



*Carol M. Yoakum*

# Family Resource Center

A service of the Lincoln Housing Authority

APRIL/ MAY 2009

## Free Babysitter's Training scheduled for April 25

Babysitting requires a lot more than just watching the kids. Safety is critical in all aspects of caring for children, including knowing what to do when a child is choking, how to perform first aid for burns or cuts, adjusting your actions according to the age of the child, choosing age-appropriate games and activities, and performing basic care such as diapering, feeding and dressing a child. These issues and more will be presented in a fun, interactive workshop for youth between the ages of 11 and 14 years.

The Babysitter's Training is sponsored by the American Red Cross and will provide certification in babysitting so that youth can provide a needed service

to families in their communities and make money at the same time. The training will be held at the **Family Resource Center on Saturday, April 25 from 9:00 a.m. to 4:00 p.m.** The training is free and lunch will be provided. Each participant will also receive a babysitter's manual.

**Space is limited so call 434-2621 to sign up.**



## Free Summer lunch program available in June

The Carol Yoakum Family Resource Center is one of Lincoln's sites for the Summer Food Service Program. This summer, lunches will be served every weekday, Monday through Friday from 12:00 to 12:45 p.m. on the front patio, **beginning on June 8.** No registration is required and there are no income guidelines. Lunches are available for all children ages 2-18.

The Summer Food Service Program was established to ensure that all children ages 2 to 18 years would continue to receive nutritious meals during the summer months when school is not in session. All children are eligible to participate at no cost regardless of race, sex, national origin, or disability. No meals are served to adults. Meals must be eaten on site, and are served on a first-come, first-served basis. The program is a cooperative effort of the Lincoln-Lancaster County Health Department and many community agencies and organizations. Many of these partners provide summer food programs in addition to other summer programs. Children and their parents are encouraged to call the Lincoln-Lancaster County Health Department at 441-6225 to find the closest available site to their home.

For more information, or if you are interested in becoming a SFSP site, please contact:

Deb Edelmaier 441-6225  
dedelmaier@lincoln.ne.gov  
Mike Heyl 441-3889  
mhey1@lincoln.ne.gov

## Schoo Middle School Parent Orientation Meetings

Parents and guardians of students who will attend Schoo Middle School next year are invited to attend a meeting to learn more about our school. Please pick the date, time, and location that work best for you. We will share the same information with students during the month of April during meetings that occur during the school day, so students are not required to attend the evening meetings, but are welcome to do so.

**April 14 Fredstrom Elementary Multi-Purpose Room**  
Names ending in A-M 6:30-7:15 p.m.  
Names ending in N-Z 7:30-8:15 p.m.

**April 16 Arnold Elementary Multi-Purpose Room**  
Names ending in A-M 6:30-7:15 p.m.  
Names ending in N-Z 7:30-8:15 p.m.

Please call Principal Linda Hix at 435-2222 or email lhix@lps.org if you have questions or need more information.

*Welcome to Schoo Middle School!*



OPEN DOORS | OPEN MINDS

## Arnold CLC Studio Art Club students awarded Rain Barrel project

Arnold CLC Studio Art Club students were recently selected as one of 25 local artists and art groups to participate in the City of Lincoln's Artistic Rain Barrel Program. The theme for the club's rain barrel is "Wishing for a Greener Lincoln." Deb Ortega, Arnold staff, and Jan Amberg, Arnold parent, teach the Studio Art Club which meets every Thursday after school at Arnold.

The Friends of Pioneers Park Nature Center and the City of Lincoln Watershed Management Division teamed up to create the rain barrel program. The selected artists had four weeks to paint and return their barrels. The barrels will be on display at area businesses and libraries through April 18. They will be moved to the Pioneers

# Arnold Community Learning Center

*In partnership with the Lincoln Housing Authority, Cedars Youth Services, and Lincoln Parks & Recreation*



*Arnold CLC Studio Art Club students who created the "Wishing for a Greener Lincoln" rain barrel.*

Park Nature Center during that last week where they will be auctioned off on April 18 at 9:30am. The proceeds will be given to the Friends of Pioneers Park Nature Center for scholarships to the Adventure and Extreme Nature Camp.

The Arnold CLC Studio Art Club rain barrel is currently on display at Campbell's Nursery & Garden Center at 5625 Pine Lake Road. ***Congratulations to the Studio Art Club students who participated in the Rain Barrel Project:***



***Allie Bender, Shayna Benson, Leslie Boothe, Ashley Bosco, Zach Brooks, Halley Herring, Hanna Howell, Madison Miller, Anna Moran, Isabel Olivas, Haleigh Otto, Hannah Otto, Makala Spruill, and Thomas Stanley.***

## Intern joins CLC/FRC team



Beca Debban is the new CLC/FRC intern. Beca attends the University of Nebraska at Lincoln and is majoring in forensic science. Beca began volunteering at the Arnold CLC as one of her class requirements and was then offered the internship position. Beca works mainly at the school helping with afterschool activities. She will also be working at the FRC this summer.

## CLC Showcase to feature Parent/Child Talent Show

Polish off those show tunes, practice those magic tricks, or prepare whatever talent you and your child can do together and sign up for the Parent / Child Talent Show to be held at the Arnold CLC Showcase on **May 7**. Parent refers to any adult caregiver. More information will be sent home with Arnold students during the first week of April.

The CLC Showcase will feature displays and exhibits from CLC core and club programs from 5-5:30 p.m. CLC performances will be from 5:30-6 p.m. with the Talent Show starting at 6 p.m. The Talent Show is open to all Arnold families and can include the entire family in one performance. Performances should be no longer than 3 minutes in order to accommodate all participants.

## CLC Summer Activities

Two full-day programs will be offered through the Arnold CLC. Camp Titan is available at the Air Park Neighborhood Center (see details and contact on page 3) and Cedars Youth Services will have a summer program at the Carol Yoakum Family Resource Center. Contact Chris Bryngelson for Cedars summer care at 580-3256.

The school building will be closed during the summer for preparations for moving to the new school building. Due to lack of available space, the Expanding Horizons summer enrichment program will not be held this summer. The program will return in Summer 2010 with a variety of summer enrichment activities.

## Cedars Child Development Center at Carol Yoakum

Carol Yoakum is well underway in the process of obtaining NAEYC accreditation. The National Association for Education of Young Children is committed to creating early childhood programs to building a high quality experience for young children from birth through kindergarten. As an accredited site, we would be held to higher standards than a traditional child care setting following only the state licensing standards.

We pride ourselves on creating daily learning experience for children in our care. We are not “day care” but rather an Early Childhood Development Center and we use a variety of ways and tools to help create the best learning experience for children. All of our teachers have a bachelor’s degree in early childhood or a closely related field and use their skills and knowledge to expand children’s everyday learning. We are also expanding our preschool program to

include a morning class where we concentrate on Kindergarten readiness skills and social/emotional skills for children to get a step ahead before their first day of school.

We currently only have a couple of opens for new enrollments, and we will reduce the enrollment fee by 50% if you enroll before April 15<sup>th</sup>. If you are interested in learning more about our center please contact Emily Wesseln at 437- 8923.



**CEDARS**

### **Air Park Neighborhood Center happenings...** By Doug Kasparek, center director

**Spring Hours**

- Monday 11:30 a.m.-8:00 p.m.**
- Tuesday 11:30 a.m.-8:00 p.m.**
- Wednesday 11:30 a.m.-5:30 p.m.**
- Thursday 11:30 a.m.-8:00 p.m.**
- Friday 11:30 a.m.-5:30 p.m.**
- Saturday 9:00 a.m.-4:00 p.m.**

**Program Information**

Boxing Club (age 8 to adult): Call Doug at 441-7876.

Kid’s Day Off: Call C.J. at 441-7876

Before/After School Rec: Call C.J.

**Gym Reservations**

Call Doug for information on gym reservations. Other areas of the building

can also be rented for functions such as reunions or meetings.

**Camp Titan Filling Up Fast**

Camp Titan, the Summer Day Camp program of Air Park Neighborhood Center is filling up fast. Camp Titan is designed for kids who have completed kindergarten through 6th grade. Camp focuses on academics, fitness, character and fun. Kids swim twice a week and go on field trips. Breakfast, lunch and snack are provided most days. If interested call Doug or CJ at 441-7876.

Air Park Neighborhood Center is a proud partner in the Arnold Community Learning Center.

## **Down the Library Aisle**

By Susan Steider, Lincoln Libraries

Spring is in the air and our thoughts are turning to summer reading! In April, we will have our sign up sheets available for our summer reading groups. Read Aloud Please for first through third graders will be meeting on Monday evenings at 6:30 p.m. and we’ll be reading books from the Magic Tree House series. Reading Together for fourth and fifth graders will be meeting on Wednesday afternoons at 2:30 p.m. and we’ll be getting a jump on next year’s Golden Sowers nominations. Please ask Peggy or Tami if you have questions about any of these summer reading programs.

Also, don’t forget to pick up a summer reading booklet contest form – you have until April 15<sup>th</sup> to submit your bookmark. Winning bookmarks will be distributed to all eight libraries. Don’t forget to use a black marker; bookmark entries submitted in color are not eligible. Finally, the “I Love to Write” registration forms are available; this program is open to both elementary and middle school students. Again, the deadline to apply is April 15<sup>th</sup>!

In the meantime, it’s still business as usual at the Arnold Heights Branch Library, stop by to check out a book, see what new movies have come in or ask about the new Wii Nintendo video game collection!





# Need help with utility payments?

Lincoln Action Program Can Help

## Apply Today!

REACH is an energy efficiency program that provides help with utility payments, and offers energy efficiency workshops that focus on:

- Reducing utility costs among low-income households
- Assisting low-income households become more energy efficient.
- Providing financial assistance to low-income households with high energy bills.

## Learn How To Lower Your Energy Costs!

REACH workshops provide information about:

- Energy Efficiency
- Weatherproofing
- Budgeting



## Eligibility:

To qualify families must:

- \* Be 65 years of age or older or,
- \* Have children under the age 5 living in the household
- \* Be low-income

★ **For more information:**

Contact a REACH Advocate at (402) 471-4515 or  
[www.lincoln-action.org](http://www.lincoln-action.org)



## REACH

**Residential Energy Assistance Challenge**  
*Providing energy efficiency education  
 and utility assistance to low-income households.*

# Preventing Child Abuse and Neglect

By Child Welfare Information Gateway 2008

The statistics can feel overwhelming. In 2006, an estimated 905,000 children in the United States were found to be victims of child abuse and neglect. However, child abuse and neglect can be prevented. State and local governments, community organizations, and private citizens take action every day to protect children. You can help.

Research has shown that parents and caregivers who have support—from family, friends, neighbors, and their communities—are more likely to provide safe and healthy homes for their children. When parents lack this support or feel isolated, on the other hand, they may be more likely to make poor decisions that can lead to neglect or abuse.

Increasingly, concerned citizens and organizations are realizing that the best way to prevent child abuse is to help parents develop the skills and identify the resources they need to understand and meet their children's emotional, physical, and developmental needs and protect their children from harm.

## Prevention Programs

Prevention activities are conducted by many State, local, and Tribal governments, as well as community and faith-based organizations. The services they provide vary widely.

Some prevention services are intended for everyone, such as public service announcements (PSAs) aimed at raising awareness about child abuse within the general population. Others are specifically targeted for individuals and families who may be at greater risk of child abuse or neglect. An example of this might be a parenting class for single teen mothers. Some services are developed specifically for families where abuse or neglect has already occurred, to reduce the negative effects of the abuse and prevent it from happening again.

### Common activities of prevention programs include:

**Public awareness**, such as PSAs, posters, and brochures that

promote healthy parenting, child safety, and how to report suspected abuse

**Skills-based curricula** that teach children safety and protection skills. Many of these programs focus on preventing sexual abuse

**Parent education** to help parents develop positive parenting skills and decrease behaviors associated with child abuse and neglect

**Parent support groups**, where parents work together to strengthen their families and build social networks

**Home visitation**, which focuses on enhancing child safety by helping pregnant mothers and families with new babies or young children learn more about positive parenting and child development

**Respite and crisis care programs**, which offer temporary relief to caregivers in stressful situations by providing short-term care for their children

**Family resource centers**, which work with community members to develop a variety of services to meet the specific needs of the people who live in surrounding neighborhoods

Two elements have been shown to make prevention programs more effective, regardless of the type of service or intended recipients. Involving parents in all aspects of program planning, implementation, and evaluation helps ensure that service providers are working in true partnership with families. Parents are more likely to make lasting changes when they are empowered to identify solutions that make sense for them.

Another key to success is providing prevention services that are evidence based. This means that rather than relying on assumptions or "common sense," research has been conducted to demonstrate that a particular service

improves outcomes for children and families. This helps service providers

feel confident in what they are doing. It can also help justify a program's continued funding when resources are scarce.

## Protective Factors

Prevention programs have long focused on reducing particular risk factors, or conditions that have been found through research to be associated with child abuse and neglect in families. Increasingly, prevention services are also recognizing the importance of promoting protective factors, conditions in families and communities that research has shown to increase the health and well-being of children and families. These factors help parents who might otherwise be at risk of abusing or neglecting their children to find resources, supports, or coping strategies that allow them to parent effectively, even under stress.

The following protective factors have been linked to a lower incidence of child abuse and neglect:

**Nurturing and attachment.** When parents and children have strong, warm feelings for one another, children develop trust that parents will provide what they need to thrive.

**Knowledge of parenting and of child and youth development.** Parents who understand how children grow and develop can provide an environment where children can live up to their potential.

**Parental resilience.** Parents who are emotionally resilient have a positive attitude, creatively problem solve, effectively address challenges, and are less likely to direct anger and frustration at their children.

**Social connections.** Trusted and caring family friends provide emotional support to parents by offering encouragement and assistance in facing the daily challenges of raising a family.

**Concrete supports for parents.** Parents need basic resources such as food, clothing, housing,

## Air Park Child Care Resources

### Center-Based:

Cedars Carol Yoakum 437-8923  
 Learning Curve Childcare 438-0491

Punkin Seed 805-4541

Robin's Little Birds Daycare 470-0509

Top of the Hill Daycare 770-8253

### Home-Based:

Amy's Daycare 470-3807

Childcare-In-Your-Home

Jolene Kennedy 470-0754

Jen's Home Daycare 464-0391

Kim's Daycare 601-4079

Lisa's Daycare 470-3900

Nikki's Daycare 470-2321

### Community Learning Center (before- and after-school care):

Cedars at Arnold 326-3584

Air Park Rec Center 441-7876



## Preventing Child Abuse and Neglect (con't)

transportation, and access to essential services that address family-specific needs (such as child care, health care, and mental health services) to ensure the health and well-being of their children.

community or faith-based organizations, children's hospitals, social service agencies, or other places where families and children are supported.

### How You Can Help

Parenting is one of the toughest and most important jobs in America, and we all have a stake in ensuring that parents have access to the resources and support they need to be successful. Entire communities play a role in helping families find the strength they need to raise safe, healthy, and productive children.

#### Keep your neighborhood safe.

Start a Neighborhood Watch or plan a local "National Night Out" community event. You will get to know your neighbors while helping to keep your neighborhood and children safe.

#### Learn how to recognize and report signs of child abuse and neglect.

Reporting your concerns may protect a child and get help for a family who needs it.

Here are some things you can do:

#### Get to know your neighbors.

Problems seem less overwhelming when support is nearby.

**Help a family under stress.** Offer to babysit, help with chores and errands, or suggest resources in the community that can help.

**Reach out to children in your community.** A smile or a word of encouragement can mean a lot, whether it comes from a parent or a passing stranger.

**Be an active community member.** Lend a hand at local schools,

### Resources on the Child Welfare Information Gateway Website

Child Abuse and Neglect  
[www.childwelfare.gov/can/](http://www.childwelfare.gov/can/)

Identifying Child Abuse and Neglect  
[www.childwelfare.gov/can/identifying/](http://www.childwelfare.gov/can/identifying/)

Preventing Child Abuse and Neglect  
[www.childwelfare.gov/preventing/](http://www.childwelfare.gov/preventing/)

Reporting Child Abuse and Neglect  
[www.childwelfare.gov/responding/reporting.cfm](http://www.childwelfare.gov/responding/reporting.cfm)

## Resources for you at the Family Resource Center

**Friends with Food:** Free food distributions on the first four Mondays of the month. Fourth Monday is commodities distribution and families must qualify for this distribution. Food distributions provided by the Food Bank of Lincoln and the Building Strong Families Foundation.

**GED Classes:** Free GED preparation classes every Saturday morning at 9:30am. Work at your own pace and at your own level. Instructor assists students in meeting their individual goals.

**Free Clothing Room :** Free clothing, toys, and other items are available. The Clothing Room is open Monday through Friday from 8:00 a.m. until noon and again from 1:00 until 5:00 p.m. Clothing donations can be dropped off at the Family Resource Center during office hours.

**Low-Income Bus Passes:** Monthly bus passes may be purchased at the Resource Center for \$7.50. Proof of income, ID, and date of birth are required. Hours for purchasing tickets are Monday through Friday, 8am until noon and 1-5 p.m.

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