

**Investing in Strong
Communities, Healthy
Families and Safe Children**

**Clermont County Children's
Services**

513-732-7173

www.clermontforkids.org

&

**Clermont County Family
and Children First**

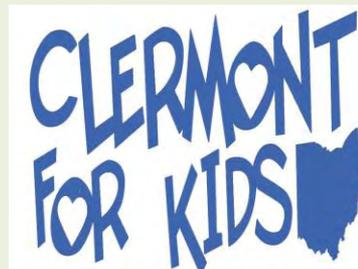
513-732-5400

www.clermontfcf.org

**April 2011 - April 2012
Child Abuse Prevention
Calendar**



**The Family Resource &
Parenting Information
Tool Kit**



Keeping Yourself Under Control When Stressed

Next time your child or children make you feel angry or stressed:

STOP, EXIT and THINK

STOP! When you are about to get angry, stop talking and breathe, before you say or do something you will regret later.

EXIT! Leave the situation. Put your child somewhere safe, like a crib or someone else's arms. Take a few moments to calm down.

THINK! Think calmly about the situation. Decide how to deal with the situation before you return to your child.

The Childhelp National **Child Abuse** Hotline **1-800-4-A-CHILD**

Some things to do to calm yourself down:

- Exercise
- Clean the house
- Write down your feelings
- Talk to someone
- Read a book or listen to music
- Call a helpline 528-SAVE (7283)
- Think of an activity you can do with your children



April

2011

Important Things:



April is child abuse prevention month

Report concerns to 513-732-stop

Clermont county children's services

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Prevent Tantrums !



Give them safe choices,
that way they can decide
and have a little control.

- Distract your child by offering an activity or something new to look at.
- Pick your battles. Stand firm on safety issues, but try to give some freedom if possible.
- Laugh together, be funny.
- Less talk, more action. Gently lead your child to a timeout chair, or hold your child until the child calms down. Avoid lectures.
- Offer a snack. Your child may be hungry, plus a snack can distract.
- Forgive and forget. Give your child a hug when the tantrum is over.
- For further information or help with your child, go to www.child-focus.org or call 513-752-1555.

MAY

2011

Important Things:



May is national foster care month

www.clermontforkids.org

Show your appreciation for their dedicated services

SUN	MON	TUE	WED	THU	FRID	SAT
1	2	3	4	5 	6	7
8 <i>Mother's Day</i>	9	10	11	12	13	14
15	16	17	18	19	20	21
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Healthy Snacks

*Keep healthy snacks on hand. Crackers, cheese, fruit, yogurt, veggies, granola bars, cereal or popcorn to name a few.

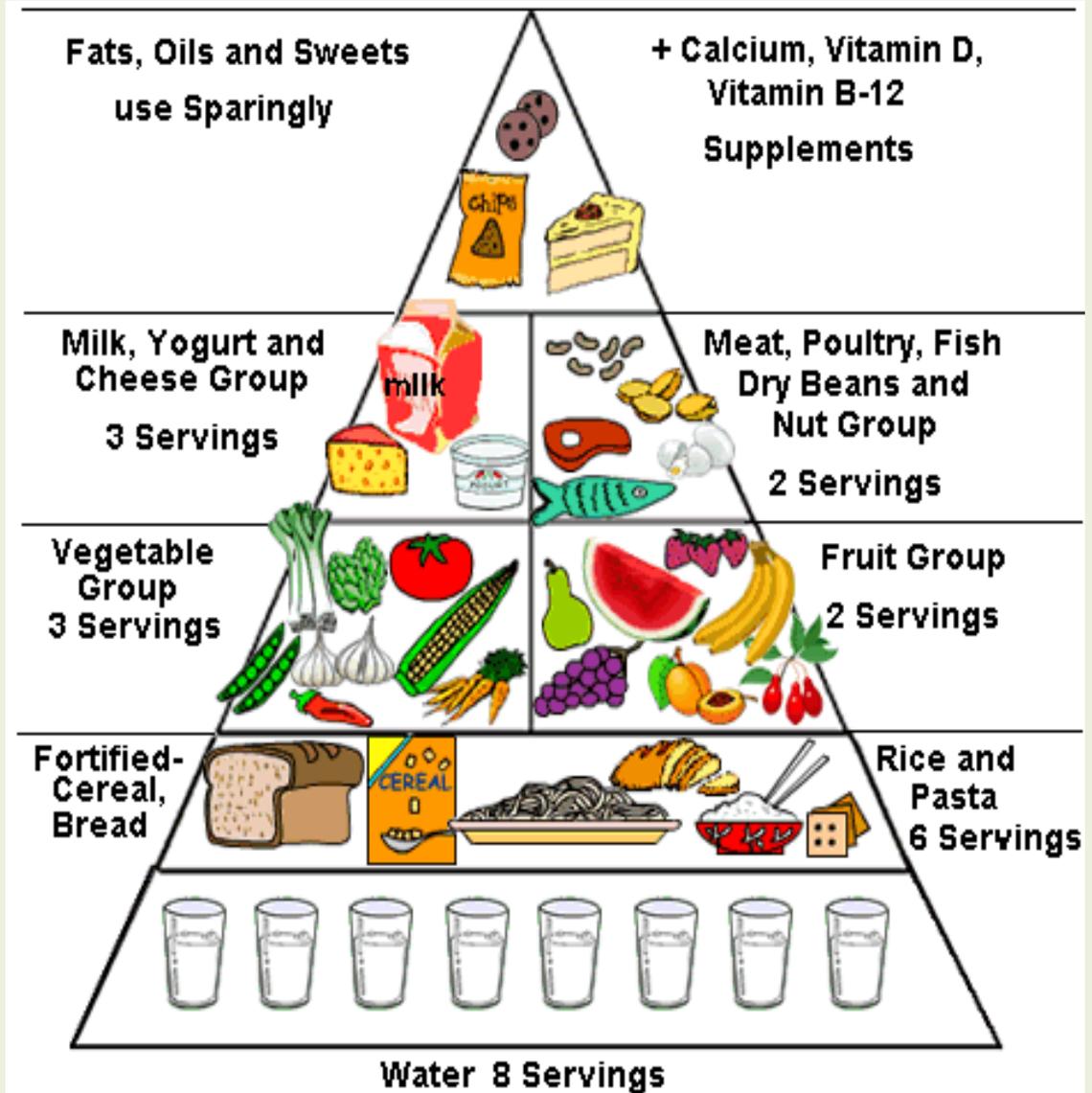
*Let your child help make his own snacks. Try freezing grapes, or making a trail mix.

*Give your child water or milk to keep her healthy.

*Cut down on sugars. No pop or juice.

For further information go to:

<http://extension.osu.edu/topics/health> or call 732-7070



Daily Servings

June

2011

Water

Safety

TIPS



*Never leave
children alone*

*Check water temp &
use flotation device*

*Use sun
screen*

SUN	MON	TUE	WED	THU	FRID	SAT
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19 Father's Day	20	21	22	23	24	25
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Talking With Your Children

Make eye to eye contact by getting down to your child's level and talking face to face.

Try not to embarrass your child in front of others. Be respectful and you will receive respect.

Ask a lot of questions. For example, you could ask about the best and worse part of their day.

Tell your child why you feel the way you do, without yelling.

Give positive feedback. Tell them something good, even if they did something wrong, such as "I like that you told me the truth about breaking the plate".

Encourage your child or children to let you know how they feel and show that you are interested in what they have to say.



Local libraries have helpful resources for parents:
www.clermontlibrary.org/

July

2011

Important
Things:



4th of July

Children should be supervised
around fireworks.

Keep matches
and lighters out
of reach

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When Your Child Says “NO”

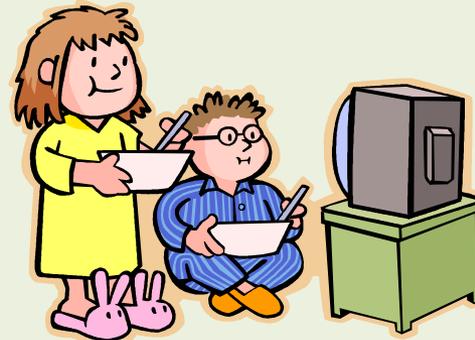
When your child learns to say “no”, it can become a favorite word!

Giving your child choices can help you stay in control. The following are some guidelines to help with the “NO”.

1. Never give a choice on something that might cause a problem for your or someone else.
2. For each choice, give only two options. Both options must be okay with you.
3. If your child does not decide in 10 seconds, decide for him.
4. Only give choices that fit with your values.

Examples of choices:

- *Would you like to wear your coat or carry it?
- *Do you want to put your shoes on yourself or do you want me to help you?
- *Are you going to clean your room now or after dinner?
- *Do you want to clean up your toys or do you want me to help you?
- *Will you brush your teeth before you comb your hair or after?
- *Do you want to do your homework now or after dinner?



August

2011

Back to school



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5 Star Nutrition



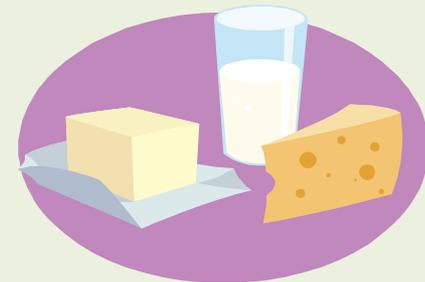
Rebecca Bilby RD, LD Clermont County WIC

513-732-7329

www.clermonthealthdistrict.org/wic

There are so many things to think about when it comes to eating healthy. If you use these key points, you will be doing yourself and your health a big favor.

1. Include fruits and vegetables at every meal, fresh when available.
2. Use whole grains when possible – brown rice, oatmeal, whole wheat bread and pasta.
3. Never skip meals.
4. Buy lean cuts of unprocessed meat.
5. Choose low-fat dairy products.



September

2011

Important Things:

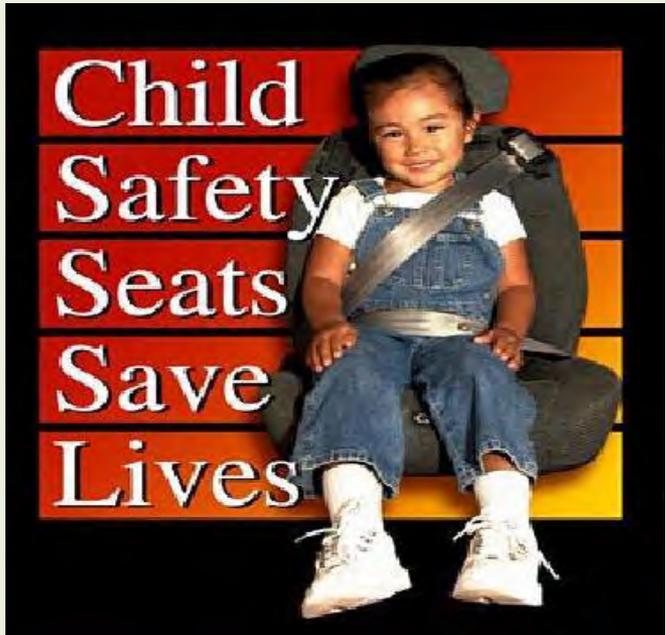


Labor day



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Ohio state law requires that children under four years old and under 40 pounds must ride in a car seat or booster that is appropriate for the child's age and weight. Ohio state law also states that the car seat must be used according to manufacturer's instructions. Beginning October 7, 2009, Ohio also requires that children ages four through seven who are less than 4'9" tall must ride in a federally approved booster seat. Children through age 15 must wear a seat belt or be secured in an appropriate child restraint system.



- New Ohio Booster Seat Law : **What is the New Law?** As of Oct. 7, 2009,* Ohio's children are required to use belt-positioning booster seats once they outgrow their child safety seats (usually at 4 years old and 40 pounds) until they are 8 years old, unless they are at least 4 feet, 9 inches (57 inches) tall.
- Ohio's revised child restraint law requires the following:
- Children* less than 4 years old or 40 pounds must use a child safety seat.
- **NEW: Children* less than 8 years old, unless they are at least 4 feet, 9 inches tall must use a booster seat.**
- Children* ages 8-15 must use a child safety seat or safety belt.
- **Why isn't the seat belt enough? Seat belts were designed for adults and can leave a child at risk of serious injury in a motor vehicle crash.**
- **Booster seats raise a child up so the shoulder belt fits correctly**, by lying over the middle of the shoulder and the center of the chest – the strongest parts of a child's body. The booster seat also positions the lap belt across the child's upper hips or thighs, not over the stomach. Without a booster, the lap belt can ride up onto the stomach and cause hip, stomach and spinal cord injuries in a crash.
Using a booster seat with a seat belt instead of using a seat belt alone for a child this age reduces the risk of injury in a crash by 59 percent. Researchers with the National Highway Traffic Safety Administration (NHTSA) estimate that more than half the children killed in motor vehicles in motor vehicle crashes each year would be alive today if seat belt use and child safety seat use were at 100 percent.
- **Why is the law important? Most Ohio children are still not in booster seats.**
- **Motor vehicle traffic remains the leading cause of death for Ohio children aged 4 to 7 years.** From 1999 to 2006, at least 34 Ohio children aged 4 to 7 years died as occupants in motor vehicles (Source: Office of Vital Statistics).
In 2007, Ohio's booster seat use rate for children aged 4 to 8 years was only 18 percent, one of the lowest in the country. (Source: Partners for Child Passenger Safety). Research studies have found that child restraint laws are very effective at increasing appropriate child restraint usage (Source: CDC Community Guide).
- **What's the best booster to buy?**
- **The Injury Prevention Program does not endorse any particular child safety or booster seat.** It's important to properly use one that meets current federal motor vehicle safety standards and fits well in your vehicle. The following resources may be of help in selecting a booster seat: : <http://www.carseat.org>

October

2011

Important Things:



Columbus Day

Halloween

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Child Safety

Airway

Put your child on his or her back. Open the airway by tilting back his or her head and lifting up the chin. Do not tilt the head too far.

Breathing

Babies younger than 1:

Cover his nose and mouth with your mouth and give 2 short, gentle breaths.

Children 1 and older:

Pinch the child's nose and cover the mouth with your mouth and give two breaths.

Compressions

Babies younger than 1:

Put your middle and index fingers in between your baby's nipples.

Children 1 and older:

Use the heel of one hand and push straight down, quickly and smoothly. Do this 30 times. Breathe 2 more times and repeat compressions.

***After 2 minutes,
call 911 !***

www.redcross.org 1800-733-2767 or 1800-257-7575 (Español)

- CPR For Babies & Children: What do you do if you think your child has stopped breathing? Tap him or her on the shoulder or shout out the child's name. If the child does not react, remember your ABC's.



November 2011

Important Things:



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November is national adoption month

Remember our veterans on the 11th

Thanksgiving

Create Routines and Structure

Having a structured, daily routine helps keep children focused and on track. Some ideas for creating routines:

Sing little songs or count your child's toes while changing your child's diapers or during feeding time.

Make set times and places for homework and other chores. Set up workspace so your child has what they need to complete their work.

Have a regular bedtime ritual. Bath, reading a story, bed time song, good night kiss, children love to know what to expect.

Chores are a great way to create a routine at any age:

Ages 2-3: Preschoolers can help set the table, help make snacks, feed the dog, all with supervision.

Ages 6-8: School age children can sweep the floor, take out the trash, clear the table after meals.

Ages 9-12: Preteens can fold laundry, wash dishes, help wash the car or help prepare dinner.

Ages 13-17: Teenagers can help do the laundry, mow the grass, clean the house.



December

2011

Important Things:

Merry Christmas

Hanukkah Begins



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Decorative elements in the calendar grid:

- December 21: Hanukkah Menorah
- December 24: Christmas Bells
- December 25: Christmas Tree
- December 26: Kwanzaa



Being a parent is hard work! Remember you are not alone.

Keeping your support tools handy will help.

- *Call a friend and talk until you feel better. Everyone needs help sometimes.
- *Your local library has free activities for families as well as information about parenting groups in the area.
- *Join your local PTA or become involved with your child's school to meet other parents.
- *Get to know your neighbors and community. Car pool, schedule play dates, or just talk to others.
- *Become a member in a nearby place of worship.
- *Check the local newspaper for free family events.
- *Local counseling agencies can provide information and resources.

For resource information regarding Clermont County go to:

<http://www.clermontcountyohio.gov/>



January 2012

Happy New Year

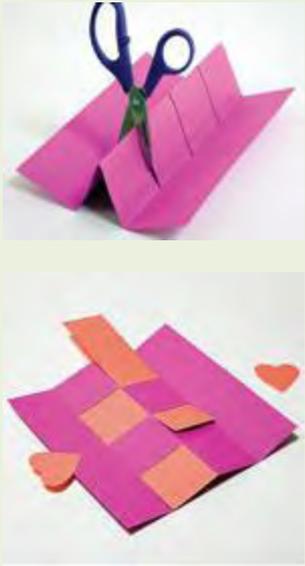
*Martin Luther King
Day*

Let it snow



SUN	MON	TUES	WED	THU R	FRI	SAT
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Easy Valentine Craft familyfun.com



Instructions

- Cut an 8-inch square from one color of paper, then cut two 2- by 8-inch strips and two 1 3/4-inch hearts from the other color. Or use the template at the website below.
- Fold the 8-inch square in fourths, accordion style, then make 3 evenly spaced cuts along the center fold.
- Unfold the square and weave the two strips through the cuts as shown.
- Tape or glue the hearts to the sides of the card for tabs and write "Pull" on each. (If you're using glue, allow it to dry.)
- Refold the card, then open it like a book at the center. Write the first part of your message across the card.
- Pull the tabs to open the card completely and write the second half of your message.
- Refold the card so only the first part of the message shows before presenting it.

Suggested messages:

Be my ... valentine!

Happy ... Valentine's Day

Valentine ... you make me flip!

- <http://familyfun.go.com/crafts/>



February

2012

Important Things:



Happy Valentines Day

President's Day



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19	20 <i>Presidents day</i>	21	22	23	24	25
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Showing & Teaching Respect

When you show respect to your child, your child learns how to respect others.



- **Be Honest.** If you do something wrong, admit it and apologize.
- **Be Positive.** Focus on the good things your child does. Do not embarrass or make fun of your child.
- **Be Trusting.** Let your child make choices and take responsibility for them.
- **Be Fair.** Listen to your child. Do not jump to conclusions.
- **Be Polite.** Say “please” and “thank you”. Give privacy and knock before you enter.
- **Be Reliable.** Keep your promises and mean what you say.
- **Be a Good Listener.** Look your child in the eye when your child speaks. Give your child full attention.
- **Be Caring.** Show your concern for others. You can help out another, be kind to animals, and pick up after yourself. Set good examples of caring, positive behaviors.

MARCH

2012

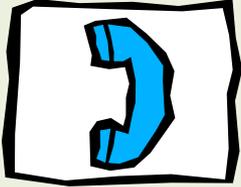
Important Things:

Wear Green



St. Patrick's Day

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Clermont County Phone Numbers

Adult Probation Common Pleas Animal Shelter	732-7265 732-8854	Employment Services Families Connected	732-7270 732-5034
Battered Women's Shelter Beech Acres Parenting Info.	753-7281 624-3400	Family & Children First Head Start	732-5400 528-7224
Big Brothers/Big Sisters Board of Education	421-4120 735-8300	Health District HEAP	732-7499 732-2277
CASA Child Focus	735-7233 752-1555	Help Me Grow Homeless Shelter	732-5030 732-6464
Children's Hospital Children's Services	636-4663 732-7173	Housing Juvenile Court	732-6010 732-7696
Child Support	732-7326	Legal Aid Lifepoint Solutions/counseling	732-2422 947-7000
Clermont College Clermont Cty. Early Intervention	732-5200 732-7026	Medicaid Transportation Mental Health & Recovery Board	521-4799 732-5400
Clermont Mercy Hospital	732-8200	Municipal Court Northland Intervention	732-7292 753-9964
Clermont Pediatric Center Clermont Senior Services	732-7190 724-1255	Poison Control Center Probation	558-5111 or 1-800-872-5111 732-8100
Clermont Transport. Connection Common Pleas Court	732-7433 732-7374	Public Defender Recovery Center (CRC)	732-7223 735-8100
Communication Center Community Services	732-2231 732-2277	Salvation Army Sheriff's Department	735-8100 732-7500
Crisis HOTLINE Day Care Services	528-SAVE 732-7270	WIC YWCA	732-7329 732-0450
Dept. of Job & Family Services Domestic Relations Court	732-7111 732-7327		

April

2012

Important Things:



April is child abuse prevention month

Report concerns to 513-732-stop

Clermont county children's services

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