ribbons during April; consider retail, theater and restaurant workers.
- ⌘ Grocery stores can print information about Child Abuse Prevention Month on grocery bags, receipts and shopping cart inserts.

**GET INVOLVED** 2014 CAP MONTH TOOLKIT

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.2936

### **Ideas for other Child Abuse Prevention Month Activities**

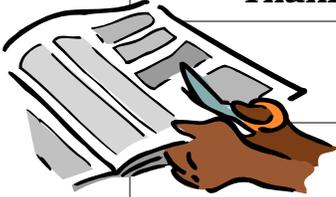
- ⌘ A luncheon, reception or event can be held honoring Child Abuse Prevention Month and the work being done in your community.
- ⌘ Mall store windows, business lobbies and bulletin boards can be a place to display materials, posters and brochures concerning child abuse prevention.
- ⌘ Schools and parent-teacher organizations can be involved with events, essay or poster contests, material distribution, and blue ribbon campaigns.
- ⌘ Churches, synagogues, and faith communities can also be involved in Child Abuse Prevention Month activities.
- ⌘ In those areas with city or county run utilities, monthly statements may be available for adding messages about Child Abuse Prevention Month and positive parenting.

## IT'S YOUR TURN - COMMUNITY EVENT FORM

SHARE WHAT'S HAPPENING IN YOUR NEIGHBORHOOD!

Please take a moment and update us on either your upcoming plans for April or a snapshot view of your activities and events after they happen (including news clippings, newsletters, flyers, etc).

***Thank you for participating in Child Abuse Prevention Month!***



**Event/Activity Name:**

**Sponsored by:**

**Date of Event:**

**Location of Event:**

**Brief Description of Event or Activity:**



### Contact Information

**Name:**

**Phone:**

**Email Address:**

**County:**

**Photos included?**

YES    NO

**Signed releases included?**

YES    NO

⌘ All photographs with people must include signed photo releases for each person ⌘  
(photo releases can be found in the 'attachments' section)

*Please return completed form to Sherie Trice*

Email: [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov)

Fax: 405.271.2936

**GET INVOLVED** 2014 *CAP MONTH TOOLKIT*

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.2936

## GET INVOLVED

WONDERING WHAT ELSE YOU CAN DO?

**Wear a Blue Ribbon each day in April!**

**Display a Child Abuse Prevention Poster...**  
at your place of worship, childcare center, or local business!

**Keep a stack of Child Abuse Hotline cards handy!**  
(Available from our office)



**Join the CAP ACTION PLANNING team** – Great networking with dedicated individuals who care about Oklahoma’s children and families. Let the planning begin!

*Next Meeting*

**Friday, April 25, 2014, 10 a.m. – Noon**

Oklahoma City-County Health Department NE Health & Wellness Campus  
2600 NE 63<sup>rd</sup> Street, (Just North of Remington Park in Oklahoma City)

Sign up for meeting news and happenings by emailing [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov).

**Invest in Oklahoma’s Child Abuse Prevention Programs  
by purchasing a Start Right (OCAP) Specialty License Plate –**  
for either your car or motorcycle.

**How do you get a plate for your vehicle?** The plate costs \$35 and is ready for immediate pick up if you visit the Oklahoma Tax Commission in the MC Connors Building (2501 N. Lincoln Boulevard, Okc). Otherwise, you may choose to mail in the fund-raising form and \$37 (additional \$2 mailing fee) to receive your specialty plate via the mail within a couple of weeks.



**How does buying a plate help prevent child abuse?** With every tag purchased, \$20 will go into the child abuse prevention fund to support child abuse prevention programs across the state. In addition, the bright, colorful tag also is an attention-getter, raising awareness in the community about the important issue of child abuse and the need for protection and prevention.

(Ordering is easy – see next page)

**GET INVOLVED** 2014 CAP MONTH TOOLKIT

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.2936

## SPECIAL LICENSE PLATE APPLICATION FOR PRE-NUMBERED FUND RAISING PLATES

Submit all applications to your local tag office or the Oklahoma Tax Commission at the address on the reverse side of this application. License plates are issued for a period of one (1) year. Renewal decals may be obtained at your local tag office.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

Daytime Phone Number

**PLEASE CHECK ONE:**

- Original or Replacement** **Fee: \$37.00**  
License plate & decal  
(\$35.00 fee plus \$2.00 mail fee. Allow 8 weeks for pre-numbered.)
- Renewal** **Fee: \$36.00**  
Decal Only  
(\$35.00 fee plus \$1.00 mail fee.)  
(Allow 8 weeks.)

Remittance made payable to the Oklahoma Tax Commission must accompany the application. Driver license number must appear on your check or money order.

**A portion of the fee will be deposited to the organization as shown below.**

**Choose only one (1) type.**

√	Code	License Plate Type	A Portion Of The Fee Will Be Deposited To The:
	RLN	Adoption Creates Families	Dept. of Human Services for Stronger Oklahoma Families Act.
	AA	Agricultural Awareness	Ag in the Classroom Education Fund, State Dept. of Agriculture.
	CA	Child Abuse Prevention	<b><i>Child Abuse Prevention Revolving Fund , State Dept. of Health.</i></b>
	CLN	Choose Life	Choose Life Assistance Program, Dept. of Human Services.
	CON	Color Oklahoma	Color Oklahoma Fund, Oklahoma Native Plant Society.
	CV	Crime Victim Awareness	Attorney General's Fund for Services to Crime Victims.
	BC	Fight Breast Cancer	Breast Cancer Act Fund.
	2FN	Future Farmers Of America	Oklahoma Dept Of Career & Technology Education Agriculture Fund.
	HR	Heart Of The Heartland	Heart Of The Heartland Scholarship Fund, Oklahoma State Regents for Higher Education.
	RT	Historic Route 66	Oklahoma Historical Society Fund, Rt. 66 Museum in Clinton
	OH	Oklahoma History	Oklahoma Historical Society Fund, Education Purposes
	QHN	Oklahoma Quarter Horse Association	Oklahoma Quarter Horse Fund , Oklahoma Horse Racing Commission
	ST	Oklahoma Statehood Centennial	Oklahoma Capitol Complex and Centennial Commemoration Fund
	SK	Oklahoma Safe Kids Association	Children's Hospital, Oklahoma Safe Kids Fund
	RAN	Realtor's Association – <b>Attach a copy of Realtor ID</b>	Oklahoma Housing Foundation
	PGN	State Parks Supporter–Golf Ball	Oklahoma Tourism And Recreation Dept. Fund
	PPN	State Parks Supporter–Pavilion	Oklahoma Tourism And Recreation Dept. Fund
	PRN	State Parks Supporter–Recreational Veh..	Oklahoma Tourism And Recreation Dept. Fund
	ED	Support Education	Education Reform Revolving Fund, Higher Education Revolving Fund, State Career Technology Fund, And Teachers Retirement Benefit Fund.
	UFN	Urban Forestry & Beautification	Urban Forestry And Beautification Fund, Dept of Agriculture

**The boxes below are required to be completed. This information can be found on your current vehicle registration. I certify that the license plate will be displayed on the following vehicle:**

--	--	--	--	--

Oklahoma Title Number (Not VIN Number)	Year & Make	Regular license plate Number	Decal # on Regular license plate (Example: 0F00000)	Regular Decal Expiration
---	-------------	---------------------------------	--	-----------------------------



Signature \_\_\_\_\_  
Executed under penalties of perjury.

**READ REVERSE SIDE CAREFULLY**

**PLEASE READ ALL INSTRUCTIONS BEFORE COMPLETING APPLICATION**

1. This special plate registration is in addition to, not in lieu of, your regular registration (i.e. standard license plate). Your regular registration must be kept current at all times. Failure to renew the regular registration in a timely manner may result in a delinquent registration penalty and/or possible law enforcement citation.
2. Once a special license plate has been assigned to an applicant, that applicant shall have priority to such license plate for succeeding years, provided a timely paid application for renewal is submitted. To insure that you receive a renewal application each year, please notify the Oklahoma Tax Commission of any change in your address.
3. A special license plate may be transferred to another vehicle upon the owner's submission of a completed **Request to Transfer Form** (OTC Form 783-A) to the Motor Vehicle Division, Special License Plate Section. This form may be obtained from your local tag agency, through the Oklahoma Tax Commission web site at [www.tax.ok.gov](http://www.tax.ok.gov), or from the Oklahoma Tax Commission.
4. The special license plate is to be displayed on the rear of the vehicle for which it is issued. The regular license plate should be kept inside the vehicle and produced upon request by law enforcement.

Oklahoma Tax Commission  
Motor Vehicle Division  
Special Plate Section  
2501 Lincoln Blvd.  
Oklahoma City, Ok 73194-0013

Telephone: 405-521-2468

Toll Free: 1-800-522-8165, ext. 1-2468

# 2014 CAP DAY MINI CONFERENCE

BE A SUPERHERO!



## MINI CONFERENCE 2014 CAP MONTH TOOLKIT

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.2936

# Be a SUPERhero for CHILDren!



Child Abuse Prevention Day Mini Conference

**TUESDAY APRIL 8, 2014**  
**THE SAMIS EDUCATION & CONFERENCE CENTER**  
**OKLAHOMA CITY, OKLAHOMA**

# 2014 CAP Day Mini Conference Schedule

## Tuesday, April 8

- 12:45pm Registration Begins
- 1:00pm — 1:15pm Opening Welcome
- 1:15pm — 2:00pm Keynote Address
- 2:00pm — 2:15pm [Break/Networking](#)
- 2:15pm — 3:00pm Breakout Session A
- 3:00pm — 3:15pm [Break/Networking](#)
- 3:15pm — 4:00pm Breakout Session B
- 4:00pm — 4:15pm [Break/Networking](#)
- 4:15pm — 5:00pm Closing Address

## Online Preregistration Required - **FREE!**

*Space is limited and available to those that register on a first come, first serve basis.*

*Register by clicking below or for more information, please contact OSDH / FSPS office by email, [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov) or by phone, (405) 271-7611.*



# 2014 CAP Day Mini Conference Program

## Opening Welcome

**Robert W. Letton, Jr, MD**

Pediatric Trauma Medical Director  
The Level One Pediatric Trauma Center  
The Children's Hospital at OU Medical Center

**Auditorium**

**Sherie Trice** OSDH/FSPS &

**Sarah Ragland** Smart Start North Central Oklahoma  
Representatives from OSDH/FSPS and CAP ACTION

## Keynote Address

### THE MAGNITUDE OF THE SOLUTION

*Laura Porter/Director of ACE Partnerships for the Comprehensive Health Education Foundation/Washington*

The Adverse Childhood Experiences (ACEs) Study findings are the largest public health discovery of our time. ACEs affect a lifetime of health, safety and prosperity. This talk will weave together findings from neuroscience, epidemiology, resilience research and systems thinking and provide examples of how professionals and community residents are using this science to promote health in this and future generations. Participants will learn about the progressive nature of adversity – from historical trauma and ACEs to peer and adult trauma and suffering – and about three systems for promoting resilience and creating trans-formative and sustainable change. The magnitude of the solution for shifting the trajectory of public health is in our hands. *Participants who would like to learn more may visit Ms. Porter's following two consecutive workshops.*

**Auditorium**

## Session A Breakouts (2:15 PM - 3:00 PM)

### ACE PREVENTION IN COMPLEX ADAPTIVE SYSTEMS

*Laura Porter/Washington*

- A1** ACEs, neuroscience and resilience research findings provide us with new information we can apply to solving complex problems. Participants will discuss ways that toxic stress can make it harder to be in various roles – from customer or client to parent or community leader, and explore intervention strategies and tools for interrupting transmission of adversity. We will focus on processes that employ rhythm, ritual, and trauma sensitive ways of working with people to achieve population-level impacts.

**Auditorium**

### YOU MAY BE WHAT THEY WERE THEN:

### A LOOK AT YOUR FAMILY THROUGH THE USE OF A GENOGRAM!

*Kaye Sears, ED.D, LMFT, CFLE, CCPS, Professor of Human Environmental Sciences at the University of Central Oklahoma/Edmond*

- A2** The purpose of identifying trends over 3-4 generations is to become aware that they are a part of their family history. Trends may include health/illness issues, addictions, family violence, professions, hobbies/recreational interests, namesakes, divorces/no divorces, education and possible others such as military, geographic location, twins etc. A narrative or journal includes a discussion of the trends and is helpful in either supporting or intervening to determine if the trend will continue in future generations. A valuable aspect of constructing a genogram is that it is an orderly way of obtaining a family history and organizing that history so the family members and/or therapists can look at it together. The trends identified will be invaluable as the family looks at the past and uses it to make plans and changes for the future.

**Conference Room B1**

# 2014 CAP Day Mini Conference Program

## **GANGS 101**

*Inspector Tim Hock/OKCPD*

**A3**

The course attendees will learn about what defines a group as a gang and an individual as a gang member. The major gangs in the OKC area and their colors, hand signs, turfs, related numbers and how many there are. The objective is to help the attendee understand the local gang culture and to be more educated on what they are seeing when around it as well as possible prevention techniques.

**Conference Room B2**

## **THEY SERVE TOO! SUPPORTING MILITARY CHILDREN IN YOUR COMMUNITY**

*Teresa Baird/Child & Youth Military Family Life Consultant*

**A4**

Children with family members who have served or are currently serving in the military reside in every county in Oklahoma. Learn about the unique strengths and challenges military families face, including the transition from military to civilian life, and specific strategies and resources for buffering stress and building the resiliency of our youngest heroes and future leaders.

**Conference Room B3**

## **Session B Breakouts (3:15 PM - 4:00 PM)**

### **PRO-ACTION CAFÉ**

*Laura Porter/Washington*

**B1**

Our every-day actions matter for preventing ACEs and moderating their effects. Participants will generate ideas for action that are informed by ACE, resilience and related science and utilize the wisdom and experience of workshop participants to improve those ideas through peer consultation. We will consider a range of questions during the consultation – from our aspirations, to what’s radically right that we are building on, to what is needed and next. We will reflect on how this process helps to build community capacity, and how rhythm, ritual and responsiveness help to invite everyone to contribute to the wellbeing of community and family life.

**Auditorium**

### **BASICS OF REPORTING CHILD ABUSE**

*Debra Knecht, Oklahoma State Department of Human Services*

**B2**

Information will be shared on basic reporting laws, examples of child abuse and neglect, how you report and information about the hotline. A general overview of the OKDHS stats in terms of numbers of referrals will also be shared.

**Conference Room B1**

### **BEST PRACTICES IN TEEN DATING VIOLENCE PREVENTION**

*Rachele Eskridge, A.A.S., CDSVRP/YWCA & Andrea Hamor Edmondson, M.A., CDSVRP/OSDH*

**B3**

Teen dating violence has been given heightened awareness as a preventable public health issue. This session will discuss national and state statistics as well as highlight best practices for preventing teen dating violence in schools and the community.

**Conference Room B2**

# 2014 CAP Day Mini Conference Program

## BRINGING HEROES TO THE FIGHT AGAINST CHILD ABUSE

Brandi White, Executive Director, The Saville Center of Child Advocacy; Alton Carter, Youth Minister

B4

Superheroes all have similar characteristics: intelligence, strength, healing, and even flying. What makes up an Advocate? Learn from the survivors perspective what makes an advocate a superhero, and how your agency can incorporate the superpowers into your services.

Conference Room B3

## Closing Address (4:15 PM—5:00 PM)

### THE HEART OF THE MATTER

Dr. Deborah Shropshire/OU Children's Physicians

Behavior change often has a lot to do with heart change. We will explore our common basic need for community and acceptance, and discuss how finding connection can change a generation of people impacted by childhood adversity.

Auditorium

## Keynote & Closing Session Speaker Biographies

**Laura Porter** is Co-Founder of ACE Interface, LLC. With Dr. Robert Anda, Ms. Porter develops and disseminates educational products and empowerment strategies focused for transformative improvements in health and well-being. Ms. Porter concurrently serves as the Director of ACE Partnerships for the Comprehensive Health Education Foundation. With the Foundation, she oversees analysis of ACE data and works with local and state leaders to embed developmental neuroscience and resilience findings into policy, practice and community norms.

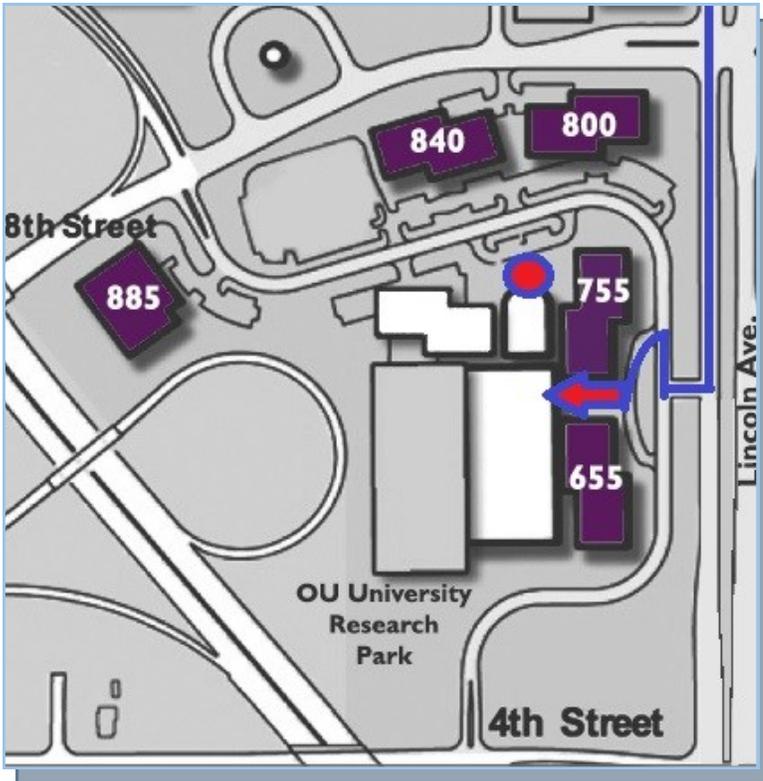
Laura is an award winning public servant who is best known for her work directing systemic improvements to the child and family serving system in Washington. Working with executives and managers from seven state agencies, 53 community-based collaborative organizations and leaders from ten Tribes, Laura and her colleagues developed a unique model for improving the capacity of communities to deliver stunning results for a small investment. Communities using the model have documented reductions in the rates of seven major social problems and Adverse Childhood Experience scores among young adults. Laura is mother to three children and grandmother to three precious grandchildren.



**DEB SHROPSHIRE** is a pediatrician who provides health care to children in foster care through the Fostering Hope clinic at OU Children's and the DHS Pauline Mayer emergency foster shelter. She also assists DHS with a variety of health projects related to children in foster care. Her passion is to tell the story of these kids and encourage greater community involvement, so that together we can bring an end to child abuse and neglect.

For a complete list of speaker biographies, please email [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov).

# Directions to Parking and Shuttle



*Parking Garage is located at 755 Research Parkway in OKC  
Shuttle will pick up conference participants and take them to the  
conference site, returning everyone at the end of the day.*

## DIRECTIONS TO CONFERENCE SHUTTLE

Due to extremely limited parking in or near the conference site, participant's only access to the conference is via the **FREE** shuttle service near the Samis Education and Conference Center. We are doing our best this year to assure it is an easy transition. We appreciate your cooperation, planning and patience with this process.

Follow the blue line into the parking garage. The Red dot is where the shuttle is located (Level 2). There will be signs directing you to this dot through the building and parking garage. The shuttle will be labeled for the conference. Once on the shuttle you will receive a token to get out of the garage once the conference is over. Shuttles will run from 12:15—1:30 p.m. and from 4:30 until everyone is returned to the parking garage.

## CONTINUING EDUCATION

Accreditation for continuing education has been requested from the Council for Law Enforcement Education and Training (CLEET), Licensed Professional Counselors (LPC) and Licensed Marriage and Family Therapists (LMFT), Oklahoma Bar Association (OBA), Licensed Alcohol and Drug Counselors (LADC), and Licensed Social Worker (LCSW).

## **ATTACHMENTS**

**PHOTO RELEASE FORM**

**CAP MONTH POSTERS**

**APRIL ACTIVITY CALENDARS (ENGLISH & SPANISH)  
- For Parents, Programs & Community Partners**

\*2014 Prevention Resource Guide: Making Meaningful Connections

Complete Guide available for download - <https://www.childwelfare.gov/preventing/preventionmonth/>

**ATTACHMENTS** *2014 CAP MONTH TOOLKIT*

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.2936

## **Use of OSDH Photographic/Video Consent Release Form**

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# Oklahoma State Department of Health

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**Date**

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**Street Address**

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**City, State, zip**

### **Consent of Parent or Legal Guardian if above individual is a minor**

I consent and agree, individually and as a parent or legal guardian of the minor named above, to the foregoing terms and provisions.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Name** (please print)

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\_\_\_\_\_  
**City, State, Zip**

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**Photographer**

\_\_\_\_\_  
**Date**

Principal Power! Super Grandma!  
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Marvelous Mom! Uber Uncle! Agent Aunt!  
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Oklahoma State  
Department of Health

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APRIL is

Child

Abuse

PREVENTION

month



 Family Support &  
Prevention Service  
Oklahoma State  
Department of Health

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Protective Factors	Nurturing and Attachment	Knowledge of Parenting and Child Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Write down questions for your next appointment with your child's doctor.	<b>2</b> Share your personal accomplishments with others via Facebook or Twitter.	<b>3</b> Talk to friends about organizing a babysitting co-op.	<b>4</b> Establish a daily routine so your child knows what to expect.	<b>5</b> Get outside! Start a parent-child walking or biking club with neighbors.
<b>6</b> Talk to your faith community about starting a parent-support ministry.	<b>7</b> Have a family game night! Even young children can play board games on an adult's "team."	<b>8</b> Explore the world from your child's point of view.	<b>9</b> Set goals for yourself and list the steps you will need to take to accomplish them.	<b>10</b> Find out what classes your library or community center offers. Sign up for one that interests you.	<b>11</b> "Catch" your children being good. Praise them often.	<b>12</b> Make a play date with friends who have children the same ages as yours.
<b>13</b> Plant a pinwheel garden with your child in your front yard, near your mail box, or on your front porch.	<b>14</b> Ask your children who is important to them.	<b>15</b> Reflect on the parenting you received as a child and how that impacts how you parent today.	<b>16</b> Make time to do something YOU enjoy.	<b>17</b> Dial "2-1-1" to find out about organizations that support families in your area.	<b>18</b> Role play emotions with your child—what do you do when you're happy, sad, or frustrated?	<b>19</b> Find and join a local parent or community café, like Circle of Parents®. <a href="http://www.circleofparents.org/">http://www.circleofparents.org/</a>
<b>20</b> Hold, cuddle, and hug your children often.	<b>21</b> Make something with your child. Arts and crafts are fun for adults, too!	<b>22</b> Find a local parenting group (e.g., MOPS). <a href="http://www.mops.org/">http://www.mops.org/</a>	<b>23</b> Talk to a trusted friend when you feel stressed, overwhelmed, or sad.	<b>24</b> Ask your school principal or PTA to host a community resource night.	<b>25</b> Teach your child to resolve conflicts peacefully.	<b>26</b> Join a Girl Scout or Boy Scout troop with your children.
<b>27</b> Host a potluck dinner with neighborhood families to swap parenting stories.	<b>28</b> Volunteer at your child's school.	<b>29</b> Spend time observing what your child can and cannot do. Discuss any concerns with your child's teacher.	<b>30</b> Treat yourself to a spa day at home: Take a bubble bath, try a facial mask, and paint your nails a new color.	 <a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a>  <a href="http://www.friendsnrc.org">http://www.friendsnrc.org</a> <b>strengthening families</b> <a href="http://www.strengtheningfamilies.net">http://www.strengtheningfamilies.net</a>		

# 30 formas de promover el bienestar de menores durante el Mes Nacional de la Prevención del Abuso de Menores

PADRES

Factores de protección	Crianza afectiva y apego	Conocimientos sobre la crianza y el desarrollo de los niños	Resiliencia parental	Apoyos concretos para los padres	Capacidades emocionales y sociales de los niños	Conexiones sociales
DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		<b>1</b> Anote preguntas para llevar a su próxima cita con el doctor de su niño.	<b>2</b> Comparta sus logros personales a través de Facebook o Twitter.	<b>3</b> Hable con amigos acerca de organizar un grupo cooperativo para el cuidado de sus niños.	<b>4</b> Establezca una rutina diaria para que su hijo sepa lo que puede esperar durante el día.	<b>5</b> ¡Pase tiempo afuera! Organice un club de caminatas para padres e hijos o un club de andar en bicicletas para vecinos.
<b>6</b> Hable con su comunidad de fe acerca de cómo organizar un ministerio de apoyo a los padres.	<b>7</b> ¡Tengan una noche familiar de juegos de mesa! Hasta los niños pequeños pueden jugar en el "equipo" de un adulto.	<b>8</b> Explore el mundo desde el punto de vista de su hijo.	<b>9</b> Fije sus metas y anote los pasos que tendrá que tomar para lograrlas.	<b>10</b> Averigüe qué clases ofrecen en su biblioteca o centro comunitario. Inscríbase en la que más le interese.	<b>11</b> "Pille" a sus hijos portándose bien. Elógielos con frecuencia.	<b>12</b> Programe citas con amigos que tengan hijos de las mismas edades que los suyos para que los niños jueguen juntos.
<b>13</b> Siembre un jardín de molinetes con su hijo en su jardín de entrada, cerca del buzón de correo o en su porche delantero.	<b>14</b> Pregúntele a sus hijos acerca de quiénes son las personas más importantes para ellos.	<b>15</b> Reflexione sobre la crianza que usted recibió de niño y cómo esto afecta la forma en que usted cría a sus hijos.	<b>16</b> Encuentre tiempo para hacer algo que a USTED le guste hacer.	<b>17</b> Marque el "2-1-1" en su teléfono para aprender sobre organizaciones en su área que apoyan a familias.	<b>18</b> Juegue con su hijo a representar emociones diferentes. ¿Qué hace cuando está feliz, triste o frustrado?	<b>19</b> Encuentre y únase a un grupo o "café" local comunitario o para padres y madres, como Circle of Parents®.  <a href="http://www.circleofparents.org/">http://www.circleofparents.org/</a>
<b>20</b> Acurruque y abrace a sus hijos frecuentemente.	<b>21</b> Cree algo con sus hijos. ¡Las actividades de arte y manualidades son divertidas para los adultos, también!	<b>22</b> Encuentre un grupo local que trate asuntos relacionados con la crianza de los hijos (por ejemplo, MOPS).  <a href="http://www.mops.org/">http://www.mops.org/</a>	<b>23</b> Hable con un amigo de confianza cuando se sienta estresado, agobiado o triste.	<b>24</b> Pídale al director(a) del colegio de sus hijos o a la asociación de padres y alumnos que organicen una noche de recursos comunitarios.	<b>25</b> Enséñele a su hijo a resolver conflictos pacíficamente.	<b>26</b> Únase a un grupo de niños exploradores, los "Boy Scouts o las "Girl Scouts", con sus hijos.
<b>27</b> Organice una cena comunitaria o "potluck" con las familias de su vecindario para intercambiar anécdotas de la crianza de sus hijos.	<b>28</b> Hágase voluntario en la escuela de su hijo.	<b>29</b> Dedique tiempo a observar lo que su hijo puede y no puede hacer. Converse con la maestra de su hijo sobre cualquier preocupación que tenga.	<b>30</b> Disfrute un "día de spa" en casa: tómese un baño con burbujas, experimente con una máscara facial y píntese las uñas de un color nuevo.	 <p>Child Welfare Information Gateway <a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a></p> <p>Friends <a href="http://www.friendsnrc.org">http://www.friendsnrc.org</a></p> <p>U.S. Department of Health and Human Services Administration for Children and Families Administration on Children, Youth and Families Children's Bureau <a href="http://www.acf.hhs.gov/programs/cb">http://www.acf.hhs.gov/programs/cb</a></p>		
				<p>strengthening families <a href="http://www.strengtheningfamilies.net">http://www.strengtheningfamilies.net</a></p>		

Protective Factors: Community Awareness	Nurturing and Attachment	Knowledge of Parenting and Child Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Praise good parenting when you see it.	<b>2</b> Invite someone in to help parents learn about managing stress.	<b>3</b> Create a handout for families with community resources linked to each protective factor.	<b>4</b> Add children's books about feelings to your program's library.	<b>5</b> Organize "stroller walks" with new parents. Talk about their challenges as you walk.
<b>6</b> Put the protective factors on your outreach materials.	<b>7</b> Create a board-game library for families.	<b>8</b> Have tips handy for caregivers dealing with parenting challenges.	<b>9</b> Make "how are you?" phone calls to families in the program.	<b>10</b> Invite a community partner to present a new resource for families.	<b>11</b> Role play emotions with kids—what do you do when you're happy, sad, or frustrated?	<b>12</b> Host a potluck or cultural celebration.
<b>13</b> Plant a pinwheel garden as a reminder of the bright futures all children deserve.	<b>14</b> Arrange a kickball or soccer game for parents and kids.	<b>15</b> Talk to parents about how trauma can impact children at different developmental stages.	<b>16</b> Recognize parent accomplishments.	<b>17</b> Visit a program where you refer families, so you will know what it's like.	<b>18</b> Train your staff on how trauma and loss affect children.	<b>19</b> Encourage parents to support each other through phone trees, carpools, or playgroups.
<b>20</b> Invite community partners to an interfaith family day.	<b>21</b> Offer parents materials for a craft that they can make with their child.	<b>22</b> Talk to parents in your program about discipline alternatives.	<b>23</b> Help parents set goals and solve problems.	<b>24</b> Let parents use the center's computers for personal business (e.g., writing résumés, email).	<b>25</b> Teach kids to resolve conflicts peacefully.	<b>26</b> Create a "positive parenting club," and produce a video of parents sharing their success stories.
<b>27</b> Create a calendar of community events for families.	<b>28</b> Create a cozy "book nook" where parents can read to their children.	<b>29</b> Have a conversation with a parent about where their child is developmentally.	<b>30</b> Invite local businesses to donate services for a free "spa day" for parents.	 <p>Child Welfare Information Gateway  <a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a></p> <p>Friends  <a href="http://www.friendsnrc.org">http://www.friendsnrc.org</a></p> <p>U.S. Department of Health and Human Services            Administration for Children and Families            Administration on Children, Youth and Families            Children's Bureau  <a href="http://www.acf.hhs.gov/programs/cb">http://www.acf.hhs.gov/programs/cb</a></p>		
				<p>strengthening families  <a href="http://www.strengtheningfamilies.net">http://www.strengtheningfamilies.net</a></p>		

# 30 formas de promover el bienestar de menores durante el Mes Nacional de la Prevención del Abuso de Menores

## PROGRAMAS

Factores de protección: conciencia comunitaria	Crianza afectiva y apego	Conocimientos sobre la crianza y el desarrollo de los niños	Resiliencia parental	Apoyos concretos para los padres	Capacidades emocionales y sociales de los niños	Conexiones sociales
DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		<b>1</b> Elogie las buenas prácticas de crianza cuando las observe en los padres.	<b>2</b> Invite a alguien al programa que pueda ayudar a los padres a aprender sobre cómo manejar el estrés.	<b>3</b> Cree una hoja informativa para familias con recursos comunitarios que se relacionen con cada factor de protección.	<b>4</b> Agregue libros para niños que traten con las emociones a la biblioteca de su programa.	<b>5</b> Organice "caminatas con cochecitos" con padres novicios. Mientras caminan, hablen sobre los desafíos que enfrentan.
<b>6</b> Incluya los factores de protección en los materiales de divulgación de su programa.	<b>7</b> Mantenga juegos de mesa para el uso libre de las familias.	<b>8</b> Tenga a mano consejos sobre la crianza de los hijos para padres que estén enfrentando asuntos difíciles.	<b>9</b> Llame a las familias en el programa para preguntarles cómo están.	<b>10</b> Invite a un colaborador comunitario para presentar un nuevo recurso para familias.	<b>11</b> Juegue con los niños a representar emociones diferentes. ¿Qué hacen cuando están felices, tristes o frustrados?	<b>12</b> Organice una comida comunitaria o "potluck" o una celebración cultural.
<b>13</b> Siembre un jardín de molinetes como recordatorio de los futuros brillantes que se merecen todos los niños.	<b>14</b> Organice un partido de pelota o fútbol para los papás y los niños.	<b>15</b> Hable con los padres acerca de cómo el trauma puede afectar a los niños durante las diferentes etapas de su desarrollo.	<b>16</b> Reconozca los logros de los padres.	<b>17</b> Visite a un programa donde regularmente refiere a familias, para conocerlo de cerca.	<b>18</b> Entrene a su personal acerca del efecto que tienen el trauma y la pérdida sobre los niños.	<b>19</b> Anime a los padres a que se apoyen mutuamente a través de listas de contacto para llamadas organizadas, grupos de transporte o grupos de juego.
<b>20</b> Invite a colaboradores comunitarios a un día familiar interreligioso.	<b>21</b> Ofrezcales a los padres materiales que pueden usar para hacer alguna manualidad con sus hijos.	<b>22</b> Hable con los padres en su programa sobre alternativas en la disciplina.	<b>23</b> Ayude a los padres a fijar metas y resolver problemas.	<b>24</b> Permita a los padres usar las computadoras del centro para sus asuntos personales (por ejemplo, para trabajar en su hoja de vida o revisar su correo electrónico).	<b>25</b> Enséñeles a los niños a resolver conflictos pacíficamente.	<b>26</b> Cree un "club de crianza positiva" y produzca un video donde los padres puedan compartir sus historias de éxito.
<b>27</b> Cree un calendario de eventos comunitarios para familias.	<b>28</b> Cree un espacio cómodo en donde los padres puedan leerle a sus hijos.	<b>29</b> Converse con un padre o una madre acerca del nivel de desarrollo en que se encuentra su hijo.	<b>30</b> Invite a las empresas/comercios locales a donar un día de "spa" gratis para los padres.	 <p>Child Welfare Information Gateway <a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a></p> <p>Friends <a href="http://www.friendsnrc.org">http://www.friendsnrc.org</a></p> <p>U.S. Department of Health and Human Services Administration for Children and Families Administration on Children, Youth and Families Children's Bureau <a href="http://www.acf.hhs.gov/programs/cb">http://www.acf.hhs.gov/programs/cb</a></p>		
				<p>strengthening families <a href="http://www.strengtheningfamilies.net">http://www.strengtheningfamilies.net</a></p>		

# 30 Ways to Promote Child Well-Being During National Child Abuse Prevention Month

## COMMUNITY PARTNERS

Protective Factors	Nurturing and Attachment	Knowledge of Parenting and Child Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Sponsor a “New Dads Boot Camp” or “New Moms Circle of Care.” Partners: Hospital, birthing center, home visiting program	<b>2</b> Host a series on parenting when times are tough. Partners: Churches and other faith communities	<b>3</b> Invite families to a “Help Exchange” where they learn about local services. Partners: Local shops (to donate prizes, offer samples)	<b>4</b> Offer acting classes to build kids’ ability to name and recognize emotions. Partner: Theater company	<b>5</b> Hold a family ice cream social. Partner: Ice cream shop or local grocery store
<b>6</b> Sponsor a “community visioning” event to gauge interest in launching a protective factors agenda in your community. Partners: Community wide	<b>7</b> Promote family-friendly employment policies, such as onsite child care. Partner: Local businesses	<b>8</b> Ask businesses to consider including parenting tips in their advertising or on product packaging. Partner: Business leaders	<b>9</b> Offer workshops for parents on stress relief and relaxation. Partner: Child care resource and referral agency	<b>10</b> Sponsor a health fair. Partners: Health-care providers, social services, community-based organizations, local businesses	<b>11</b> Engage youth to create a presentation on bullying and help them find performance venues. Partners: Theaters, schools	<b>12</b> Collaborate with a business to sponsor a family day or family night at a sporting event. Partners: Local businesses, professional or semi-pro sports franchise
<b>13</b> Host a Strengthening Families leadership brunch or dinner. Partners: Faith-based organizations, elected officials, community-based organizations, philanthropists	<b>14</b> Encourage screening for parental depression in pediatric offices. Partner: American Academy of Pediatrics chapter	<b>15</b> Create a parent resource library at your office. Partner: Local businesses, service providers	<b>16</b> Host a Parent Support and Appreciation Conference to recognize parent leaders. Partner: Hotels, business leaders, elected officials, social services, health department, and other community organizations	<b>17</b> Host job-training classes or a job fair. Partners: Local businesses, employment agencies, universities, State/local government agencies	<b>18</b> Provide families with books and toys focused on young children’s feelings and experiences. Partner: Children’s stores	<b>19</b> Create rituals for welcoming new families to your community. Partners: Realtors, Newcomers Clubs, PTAs
<b>20</b> Ask local businesses to provide transportation for families to local churches, temples, or mosques. Partners: Businesses, faith-based organizations	<b>21</b> Set up a parenting display near the children’s book section at your library. Include information and books on behavior, emotions, etc.	<b>22</b> Offer parenting classes or visitation support for incarcerated parents. Partner: Correctional facilities	<b>23</b> Organize a stroller exercise or parent-child yoga class at a local community center. Partners: Community center or yoga studio	<b>24</b> Start a winter coat drive and open a community food pantry. Partners: Local dry cleaners, social services, faith-based organizations, grocery stores	<b>25</b> Create a community swap event for families to trade items such as books, school supplies, or clothes. Partner: Civic association	<b>26</b> Create a video library for parents, focused on children’s social-emotional development. Partner: Libraries
<b>27</b> Publish a list of “10 things you can do to strengthen families” in your community. Partners: Local media, businesses	<b>28</b> Share resources with family-friendly businesses on protective factors, child development, parenting skills, and stress reduction. Partners: Early childhood programs, health-care providers, grocery stores	<b>29</b> Host a workshop on observing and supporting young children at play. Partners: Psychologists, pediatricians	<b>30</b> Host a health and spa day for moms and dads. Partners: Local businesses, community-based providers	 <a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a>  <a href="http://www.friendsnrc.org">http://www.friendsnrc.org</a>    U.S. Department of Health and Human Services Administration for Children and Families Children’s Bureau <a href="http://www.acf.hhs.gov/programs/cb">http://www.acf.hhs.gov/programs/cb</a>		
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# 30 formas de promover el bienestar de menores durante el Mes Nacional de la Prevención del Abuso de Menores

## COLABORADORES COMUNITARIOS

Factores de protección	Crianza afectiva y apego	Conocimientos sobre la crianza y el desarrollo de los niños	Resiliencia parental	Apoyos concretos para los padres	Capacidades emocionales y sociales de los niños	Conexiones sociales
DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		<b>1</b> Patrocine un "Taller para papás novicios" o un "Círculo de cuidado para mamás novicias". En colaboración con: Hospitales, centros de maternidad, programas de visitas en el hogar	<b>2</b> Ofrezca una serie sobre cómo criar a sus hijos durante momentos difíciles. En colaboración con: Iglesias y otras comunidades de fe	<b>3</b> Invite a familias a un "Intercambio de ayuda" donde puedan aprender sobre servicios locales. En colaboración con: Tiendas locales (para donar premios y ofrecer muestras de productos)	<b>4</b> Ofrezca clases de actuación para aumentar las capacidades de los niños de poder identificar y reconocer las emociones. En colaboración con: Compañías de teatro	<b>5</b> Organice una fiesta de helados. En colaboración con: Heladerías o supermercados locales
<b>6</b> Organice un evento de "desarrollo de visión comunitaria" para evaluar el nivel de interés en lanzar una agenda de factores de protección en su comunidad. En colaboración con: Grupos y organizaciones en toda la comunidad	<b>7</b> Promueva políticas de empleo sensibles a las necesidades familiares, como proveer cuidado de menores en el lugar de empleo. En colaboración con: Empresas/comercios locales	<b>8</b> Pídale a las empresas/comercios locales que consideren la inclusión de consejos sobre la crianza de niños en sus medios de publicidad o en el embalaje de sus productos. En colaboración con: Líderes de empresas/comercios	<b>9</b> Ofrezca talleres para padres sobre el alivio del estrés y la relajación. En colaboración con: Agencias de recursos y referencias a servicios de cuidado de menores	<b>10</b> Patrocine una feria de la salud. En colaboración con: Proveedores de cuidados de salud, servicios sociales, organizaciones basadas en la comunidad, empresas/comercios locales	<b>11</b> Involucre a jóvenes/adolescentes en la creación de una presentación sobre el acoso escolar y ayúdelos a encontrar lugares de presentación. En colaboración con: Teatros, escuelas	<b>12</b> Colabore con una empresa/comercio para patrocinar un día o una noche familiar en un evento deportivo. En colaboración con: Empresas/comercios locales, franquicias deportivas profesionales o semi-profesionales
<b>13</b> Organice un almuerzo o una cena de liderazgo alrededor del tema "Fortaleciendo". En colaboración con: Organizaciones religiosas/espirituales, funcionarios electos, organizaciones basadas en la comunidad, filántropos	<b>14</b> Apoye las evaluaciones de salud mental para detectar la depresión parental en las oficinas pediátricas. En colaboración con: Sucursales del American Academy of Pediatrics	<b>15</b> Cree una biblioteca con recursos para padres en su oficina. En colaboración con: Empresas/comercios locales, proveedores de servicios	<b>16</b> Organice una conferencia alrededor del tema "Apoyo y reconocimiento" para reconocer los logros de los padres líderes. En colaboración con: Hoteles, líderes de empresas/comercios, funcionarios electos, servicios sociales, el departamento de salud, y otras organizaciones en la comunidad	<b>17</b> Organice clases de entrenamiento para el empleo o una feria de empleos. En colaboración con: Empresas/comercios locales, agencias/oficinas de empleos, universidades, agencias gubernamentales Estatales/locales	<b>18</b> Provéales a las familias libros y juguetes que se enfoquen en las experiencias y las emociones de niños jóvenes. En colaboración con: Tiendas (jugueterías, librerías) para los niños	<b>19</b> Cree rituales para darles la bienvenida a familias recién llegadas a la comunidad. En colaboración con: Clubes de agentes inmobiliarios para recién llegados, asociaciones de los padres de alumnos
<b>20</b> Pídale a las empresas y los comercios locales que proporcionen servicios de transporte para llevar a familias a iglesias, templos o mezquitas locales. En colaboración con: Empresas/comercios locales, organizaciones religiosas/espirituales	<b>21</b> Monte una exposición acerca de la crianza de hijos cerca de la sección de libros para niños en su biblioteca. Incluya información y libros acerca de comportamientos, emociones, etc.	<b>22</b> Ofrezca clases sobre la crianza o apoyos para la visita para madres encarceladas y padres encarcelados. En colaboración con: Instituciones penales	<b>23</b> Organice una clase de ejercicios o yoga para padres e hijos en el centro comunitario local. En colaboración con: Centros comunitarios, estudios de yoga	<b>24</b> Organice una campaña de recolección de abrigos de invierno y abra una despensa comunitaria de alimentos. En colaboración con: Tintorerías locales, servicios sociales, organizaciones religiosas/espirituales, supermercados	<b>25</b> Cree un evento comunitario de intercambios para que las familias puedan intercambiar cosas como libros, útiles escolares o ropa. En colaboración con: Asociaciones cívicas	<b>26</b> Cree una videoteca para padres que se enfoque en el desarrollo social y emocional de los niños. En colaboración con: Bibliotecas
<b>27</b> Publique una lista en su comunidad de "diez cosas que puede hacer para fortalecer a las familias". En colaboración con: Medios de comunicación locales, empresas/comercios	<b>28</b> Comparta recursos con negocios orientados hacia familias acerca de los factores de protección, el desarrollo de los niños, habilidades de crianza de hijos y el alivio del estrés. En colaboración con: Programas de la educación temprana/para la primera infancia, proveedores de cuidados de salud, supermercados	<b>29</b> Ofrezca un taller acerca de la observación y el apoyo de los niños mientras están jugando. En colaboración con: Psicólogos, pediatras	<b>30</b> Organice un día de salud y "spa" para mamás y papás. En colaboración con: Empresas/comercios locales, proveedores basados en la comunidad	 <p> <a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a>  <a href="http://www.friendsnrc.org">http://www.friendsnrc.org</a>  <a href="http://www.strengtheningfamilies.net">http://www.strengtheningfamilies.net</a> </p> <p>                     U.S. Department of Health and Human Services                      Administration for Children and Families                      Administration on Children, Youth and Families                      Children's Bureau  <a href="http://www.acf.hhs.gov/programs/cb">http://www.acf.hhs.gov/programs/cb</a> </p>		