

Franklin County Children's Task Force

September 2007



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



Reminder:



Its back to school time
please be aware of
children and buses.

From the Executive Directors Desk:

Children's Task Force Celebrates 30 Years of Supporting Children.

On Thursday September 23rd the Franklin County Children's Task Force held its 30th Anniversary Gala Event at the University of Maine at Farmington's North Dining Hall.

Volunteers, Businesses, past and present board members as well as community supporters enjoyed dinner, socializing and the friendly competition of silent auction bidding. There were a number of highlights to the evening, including the nomination of Individuals, Businesses and Collaborators that support Child Abuse and Neglect Prevention efforts here in Franklin County. Nominees for Outstanding Business Supporter were as follows: Wilton Early Childhood Center, Barbara Chassie, Attorney at Law; Franklin Savings Bank, and RPH Plumbing and Heating. In the category of Outstanding Community Volunteer/Parent, our nominees were: Kevin and Judy Vining, Parents for the Playground, Isabelle Foss; the final category for nominations was Outstanding Community Organization, its nominees were Gary Perlson, University of Maine at Farmington, Franklin Memorial Hospital, Office of the District Attorney Franklin County and Detective David St. Laurent, Franklin County Sheriff's Office.

Nominations were followed by a slide show presentation on the cost effectiveness of early prevention programming by Attorney General Steven Rowe. The evening concluded with a presentation of Sentiments by Maine State Legislatures Janet Mills, Walter Gooley and Tom Saviello to The Franklin County Children's Task Force in recognition of 30 years in the prevention of child abuse and neglect. On behalf of the FCCTF staff, board and volunteers I would like to thank all those who made this evening a night to remember. To the winners Franklin Savings Bank, the University of Maine at Farmington and Kevin & Judy Vining congratulations and thank-you for all that you do.



New Programs starting this Fall:

Parent Education:

Starting September 10th 2007 at the Trinity Methodist Church in Farmington.

Parent Support Group:

Starting September 10th, 2007 at the Trinity Methodist Church

Wild and Wonderful

Storytime and Playgroup:

Starting September 11, 2007 on Tuesdays from 10am to 12 noon.

Mandated Reporter Training

September 26 th from 5:30 to 7:30 at Mt Abram High School Library

Tobacco, your kids, and you!

Tobacco Facts:

Are your children exposed to second-hand smoke, one of the deadliest forms of air pollution! Second-hand smoke can come from two places: 1) the end of a lit cigarette, pipe or cigar, or 2) the smoke that is breathed out by a person smoking. The U.S. Surgeon General states that there is no safe exposure level of second-hand smoke. Children who are exposed to second-hand smoke are taking in the same chemicals and nicotine that a smoker is getting while smoking. Those chemicals include more than 40 known to be cancer causing. Children exposed to second-hand smoke develop many more health problems such as asthma, bronchitis, pneumonia, colds, sore throats, ear infections, and allergies. They are also at greater risk for the deadly diseases linked to tobacco use, including heart disease and lung cancer. In Maine one nonsmoker dies every day from being exposed to second-hand smoke and seven people die from tobacco use every day.

To avoid second hand smoke:

Don't smoke in the home or in the car

When friends or family members must smoke, politely ask them to do so outside



Consider quitting for your kids:

Quitting smoking can help make your entire family healthier, and it will make you a good role model.

A pack a day smoker will save over \$2000 in a year. (Based on \$5.50 per/pk).

Teenagers whose parents smoke are more than twice as likely to smoke.

Try the Maine Tobacco Helpline for assistance in quitting, 1-800-207-1230 (the number is on the cover of your phone book), it's FREE, confidential and it works.

Talk to your kids:

Don't think having "the tobacco talk" once is enough; keep this an open and frequent conversation.

Provide your kids with a way out when they are pressured to smoke.

Practice with them on how to deal with difficult situations with friends that they might face.

Even if you smoke, tell your kids how hard it is to quit and encourage them never to start.

This information is provided compliments of the Healthy Community Coalition (HCC). HCC is a Healthy Maine Partnership, and an affiliate of the Franklin Community Health Network. Want to know more? Call 645-3136 or toll free at 1-800-525-3136 – www.fchn.org/hcc

“MAKE TRACKS FOR KIDS”

Saturday October 20, 2007

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.

Come help us help the families in Franklin County get the services they need!

Parenting Tips : Is Your Child Misbehaving or Missing Sleep?

Behind every power struggle, every temper tantrum, every instance of misbehavior, there is a feeling and a need – too often that need is sleep. Sleep deprived children include:

- Babies who are sleeping less than 14 – 16 hours
- toddlers sleeping less than 13 hours
- preschoolers less than 12 hours
- school age children less than 10 hours
- adolescents less than 9.25 hours.



Until your child gets more sleep, no punishment, no discipline strategy will stop challenging behaviors. Sound sleep is the key to good behavior.

Why is missing sleep the culprit? New research has demonstrated the key role adequate sleep plays in the ability to control one's emotions, behavior and attention span. Researchers also recognize that sleep plays a fundamental role in healthy brain development. During the first 2 years of life the average child spends 14 of those 24 months asleep and the brain has reached 90% of adult size. This leaves us with the pressing question: can our children afford not to get enough sleep?

You can't make a child sleep but you can set the stage. A good night's sleep begins in the morning and all day long we make decisions that either help the child to fall asleep easily or not. All the strategies, ideas and real life stories in Mary Sheedy Kurcinka's book Sleepless in America won't fit in this small space. Here is one.

The effective bedtime routine is so simple and predictable that even a child can describe it. It includes steps you follow consistently for years, no matter where you are or whether it's an easy night or a crazy one. It leaves your child feeling calm and secure and ready to slip into sleep. You create it. The author suggests a 4 step routine using this slogan **Tense Children Can't Sleep** to help remember the steps.

1. **Transition activity** – this marks the beginning of your bedtime routine, such as snack, dimming lights, clean up, story time, going upstairs, teeth brushing or picking up the child. It's occurrence clearly indicates active time is finished and begin preparing for the approach of sleep.
2. **Connecting and calming activities** – this soothes your child so she is relaxed enough for sleep. Each child is unique. What is calming for one may not be for another. Watch your child's body language. Does the activity result in less tension, less sharpness in movements, slower breathing and slower eye movements? Children want time with you. Instead of fighting because your child doesn't want you to leave, expect it and plan for it. Studies show that teens whose parents continue to monitor bedtime get more sleep. Those same teens are more willing to work with their parents because of the strong relationship those nighttime conversations foster.
3. **Cue activity** – a consistent activity, done every single night. The song, kiss, prayer, back rub, turning on night light or fan that signals now is time to go to sleep. Changing your voice inflection persuades the brain to shift from alert to calm. That's why a lullaby or even 'shh' helps children sleep.

Switch activity – these are the last memories and sensations experienced as your child falls asleep. It's at this point with some practice, your child will let you step away, while he adjusts the lovie, rolls over, squirms, finds the right position and falls asleep. All he needs is the promise you will check in in 5 minutes. But what if it doesn't look like the ideal just described. What do you do?

.... to be continued in future articles or workshops....

There is no single magic bullet for helping children make that transition from our very fast paced world to the quiet relaxed state needed to fall asleep. Appreciating the importance of sleep and making changes like incorporating a sleep routine are steps. Hopefully this article has peaked your interest because as one father of two said "The difference between a child who is well rested and one who is not is a smile on her face – and on yours"

If you or someone you know would be interested in being part of a parent support group addressing sleep issues please call the Franklin County Children's Task Force, 778-6960, and let us know.

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



Parent Education & Parent Support

Next session will be September 10th 5:30pm –7:30pm

At Trinity Methodist Church on the Farmington Falls Road, Farmington.



E-Mail Newsletter?

If you are interested in receiving your newsletter in this manner please email us at fcctf@fcctf.org

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.

Get your walking shoes on!

“Make Tracks for Kids”

**Saturday, October 20
2007**

Rain or Shine!

**Come support our families
of
Franklin County!**