

# 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.

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## Child Abuse Prevention and **NATIONAL FAMILY WEEK**

### **STRONG FAMILIES MAKE STRONG COMMUNITIES**

During Thanksgiving week, Oklahomans will join thousands of people and organizations across the United States to celebrate National Family Week (NFW) November 22 - 29.

NFW embraces the premise that children live better lives when their families are strong, and families are strong when they live in communities that connect them to economic opportunities, social networks, and services. These “connections,” celebrated during NFW include access to reliable transportation, employment opportunities, education, childcare, housing, health care, and support from community networks and institutions. Everyone has a role to play in making families successful, including neighborhood organizations, businesses, nonprofits, policymakers, and families themselves.

Participate in NFW by taking time to thank the organizations and individuals that strengthen families every day:

- The employer that has created family-friendly work options, such as flexible hours and time off to attend school functions.
- The community leader who redirects policies and resources to benefit families.
- The placement center that connects parents to jobs.
- The neighborhood organization that bonds families to community.

Family members can also celebrate NFW in several ways:

- **Extend Your Family.** Meet and get to know your neighbors. Plan a neighborhood supper.
- **Be a Leader.** Organize or participate in a school meeting about improving your child’s education.
- **Volunteer.** Coordinate family volunteer projects with other groups in your community.
- **Connect with the Community.** Select an issue that can improve your community. Work with local officials and local nonprofit agencies to impact change.
- **Take it to Work.** Encourage employers to consider family-friendly work options, such as flexible hours and time off to attend children’s school functions.

During National Family Week, remember to take some time to renew family bonds close to home...whether by sharing a family meal, reading a bedtime story to a young child, or creating a new holiday tradition, carving out a place in the lives of loved ones is a way to celebrate your own family. **Happy Thanksgiving!**

*The Alliance for Children and Families, a national, nonprofit membership association representing child-and family-serving organizations in the United States and Canada, has directed the NFW efforts for more than 40 years.*

**MORE RESOURCES**  
National Family Week – <http://alliance1.org/national-family-week>  
Strengthening Families – [www.cssp.org/reform/strengtheningfamilies](http://www.cssp.org/reform/strengtheningfamilies)  
The Raising of America – [www.raisingofamerica.org/](http://www.raisingofamerica.org/)  
Making Meaningful Connections – <https://www.childwelfare.gov/pubPDFs/guide.pdf>



### **Do just one thing! Your one thing counts!**

- ✓ Participate in National Family Week and honor the connections you have with your family and community.
- ✓ Download and circulate the [National Family Week](#) poster. Share it anywhere families might gather.
- ✓ Download and share the [November Activities Calendar](#) with families in your program and/or make available to parents with young children.
- ✓ Volunteer with a nonprofit organization that supports and strengthens families in your community.
- ✓ Refer families to the free programs available via the Oklahoma libraries in the communities in which they live. Talk about other resources they might access while there (see below).

### **Resource Spotlight → Oklahoma Libraries**

Now more than ever, libraries are stepping up their game to provide up-to-date services for families, including babies, children, teens, adults and seniors in their service areas. Besides books, magazines and newspapers, folks can borrow movies on DVD and books on tape or cd -- all with their library card.

*Other advantages at local libraries might be...*

**Age appropriate story times:** Babies and children learn a listening vocabulary first. Making eye contact while speaking and reading to babies and children help them learn a wider variety of words. Once these children start school, they have a much better chance for success.

**Resources:** Books on parenting, homework help for children and teens, researching any skill you can think of, as well as locating GED or reading help for adults are services that often can be accessed at libraries.

**Free public computers:** Access the virtual world through the library. Most job applications, applications for social services as well as tax forms are now readily available online. Databases offer in-depth information on geography, health issues, bible reference, auto repair, travel, history and genealogy.

**Community Space:** Gone are the days of “shhh!” as libraries have become a place for the community to meet for events and entertainment like family movie nights, game-fests for kids to play video games together, or Lego Club to encourage creativity. Often, quiet reading rooms are still available for those needing uninterrupted silence for study too.

Everything you ever wanted to know is at the library!  
For a directory of library locations in our great state, go to <http://www.odl.state.ok.us/go/pl.asp>.

**Upcoming Events** **CAP Day at the Capitol** Tues, April 12<sup>th</sup> 2016  
**Next CAP Action Meeting** – Friday, Dec. 4, 2015 from 10am - Noon  
[2016 CAP Action Meeting Calendar](#)



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**EARLY CHILDHOOD  
TIP SHEETS**

**2016 Child Abuse Prevention (CAP) Action begins now! Sign Up today to join efforts!**