

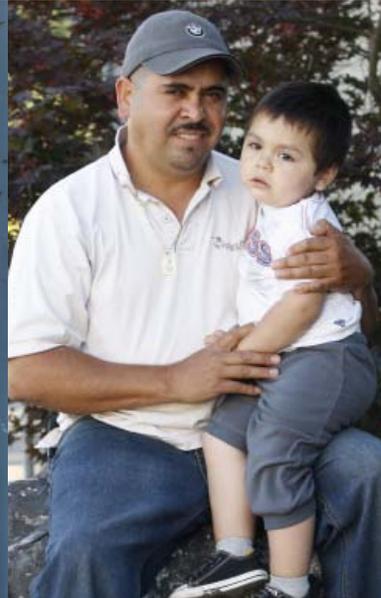


# theNewsletter

Preventing Child Abuse In Mendocino County

2  
Parenting Tips

# Positive Parenting Tips



**Children’s Action Committee Vol 2, Issue No. 2 – July 2014**  
Preventing Child Abuse in Mendocino County

**EDITOR AND DESIGNER**

Kary Fernández

**CONTACT**

childrensaction@rcs4kids.org  
(707)467-2010

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**PHOTO CREDITS**

Kary Fernández

**PARTNERS**



**MADE WITH PRIDE IN UKIAH, CALIFORNIA**



**EDITOR’S NOTE**

Welcome to the first volume of Children’s Action Committee, a monthly newsletter that compiles a brief report of our efforts to prevent child abuse and neglect in Mendocino County. I’d like to thank everyone who took the time to read and share the issue – the outpouring of encouragement from readers across the county has been inspiring.

I am thrilled and privileged at having the honor of sharing another thoughtful issue. Please consider supporting the Children’s Action Committee by volunteering or donating at <http://www.mendocinokids.org/>.

Thanks for reading, enjoy!

Kary Fernández  
Editor

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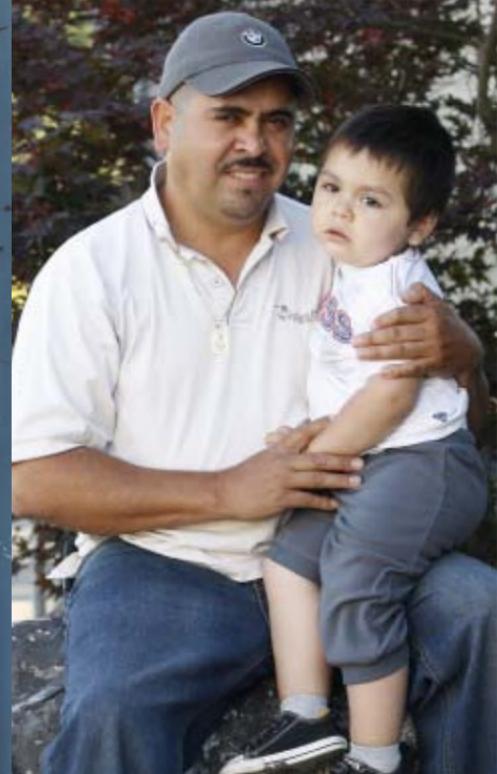
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**Daddy&Me**

Kary Fernandez, AmeriCorps VISTA, photographed families on Fathers' day at the new ARC Family Resource Center. This event was hosted by FIRST 5 Mendocino.



## How To Survive This Holiday Injury-Free

To help you enjoy worry-free Holiday weekend make sure to heed this advice.

### Booze

It's simple: Drink responsibly and don't drive under the influence.

Crowds

Let common sense be your guide.

Stay clear of people who are yelling and obviously drunk. You don't want you or your children accidentally hurt if a fight breaks out.

Have a firm grip of where your wallet, keys and kids are at all times.

If your kids are runners, put them on leashes!

Those teddy bear backpack leashes are adorable and will make sure they don't get out of your site.

### Fireworks

According to the NSC, the safest way to enjoy fireworks is to watch them set off by professionals at a public display conducted by professionals. However, if fireworks are legal where you live and you decide to use them:

- Never permit younger children to play with fireworks.
- Only allow older children to use them under close supervision.
- Do not allow any running or horseplay while fireworks are being used.
- Light fireworks outdoors away from people, houses and flammable materials.
- No rapid firing – light one device at a time.
- Follow instructions and never ignite devices in a container.
- No redos – do not re-light or handle fireworks that didn't go off the first time around.
- Soak malfunctioning devices with water and throw them away safely.
- Make sure you have a large bucket of water nearby just in case.
- Have a phone nearby to call 911 should any

accidents happen.

### Nature's Danger

Even though your teens may not think that they're "cool," everyone in a boat, waterski, or canoe wears a life vest. Period.

Not only can bug bites and bee stings hurt, they can be deadly. Stay clear of deep woods unless you're well protected with long sleeves and pants. If you or your kids are allergic to these nasty critters, be sure you have an EpiPen or prescription medications handy in the cooler.

Schedule sunscreen alerts on your phone. You'll probably forget to put in on ever few hours and you'll welcome the reminder to help keep a nasty sunburn at bay.

### Food

Nothing spoils a good picnic like spoiled food! Keep your cooler out of the sun and load it with plenty of ice.

When you get the munchies at the end of the day, better to be safe than sorry. If the potato salad has been out all day, toss it and grab some chips instead!

<http://www.houstonfamilymagazine.com/2014/06/29/tips-to-keep-you-and-your-family-safe-this-fourth-of-july/>



**HAPPY FOURTH OF JULY!!!!**

## Parenting Tips

Summer is a great season! We finally get to enjoy the warm and sometimes really hot weather, the multiple activities happening, concerts, family barbecues, and pool parties coupled with laughter, bright colors and beautiful sunsets. Summer has a lot to offer, but for parents that also means extra work at home to discipline children and maintain the peace between siblings. Parents are the most influential people in their children's lives and knowing how to work through family issues can have a positive effect throughout the family as well as the school. The following are some tips that should help you increase communication with your children and have a peaceful summer.

- Encourage your children to listen to other people's magic sentences and repeat what they understand they heard.

Discipline: Children develop security, increased self-esteem and have fewer behavioral problems when in an environment that provides consistency, rules, consequences, praise and positive acclamations.

- Rules must be clearly stated and reasonable for the child's age, developmental level and emotional stability.

- Choose consequences that fit when rules are broken.

- Look for the good in your child and praise it. Sometimes parents must look hard to find something to praise, but you still should look for it.

- Work to build your child's self-esteem through positive acclamations, such as "You know Billy, I love you because you're my son, but I really like you because you're you."

- Use argument with you or chooses to defy your authority. They are "nevertheless" and "regardless." For example:  
Parent: John, please pick up your room and then

feed the dog.

Child: But Mom, Sarah never has to do any chores.

Parent: Nevertheless, I want you to pick up your room and feed the dog.

By using these simple argument deflectors you can avoid the confrontation and negotiation and keep the child's focus on the issue.

- At least one night a week should be set aside for family meetings. These should be open forum in that everyone should have an opportunity to tell how they feel. A family meeting isn't the time to punish or discipline but rather to listen to your children's feelings and concerns and to ask them to listen to yours. Only through open, honest communication can a family increase its positive relationships and grow together. Hopefully you will find these tips useful. There are no written books or manuals on how to raise children when they are born. Therefore, we must try new things, hone our skills, learn from and support each other and give ourselves a break when we have rough days. It helps to have a positive attitude.

Aforementioned was extracted from [http://www.education.com/reference/article/Ref\\_Positive\\_Parenting/](http://www.education.com/reference/article/Ref_Positive_Parenting/) and other parenting related sources. For parenting tips for children ages 0-5 please visit: <http://raiseandshine.org/parenting-tips/>

## MEMBERS OF CHILDREN'S ACTION COMMITTEE

• **Camille Schraeder**—Executive Director, Redwood Children's Services, Inc.

• **Anne Molgaard**—Executive Director, FIRST 5 Mendocino

• **Sheryn Hildebrand**—Executive Director, CASA of Mendocino and Lake Counties

• **Krissy Weiss**— Billing Coordinator, Redwood Children's Services Inc.

• **Jena Conner** — Deputy Director, Children & Family System of Care

• **Jennifer Elmer**— Community Member

• **Willow Anderson**—Public Relations Coordinator, Redwood Children's Services, Inc.

• **Kevin Powers**—Executive Director, Tapestry Family Services

• **Linda Edgington**—Program Representative, Mendocino County 4-H

• **Brandy Maxwell**— HHSA Social Services Branch-CFS

• **Ana Madrigal-Duran**—HHSA, Child Welfare

• **Kathryn Dornhuber**— NCO Head Start Child Development Program, Family Services Manager

• **Kary Fernandez**—Children Action Committee's Coordinator, VISTA 2013-2014

• **Lia Holbrook**—Project Sanctuary

• **Laura Warren**—MCAH Director of HHSA

• **Corrina Avila**—Community Member

### Partners and Collaborators

**Ukiah**  
Youth Resource Center  
Ages 15-24  
810 N State  
468-5536

**Ukiah**  
FIRST 5 Mendocino  
166 Gobbi St.  
462-4453

**Ukiah**  
Nuestra Casa  
487 N. State St.  
463-8181

**Potter Valley**  
PV Youth & Community Center  
10270 Main St.  
743-1789

**Laytonville**  
Laytonville Healthy Start  
44400 Willis Ave.  
984-8089

**Willits**  
Nuestra Alianza De Willits  
291 School St. #1  
456-9418

**Covelo**  
Round Valley  
Family Resource Center  
76450 Airport Rd

983-6262

**Gualala**  
Action Network  
39144 Ocean Dr. #3  
884-5413

**ARC**  
**Family Information Center**  
1640 S State St.  
Ukiah, CA 95482  
234-3300

**CAC's next monthly will take place: Thursday, August 7 at Public Health, conference room 1 from 10:30am -12:00pm**  
For more information contact Kary at (707) 467-2010.

