

When you look at your life, the greatest happinesses are family happinesses. --Joyce Brothers

# *FSNH Weekly Newsletter*



*June 28,  
2010*

Even though it is a week away, Happy 4<sup>th</sup> of July! May you have an exciting and safe holiday weekend with your families! [Click here](#) for information regarding parades, fireworks displays, and other events happening in your area of NH!

I have also included 4<sup>th</sup> of July [crafts](#) and [recipes](#) that can provide family fun for all ages. 😊

## **Upcoming Events**

On July 13 the NH Center for Nonprofits will host Julie Lang and Gary Stern for a full day nonprofit clinic on Marketing and Messaging--- Both of these experts will give you enormous value for your attendance- they will help you learn which marketing strategies are worth it- and which are a waste of your time – and how to engage the board. If you've been grappling with communications or marketing challenges in the past year, don't miss this event! The keynote speakers will engage the audience in a hands-on learning experience and you are encouraged to come with your most pressing marketing issue. Throughout the day the speakers will provide tools and resources that will give you a

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**messaging makeover. This event will be held at the Grappone Center in Concord. [Click here to register online!](#)**



**On August 4, 5 and 6 the NH Center for Nonprofits will host Chuck Loring in three locations around the state for a full day of Board Governance and Fundraising--- In this fast-paced, full-day seminar, Chuck Loring makes the essential concepts of both board governance and fundraising engaging, enjoyable, and easy to understand. Chuck presents a variety of fresh strategies for successful board recruitment and development, providing nonprofit executives and board members with effective approaches for engaging, training, and retaining a board that is involved in governance, strategic thinking, and fundraising. This event will be offered in Portsmouth, Laconia and Concord and space is limited so sign up early for this exciting and valuable opportunity to hear Chuck Loring. [Click here to register!](#)**

## **Launch of NonprofitVOTE.org**

**On June 1st, Nonprofit VOTE announced the re-launch of its website - NonprofitVOTE.org - for the 2010 midterm elections. The website is a one-stop shop for nonpartisan voter engagement resources for non-profits;**



**NonprofitVOTE.org connects your non-profit with a wide array of new tools and information on getting engaged in the 2010 elections. [Click here to visit the new website!](#)**

**One of the highlights of the new website is its Voter Participation Starter Kit. This kit helps non-profits and social services agencies learn the basics about voter engagement and can be [viewed online](#) or [ordered for free!](#) You can also [click here](#) to learn all about voting in New Hampshire!**

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**NonprofitVOTE** also hosts numerous **webinars** throughout the year. There are two upcoming webinars. The first, **Voter Participation Basics for Non-profits**, will be held on **Thursday July 1 from 2-3pm EST**. [Click here to register for this webinar](#). The second, **Voter Registration for Non-profits**, will be held **Thursday July 22 from 2-3pm EST**. [Click here to register for this webinar](#).

## CDC Parent Portal

The Center for Disease Control and Prevention (CDC) has launched **Parent Portal**, an encyclopedic website with information links to all areas of the CDC. This portal is a source for credible accurate information aimed at helping parents raise healthy kids and provide a safe home and community. Some of the many sections hold information concerning children's topics by age range and areas of concern to parents in alphabetical order. The widely varied topics include: pregnancy, autism signs, body piercings, school violence, and travel vaccinations. The website also includes a resources list containing product recalls, market withdrawals, and product safety alerts. [Click here to visit the Parent Portal website!](#)

## Check Out the Series DAD CAMP on VH1

The National Fatherhood Leaders Group, a consortium of the leading fatherhood organizations in the U.S., recently teamed up with VH1 for an original series called "Dad Camp." The show, which focuses on encouraging responsible fatherhood, features licensed psychologist Dr. Jeff Gardere. In the series, Dr. Gardere works with 6 fathers-to-be, along with their pregnant girlfriends, to help prepare the young men for fatherhood—a responsibility they are not ready for. [Click here](#) to learn more about the show, access resources on fatherhood, and watch episodes!



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## Doris Duke Fellowships for the Prevention of Child Abuse and Neglect

Doctoral students who are interested in a career in the field of child abuse and neglect prevention are invited to apply for the new fellowship program. Fellows will participate in a robust learning experience designed to simulate their long-term commitment to examining the individual, community, and normative factors that contribute to or mitigate a child's risk for abuse or neglect. The fellowship will provide \$25,000 annual support for up to two years.



The fellowships program will consist of two cohorts of 15 fellows with 2-year terms; the first starting in the fall 2011, the second starting in the fall 2012. Each fellow receives an annual stipend of \$25,000 for the duration of the term.

The application period for the first cohort will open on August 15, 2010 and applications will be due December 15, 2010. [Click here](#) for more information on the fellowships, to view FAQ, and to sign up to receive reminders and updates throughout the application period.

## NH Training Institute on Addictive Disorders Offers Numerous Seminars in July

7/9/10 Engaging Culture in HIV/AIDS and Substance Abuse; Florence Wamahiga Githuthu, PhD; at NH Primex, 46 Donovan Street, Concord, NH (6 hours, 8:30 am to 3:30 pm, Non-member rate \$45, Member rate \$35, NASW CEUs \$5) Contact Dianne or Kim (603) 528-6800 or [nhtiad@gmail.com](mailto:nhtiad@gmail.com) for information.

7/15/10 Class: A Hidden Culture; Anthony Poekert and Lynn Clowes; at NHHEAF Network Conference Room, 4 Barrell Court, Concord, NH (6 hrs, 8:30 am – 3:30 pm, Non-members \$45, Members \$35, NASW CEUs \$5). Contact Dianne or Kim (603) 528-6800 or [nhtiad@gmail.com](mailto:nhtiad@gmail.com) for information.

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**7/22/10 Can We Teach These Kids to Dance? Trauma and Attachment-Informed Treatment; Kevin Creeden, MA, LMHC; at Courtyard by Marriott, 270 Concord Rd, Billerica, MA (6 hours, 8:30 – 4 pm, \$119) Contact 339-883-2195 or [CPI@communityprograminnovations.com](mailto:CPI@communityprograminnovations.com).**

**7/28/10 Prevention Ethics; Kelly Hobbs, CPS; at NH Primex, 46 Donovan Street, Concord, NH (6 hours, 8:30 am to 3:30 pm, Non-member rate \$45, Member rate \$35, NASW CEUs \$5) Contact Dianne or Kim (603) 528-6800 or [nhtiad@gmail.com](mailto:nhtiad@gmail.com) for information.**

**7/29/10 Comprehensive Mental Health Assessment & Evaluation of Older Adults; William Matteson, PhD; at Best Western Executive Court Inn & Conference Center; 13500 South Willow Street, Manchester, NH (6 hours, 7:30 to 3:30 pm, \$199) Contact (800) 839-4584 or (715) 839-8055 or [smartin@health-ed.com](mailto:smartin@health-ed.com) or [www.health-ed.com](http://www.health-ed.com) .**

## Teaching Kids about Money Management



In addition to talking about money management with your children, it's also important to teach them by example. Kids are very observant, and pick up on what their parents do and say, so be sure to set a good example when you're dealing with money. Make it a point to teach your child not only by what you say, but also by what you do.

Here are some examples of teaching by example:

- **Make a budget, and stick to it.** If you have to cut back on some things, let your kids know that it's because those things don't fit in your plan for the month (or week, or year, depending on your budget). Talk about money-related decisions that you have to make based on your budget.
- **Practice good spending habits, such as comparing prices before you make a significant purchase.** Stop at several stores to see where you can get the best

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price, check out store ads in the newspaper, and use any coupons or discounts you have available. Ask your kids to help you make the best decisions, talk about money management skills with them, and help them understand your spending practices.

- Set aside money from your own earnings for savings and donation. Kids may think they should keep all of their money for themselves, and showing that you care about helping others sets a powerful example. Decide on a



percentage you will give each month to a nonprofit organization, school, or other charitable cause.

- Don't use your credit card to purchase things you can't afford—this can be an especially appealing (and dangerous) money management practice for teens.

Exceptions to this rule can be made in cases of emergency; if you don't have the money for an emergency purchase, be sure to have a plan to pay off your bill in a timely manner to avoid interest charges.

- Giving them small loans is one of the best ways to teach kids

about money management. Although it's helpful to teach kids that they cannot spend more than they have, it's also helpful once in a while for your kids to borrow money from you and then pay it back on a regular basis. For example, if your child wants to buy a bicycle, have her save up a certain amount for a deposit and then figure out a payment plan (and stick to that plan every step of the way) until it is completely paid off.

- Encourage your kids to save both in the short term—for things like a new bike or a concert ticket—and in the long term, for expenses like college tuition or a car. Having a savings goal makes the budgeting process more real and tangible.

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## National Child Resource Center for Organizational Improvement

I've included this website in this newsletter because it is a great resource for all organizations and social services agencies. The website includes innovative ways to connect with peers, ideas to strengthen your organization/agency through collaboration and strategic planning, links to training systems, and information concerning the Federal Child and Family Services Review Process. [Click here](#) to access this website and view all of its great resources!

## Free Resources for Childhood Academic Success

Here are some links to free brochures/handouts from the US Dept of Education's "My Child's Academic Success" Series.

[Helping Your Child Learn Science](#)

[Helping Your Child Learn Math](#)

[Helping Your Child with Homework](#)

[Helping Your Child Become a Reader](#)

[Helping Your Pre-school Child](#)

[Helping Your Child Succeed in School](#)

[Helping Your Child through Early](#)

[Adolescence](#)

[Helping Your Child Become a](#)

[Responsible Citizen](#)

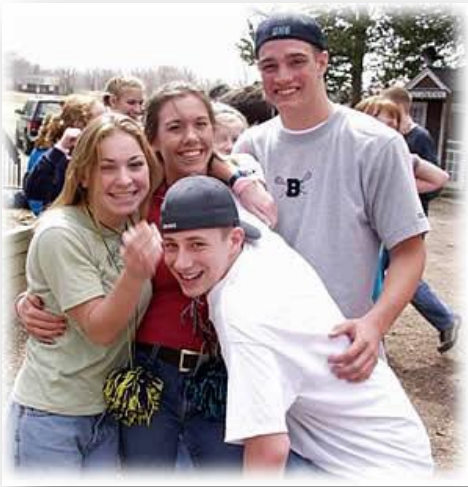
[Helping Your Child Learn History](#)



## Getting to Know Your Child's Friends

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**One of the best ways that you can positively influence your child's friendships is to stay involved. By getting to know your child's friends, you can gain some**



**insight into the relationships that your child is involved in—and keep an eye on those relationships to make sure that they stay positive. There's a fine line between being involved and being nosy, and your kids may complain that you don't give them enough space, but it's important to maintain a presence in your child's life and in their friendships. Here are some helpful tips!**

- **Make your home a place where your children's friends like to hang out. (Snacks and soft drinks in the fridge**

**always help!) Get to know them while they are relaxed and open to conversation.**

- **Learn the names of all of your child's friends. Some parents list their child's friends in the family address book along with the names of their parents and contact information.**
- **Get to know the parents or guardians of your children's friends. You will often find that they share your values and priorities and that you can work together to ensure that the friendships are positive for everyone.**
- **Attend school events whenever possible. Ask your child to introduce you to her friends. Spend a few moments asking her friends about their likes and dislikes. Show that you're interested in getting to know them.**
- **Allow young teens to invite a friend along during family activities. This can make family getaways and reunions more appealing, and it will give you the chance to get to know your children's friends.**

## **Resolving Sibling Conflicts**

**Fights with siblings are different from fights with friends. After a fight with a friend, the people involved can take time away from each other to cool off before coming back to rationally discuss the argument. This becomes much more difficult when the people involved live under the same roof (especially if your children are younger and don't have the necessary positive conflict-resolution skills). Here are some helpful tips!**

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- **Get both sides of the story**—ask each of your children what the conflict was about. Find out how the argument started and how it escalated. Listen to each of your children and try to get facts, not opinions. It may be helpful to talk with your children one-on-one for this step.
- **Encourage your children to try resolving the conflict again after they've cooled off a bit.** It can be tough for kids to take this step, so suggest that they spend some time alone and then have a calm, peaceful discussion about the issue.
- **Only offer advice if it's asked for or if you think it's warranted.** If you jump in and solve the conflict, your children won't learn any positive resolution skills, and the arguments will continue. If your children ask you for help in resolving the conflict, explain to them the reasons for giving the advice that you did.
- **Congratulate your children when they resolve a conflict on their own.** Tell them how proud you are of the skills they are developing.

## Your Child Needs Sleep!

During the summer months, most children will use the extra daylight to try and convince their parents and caregivers to allow them to stay up later than they



do during the school year. Who hasn't heard this one: "But Mom! I don't have to get up early to go to school, so I can stay up!" Parents often assume that once kids start sleeping through the night, their worries about sleep are over. But the truth is that there are sleep challenges for kids during every step of development. Consider these tips to help ensure your child is getting enough sleep.

**Infants:** Respond immediately to your baby's cries, whether it is during the day or the middle of the night. The definition of babies "sleeping through the night" is 5-6 hours, not the 8 or more adults often get.

**Toddlers:** Once toddlers get a "big kid" bed, it means they can easily crawl in and out of bed. Toddlers can wander around the house in the middle of the night (either awake or as sleep walkers). Ensure your child's safety by locking

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doors and installing childproof gates so she doesn't fall down stairs. Also teach her to stay in her bed or room during sleeping times—even if she's not tired.

**Preschoolers:** Night terrors and nightmares are common for preschoolers. They might wake up in the middle of the night, terrified of monsters under the bed or lurking in their closets. Take your child's fears seriously and calm him down. Teach him how to comfort himself, such as snuggling with a stuffed animal or having a "power flashlight" that he can turn on to scare away the monsters.

**Elementary-age children:** Typically, this is the easiest age when it comes to sleep issues, but some kids are more prone to sleeping difficulties than others. Make sure your child is getting enough sleep. (Most kids at this age need 8 to 10 hours each night.) Be aware of sleep problems caused by stress, such as being picked on by a bully at school or the fear of missing the bus in the morning.

**Young teenagers:** Due to their biological development, a lot of young teenagers become night owls. Negotiate with your young teenager about bedtimes and rituals to help her sleep. (Don't be surprised if she wants to listen to music while going to sleep—music that most likely would not relax you.) Keep in touch with teachers and other adults who see your child during the day to make sure she isn't nodding off or dragging through the day.

**Older teenagers:** Although high school students are much more independent, they'll experiment with cutting corners on sleep. While you can't force your teenager to sleep, you can talk about the importance of getting enough sleep, creating sleep rituals that help him slow down and get to sleep, and turning off cell phones, computers, and any other devices that can keep a teenager up all night (or wake them in the middle of the night).



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