



http://www.pennylaneschools.com/sitebuilder/images/ClipArt_Community-1000x360.jpg

Family Support New Hampshire Weekly Newsletter

March 8, 2010

Spring has finally come! It was great to spend the weekend outside at the park and see all the families together. This week you will find information on a free service for expectant mothers called text for baby, a poem written in the words of a child,

In the United States, 500,000 babies are born prematurely, and it is estimated that 28,000 never see their first birthday. A service has been created in which mother's can receive a free weekly text message in relation to their due date that provides information on a range of topics including: birth defects prevention, immunization, nutrition, seasonal flu, mental health, oral health, and safe sleep to name a few. Last year over 1 trillion text messages were sent. The primary groups that used this feature were higher among women of childbearing age and minority populations. The word needs to be spread so that those who need it most are receiving this fundamental information. Women can sign up for this feature by texting BABY to 511411 (or BEBE for the Spanish version).

The text messages are free if the parent has one of the providers listed below.

Whether or not a woman has a text plan, she can receive the messages for free. If she does have a text plan, text4baby won't deduct from the monthly allotment she buys with her plan. The providers are: Alltel, Assurance Wireless, AT&T, Boost Mobile, Cellular South, Cellcom, Centennial Cellular, Cincinnati Bell, Metro PCS, N-Telos, Sprint Nextel, T-Mobile, U.S. Cellular, Verizon Wireless, Virgin Mobile USA.

- National Healthy Mothers, Healthy Babies Coalition (HMHB)

[Love Me For Me](#)

Dear Mom and Dad,
My hands are little --
I don't mean to spill my milk,
My legs are short --
Please - slow down so I can keep up with you,
When I touch something bright and shiny,
Please don't slap my hands.
Please look at me when I talk to you.
I just need to know you're listening.
Let me make mistakes without feeling stupid --
My feelings are delicate.
Please don't expect the bed I made to be perfect --
Just Love me for trying.
Remember, I am a child -- not an adult.
Sometimes I don't understand the things you say.
Please just love me for being me,
Not for the things I can do.
I love you mom and dad. You're all I have.
- **Unknown**

<http://www.loveourchildrenusa.org/inspirational.php>

It has been found that adolescents who have been neglected or abused are more at risk for alcohol use (Cheng & Lo, 2009). “Dysfunctional homes promote dysfunctional relationships and inadequate social-skill development in adolescents” (Cheng & Lo, 2009). These negative life events create affective and emotional problems by producing strain and stress (Cheng & Lo, 2009). Social workers need to focus on the neglect and allow children and adolescents to address their traumatic experiences in order to gain insight into the association between neglect and alcohol use (Cheng & Lo, 2009).

References

Cheng, T.C. & Lo, C.C. (2009). The roles of parenting and child welfare services in alcohol use by adolescents. *Children and Youth Services Review* 2010, 32, 38-43.

The entire article can be found here:

[http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6V98-4WMM7C5-2&_user=10&_coverDate=01/31/2010&_rdoc=7&_fmt=high&_orig=browse&_srch=doc-info\(%23toc%235892%232010%23999679998%231570207%23FLA%23display%23Volume\)&_cdi=5892&_sort=d&_docanchor=&_ct=20&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=e2d4224477fcee29ff780e208faeac48](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6V98-4WMM7C5-2&_user=10&_coverDate=01/31/2010&_rdoc=7&_fmt=high&_orig=browse&_srch=doc-info(%23toc%235892%232010%23999679998%231570207%23FLA%23display%23Volume)&_cdi=5892&_sort=d&_docanchor=&_ct=20&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=e2d4224477fcee29ff780e208faeac48)

