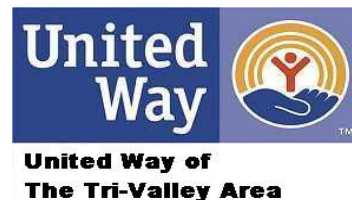


Franklin County Children's Task Force



Franklin County Children's Task Force
113 Church Street
Farmington, Me 04938
778-6960
fctf@fctf.org



Check out our new web site!

You can find lots of information and a quick look at what is happening at the Franklin County Children's Task Force with just one click:

fctf@fctf.org

Winter Hours:
Monday -Thursday
8 to 4:30
Friday- 9:00-1:00

From the Executive Directors Desk:

On October 17th, groups of dedicated and enthusiastic supporters of children will gather at Meeting House Park at 8 a.m. for the FCCTF's annual Make Tracks for Kids Walk-a-Thon. This years proceeds will benefit two of our programs that have recently received funding cuts due to the states budget crunch. Both our Growing Healthy Families program and our Parent Education Programs took a substantial "hit" this year and the additional revenue from Make Tracks for Kids will go a long way in providing direct services to families living in Franklin County this year. Growing Healthy Families provides in home support and education to new parents while our Parent Education component provides education to parents who need support with certain areas of child rearing. We all know that parenting is the hardest job we will ever do, this is why I am encouraging everyone to get out and walk with us to help stomp out child abuse and neglect. Make it fun by wearing team shirts, or colors, or by wearing a fun outfit. The Old Crow Band will begin playing at 8 a.m. and will lead us off at 9 a.m. sharp. Coffee, tea and refreshments will be on hand so come one, come all and support the children in our community. Help us achieve our goal of raising \$6500.00 this year.

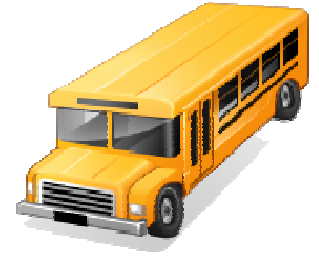
Early Child Development and the Brain



The Franklin County Children's Task Force is now offering trainings for professionals in the area of prenatal and child development. Topics will include: Prenatal Development, Neurobehavioral Observation, Brain Development, Identifying & Coping with Stress in Children, Sensory Processing, Maternal Drug Use and Infant Development, and Language Development and the Brain. Trainings can be tailored to meet the needs of your agency or group. For more information or to schedule training please call:

The Franklin County Children's Task Force at 778-6960

Back-to-School Transitions: Tips for Parents



By Ted Feinberg, EdD, NCSP, & Katherine C. Cowan
National Association of School Psychologists

Getting a new school year off to a good start can influence children's attitude, confidence, and performance both socially and academically. The transition from August to September can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure, and, for some, pressures associated with school life.

The degree of adjustment depends on the child, but parents can help their children (and the rest of the family) manage the increased pace of life by planning ahead, being realistic, and maintaining a positive attitude. Here are a few suggestions to help ease the transition and promote a successful school experience.

Review all of the information. Review the material sent by the school as soon as it arrives. These packets include important information about your child's teacher, room number, school supply requirements, sign ups for after-school sports and activities, school calendar dates, bus transportation, health and emergency forms, and volunteer opportunities.

Mark your calendar. Make a note of important dates, especially back-to-school nights. This is especially important if you have children in more than one school and need to juggle obligations. Arrange for a babysitter now, if necessary.

Re-establish the bedtime and mealtime routines. Plan to re-establish the bedtime and mealtime routines (especially breakfast) at least 1 week before school starts. Prepare your child for this change by talking with your child about the benefits of school routines in terms of not becoming over tired or overwhelmed by school work and activities. Include pre-bedtime reading and household chores if these were suspended during the summer.

Turn off the TV. Encourage your child to play quiet games, do puzzles, flash cards, color, or read as early morning activities instead of watching television. This will help ease your child into the learning process and school routine. If possible, maintain this practice throughout the school year. Television is distracting for many children, and your child will arrive at school better prepared to learn each morning if he or she has engaged in less passive activities.

Designate and clear a place to do homework. Older children should have the option of studying in their room or a quiet area of the house. Younger children usually need an area set aside in the family room or kitchen to facilitate adult monitoring, supervision, and encouragement.

“MAKE TRACKS FOR KIDS”

Saturday October 17, 2009

Come join the fun! We encourage you to form a team with friends, co-workers or family and come out for a fun short walk to support the cause against child abuse and neglect. See who can get the most team members, see who can raise the most between different teams from one organization. Some get creative and have their own t-shirts made up. Its un, friendly competition all for the children of Franklin County. The old crow band sends us off with get up and go music which sets the festive mood for a brisk walk through town. Hope to see you there rain or shine!

The route starts at the Gazebo in Farmington, going on the following roads: Main St., Church St., High St., Perham St., Fair View Ave., through Mt. Blue Middle School, onto Cascade Brook School and back to the Gazebo. This is a 2.5 Mile walk or bike ride.

All proceeds benefit the children of Franklin County through parent education, programs for children and parents, and other services offered through the Task Force.



BULLYING

Bullying is when one child, who has more perceived “power” picks on another child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or over the Internet.

When Your Child Is Bullied

- Help your child learn how to respond by teaching your child how to: 1. Look the bully in the eye. 2. Stand tall and stay calm in a difficult situation. 3. Walk away.
- Teach your child how to say in a firm voice. 1. "I don't like what you are doing." 2. "Please do NOT talk to me like that." 3. "Why would you say that?"
- Teach your child when and how to ask for help.
- Encourage your child to make friends with other children.
- Support activities that interest your child.
- Alert school officials to the problems and work with them on solutions.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

When Your Child Is the Bully

- Be sure your child knows that bullying is never OK.
- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.
- Develop practical solutions with the school principal, teachers, counselors, and parents of the children your child has bullied.

When Your Child Is a Bystander

- Tell your child not to cheer on or even quietly watch bullying.
 - Encourage your child to tell a trusted adult about the bullying.
 - Help your child support other children who may be bullied. Encourage your child to include these children in activities.
- Encourage your child to join with others in telling bullies to stop.

Clothing Exchange

Bring A Bag-Take A Bag

Sizes Newborn to 4T

Bring in a bag of gently worn clothing and exchange it. First-time parents and expectant moms, no exchange is needed for 1st free bag of clothes. Limited maternity items available. Call ahead as the space is sometimes unavailable

**Hours of Operation 9:00am-4:00 pm M-Thurs
9:00am-1pm Friday.**

Call: 778-6960 or 1-888-429-6960

113 Church St. Farmington, ME

We are now accepting donations for winter clothes.

Parent Education Programs

Nurturing Parents:

Wednesdays

September 9th to December 2nd

5:30pm –7:30pm

Nurturing Fathers:

Mondays

September 14th to November 2nd

5:30 –7:30

1,2,3 Magic:

Saturday

December 5th 8 am to 1 pm

We need your help!

Together, we can make a difference in the lives of children in Franklin County!



Name _____

Address _____

Phone _____

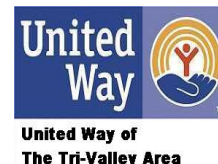
E-Mail _____

Please make my gift in memory of _____

Please make my gift anonymous

Please make your tax deductible check payable to:

FCCTF, 113 Church St., Farmington, Maine 04938



Back to School Supply List

What's the smart way to shop for school supplies? Eliminate the guesswork by getting a list from your child's teacher ahead of time or waiting until school starts to find out what's actually required. The teacher may recommend specific brands, sizes, or quantities, but even if the list isn't available, you can still take advantage of back-to-school sales during this season by sticking to the basics recommended below. And remember, you can't go wrong with tools that help kids get – and stay – organized.

When it comes to writing essentials, teachers say, don't waste your money on feather pencils, light-up pencil sharpeners, or pretty erasers that don't work. And for organizational helpers, keep in mind that expensive folders with multiple pockets and zippers are often too bulky to fit in desks. Better to stick with more streamlined (and cheaper) models.

The basics

Glue sticks Ballpoint pens

Colored pencils

Water-based markers

A three-ring binder

Spiral-bound or composition notebooks

Scissors (blunt ended for younger kids, pointed for older ones)

No. 2 pencils (Stick with this classic to avoid classroom competition over whose writing utensil is the coolest – or most impractical.)

A pencil sharpener (hand-held with a top to collect shavings)

A large pink eraser (The old-fashioned ones do the best erasing.)

A ruler with English and metric measurements

Pocket folders (If you get a folder with two pockets, label one "keep at home" and the other "bring to school" to help your child organize his papers.)

A ruler with English and metric measurements

A sturdy, **supportive backpack** (Some schools do not permit rolling backpacks because of space considerations, so check with your school before purchasing one.)

Extras for elementary school students

A box of crayons (Get a 16-pack for younger kids, more for older ones.)

A box for storing items (Teachers recommend one that's eight inches long by five inches wide by two inches deep to hold pencils, crayons, erasers, and scissors.)