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## Family Support NH Weekly Newsletter July 19, 2010

Hello again everyone! I hope you are all taking the time to enjoy the beautiful weather we have been having lately! I also wanted to let you know that all of the FSNH Weekly Newsletters are now archived online! [Click here](#) to view past weekly newsletters!

### Upcoming Events and Trainings

On July 28, from 5-7pm, the Women's Fund will be hosting a gallery tour, reception and update session at the AVA Gallery in Lebanon!

The Women's Fund will also be hosting an afternoon of golf at the Wentworth by the Sea in Rye on August 2 at 2pm. The \$100 per person fee covers greens fees, a cart, and BBQ supper. Cost for members of the Wentworth by the Sea CC is only \$70.

The 11<sup>th</sup> Annual International Conference on Shaken Baby Syndrome/Abusive Head Trauma will be held in Atlanta, GA on September 12-14. If you register by July 31, you will save \$50! [Click here](#) to learn more about the conference or to register!

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The CFF Summer Training Series will be offering the following webinars and this summer:

- Wednesday, July 21st: *Innovation Network on "Data Collection and Reporting"* 3:00-4:00 PM EST [Click here to register!](#)
- Wednesday, August 18th: Kivi Leroux Miller on "Turning your whole staff and board into an effective marketing team" 3:00-4:00 PM EST [Click here to register!](#)

NHRAPP & VKAP are collaborating again for this year's fall conference entitled "Parenting Revisited: Learning from One Another." This great conference will be held at two different locations! On September 9, it will be at the Hampton Inn in Colchester, VT and on September 10, it will be at the YWCA in Manchester, NH. For more information about the conference call: 802-338-4725 (VT) or 603-796-2151 (NH).



The 11th National Conference on Child Sexual Abuse and Exploitation Prevention hosted by the National Children's Advocacy, August 24 - 26, 2010 in beautiful New Orleans! [Click here](#) for more information and to register!

## FREE Camp for Teens at UNH - Stand Up ~ Speak Out!

NH: Operation Military Kids (OMK) is seeking motivated teens, ages 13-18, to participate in the Stand Up ~ Speak Out! *Speak Out for Military Kids* camp.



The 2010 program will be a 5-day, 4-night camp event held at the UNH-Durham campus July 25th through July 29th. **Stand Up ~ Speak Out!** is a youth-led, adult-supported, program for military and non-military youth focused on raising awareness about the deployment experiences of military kids and their families.

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At the Camp, team members will: experience a college environment; learn how to use media technology while also strengthening their communications skills; boost their journalistic skills by learning about photography, interviewing techniques, effective writing strategies, and how to direct/produce a documentary; discuss the effects of deployments on families; begin building a strong resume; and most importantly, make friends and have fun! For more information and an application visit [www.nhomk.com](http://www.nhomk.com). You can also [click here](#) to look at the Camp's flyer!

## Helpful Hints for a Family Friendly Summer

Regardless of how your family decides to spend summer vacation, remember to enjoy your time together. Here are some ideas for making summer vacation fun and beneficial for kids:

### EXPLORE INEXPENSIVE OPTIONS

It can be easy to rack up extra expenses when kids are out of school, so explore free entertainment for your family. Instead of taking everyone out to the movies, watch an old family favorite at home and make it special with popcorn or ice cream. Try having a picnic outside rather than going out to dinner at a restaurant. You can also take advantage of nature and spend family time watching the sun set and catching fireflies, making a family portrait in sidewalk chalk, taking a hike, building a fort or flying a kite. Kids won't remember how much money you spend; they'll remember the special moments that come from quality time.



### MAKE A SCHEDULE

Making a schedule can provide your children with a sense of consistency during the more informal summer months. When school is in session, children are used to being on a schedule, so summer schedules help them transition

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between seasons. Your plan can be flexible and include lots of details or just a loose framework for the day.

## MAKE TIME FOR DOWNTIME

The fun of summer can be overwhelming if there isn't time to relax during the day. Allow a little extra time in the afternoon for everyone to calm down together before naps or afternoon activities. This can be a great time for cloud watching, book reading or drawing. Keep in mind that children aren't used to the increased physical activity that comes with summer vacation, and even those who don't nap during the school year can sometimes benefit from a short afternoon rest.



## PLAN ONE ACTIVITY A DAY

Summer has the appeal of open-ended possibilities. But too much free time can leave children bored and restless. By planning one activity a day, you'll give your children something to look forward to the following day. Find things your children are interested in and that you can do as a family, and make sure the activities vary to hold your children's interest. The activities can vary in scope, too, like going bug hunting, folding paper into origami, baking cookies, having a scavenger hunt, going to the zoo or children's museum, or writing a story together.

## TAKE A TRIP CLOSE TO HOME

If a family vacation is not a possibility this year, camp in the backyard. Set up a tent, make a campfire (check local laws first), roast hot dogs and s'mores over the fire, and spend time talking and telling stories to



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each other. If you don't have a backyard, camp in the living room: Turn off the

TV/computer/phones have dinner from a cooler and eat popsicles while imagining that you're camping in the wilderness. You can take it a step further and have children draw pictures of nature to put on the walls to bring the outdoors indoors. This can provide a great opportunity to escape distractions and focus your full attention on your family.

## New Report Grades Congress; See How Your Rep is Doing

Against a grim backdrop of deep cuts in kids' services in states across the nation, [Vote Kids](#) is releasing a scoreCard today on how all members of the



111th Congress voted on bills affecting children. Among the votes examined were those pertaining to [SCHIP](#), the [American Recovery and Reinvestment Act](#), the [2010 budget](#), and [health insurance reform](#). Federal investments in children have lagged for decades. The relatively poor showing of child well-being in the U.S. compared to other rich nations is leaving the U.S. in an

increasingly uncompetitive situation. While the Obama Administration's priorities have included much new spending for children, the recession's negative impact on state budgets has resulted in the further fraying of an already weakened safety net.

Altogether, the [Scorecard](#) includes [13 Senate votes](#) and [19 House votes](#). In the House, 181 members scored 100%; 152 scored 49% or less. In the Senate, 32 members scored 100%; 37 scored 49% or less. Here in NH, [Senator Shaheen](#) scored 100% and [Senator Gregg](#) scored 15%. [Click here](#) to see how NH's Senators voted for each initiative on the scorecard!

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## New England Child Advocates Meet with Congressional Delegations to Discuss Child Poverty

Children's policy staff of Senate and House Congressional members met recently on Capitol Hill to discuss ways to reduce child poverty in New England. The meetings were part of a newly launched effort called the [New England Consortium](#), a collaboration of the key multi-issue child advocacy organizations in the six New England states that has banded together to identify and champion a series of [strategic legislative initiatives](#) to reduce the number of children and families in poverty in the region.



The Consortium pushed for a number of [key actions](#), including extensions of the Federal Medical Assistance Percentages (FMAP), the Child Tax Credit, the Earned Income Tax Credit, Temporary Assistance for Needy Families, and reauthorization of the Child Nutrition bill. Poverty rates in New England have persisted at constant levels for decades and increased in recent years. Projections are that by 2022, the U.S. child poverty rate will rise to 25%; in single parent families that rate could reach 45% unless purposeful action is taken now to reverse these trends.

## Preview Playground: a Documentary

The trailer for "Playground," a documentary film on abuse and the exploitation of children produced by [George Clooney](#), is now available online! This film's purpose is to educate law enforcement, law makers, social service professionals, educators and community members about these crimes against children and encourages advocacy to create real change and increase victim services.



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The film has been met with rave reviews and praise from viewers: "Playground is the best film I've seen on the abuse and exploitation of children.

In the tradition of our greatest protest art, it is both aesthetically sophisticated and politically committed. Nuanced and sensitive, it avoids the usual sensationalism surrounding this topic. This is the untold story of an American underworld." - Zoe Trodd, Harvard University

[Click here](#) to preview the film!

## Danger Warning about Keeping Children in the Car

"I'll only be a few minutes." A few errands, some groceries. Such a simple thing.

What could happen? For a child alone in the car, a few minutes could feel like an eternity. On a hot day, the temperature in a parked car can reach 160 suffocating degrees. Don't leave children or animals alone in a car for even a minute, not even if the windows are down, not even if you parked in the shade. Tell your friends, relatives, and anyone who cares for children to take kids along on errands or offer to help babysit. For more information about ways to keep children safe, call the Parent Helpline at 414/671-0566.



## New on the Child Welfare Information Gateway: Management and Supervision

Strengthening Families partner the [Child Welfare Information Gateway](#) recently launched its redesigned website and now features new content for [Management and Supervision](#). The new space contains Resources to assist child welfare managers, supervisors, and administrators provide effective leadership and build and maintain a skilled workforce. Effective management and supervision enhances agency and staff performance and can lead to improved outcomes for children, youth, and families. This section addresses child welfare agency administration and management, ethical practice, client rights, program evaluation, disaster preparedness, funding, information systems and data, practice improvement, supervision, system reform, training, and strategies to enhance the child welfare workforce.

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In addition, you can still find a variety of [resources for preventing abuse and neglect](#) on the Child Welfare Information Gateway, including the [Strengthening Families and Communities: 2010 Resource Guide](#), which incorporates Strengthening Families and the Protective Factors.

## TANF Policy Brief

[Zero to Three](#) recently released a policy brief outlining its recommendations for the reauthorization of TANF (Temporary Assistance for Needy Families). Below is an excerpt from the brief. [Click here](#) to read the entire brief!



Over the last 15 years, our knowledge about early development of the brain has grown exponentially. [Scientific discoveries](#) show that a child's first experiences and relationships are significant, that development is cumulative, and that environmental factors can actually alter the developing brain's architecture—with lifelong implications. We have learned from research that warm, responsive, and supportive relationships can buffer a child against adverse experiences such as persistent poverty, stress, poor health, malnutrition, family and community violence, and substance use and abuse.

These discoveries can and do have a profound effect on the way federal and state policymakers are addressing the needs of families with young children in their states and communities. Now, as [Congress considers reauthorization of the Temporary Assistance for Needy Families \(TANF\) program](#), our knowledge about early childhood and brain development can chart a new course for young children and their families who are in poverty.

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