

What's Up?

JCCDC Newsletter for Parents, Providers, Community Partners & Staff



APRIL IS NATIONAL
CHILD ABUSE
PREVENTION MONTH

FACTS TO KNOW ABOUT CHILD ABUSE

- 1 in 7 children have been abused or neglected in the past year.
- Every 11 seconds a child abuse report is made.
- Neglect is the most common form of abuse.
- 3,700 children are abused each day.
- 4 children die each day as a result of abuse and/or neglect.
- More than 80% of abused children are abused by their own parents.



NATIONAL CHILD ABUSE PREVENTION MONTH MUSIC CITY COUNSELOR



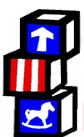
- 3/8 International Women's Day
- 3/10 Ramadan Begins
- 3/17 St. Patrick's Day
- 3/24 Palm Sunday
- 3/31 Easter Sunday



- 4/2 Light It Blue for Autism Day
- 4/3 Day of Hope
- 4/15 National Laundry Day/Tax Day
- 4/22 Earth Day
- 4/27 National Tell A Story Day



- 3/17 Dominique Jackson, FE Specialist
- 3/30 Phillip Merriweather, FE Manager



Mar/Apr 2024

Jefferson County Child Development Council



Learn the Signs of Autism

One of the most important things you can do as a parent or caregiver is to learn the early signs of autism and become familiar with the typical developmental milestones that your child should be reaching.

What are the signs of autism?

The autism diagnosis age and intensity of autism's early signs vary widely. Some infants show hints in their first months. In others, behaviors become obvious as late as age 2 or 3.

The following may indicate your child is at risk for an autism spectrum disorder. If your child exhibits any of the following, ask your pediatrician or family doctor for an evaluation right away:

By 6 months

- Few or no big smiles or other warm, joyful and engaging expressions
- Limited or no eye contact

By 9 months

- Little or no back-and-forth sharing of sounds, smiles or other facial expressions

By 12 months

- Little or no babbling
- Little or no back-and-forth gestures such as pointing, showing, reaching or waving
- Little or no response to name

By 16 months

- Very few or no words

By 24 months

- Very few or no meaningful, two-word phrases (not including imitating or repeating)

At any age

- Loss of previously acquired speech, babbling or social skills
- Avoidance of eye contact
- Persistent preference for solitude
- Difficulty understanding other people's feelings
- Delayed language development
- Persistent repetition of words or phrases (echolalia)
- Resistance to minor changes in routine or surroundings
- Restricted interests
- Repetitive behaviors (flapping, rocking, spinning, etc.)
- Unusual and intense reactions to sounds, smells, tastes, textures, lights and/or colors



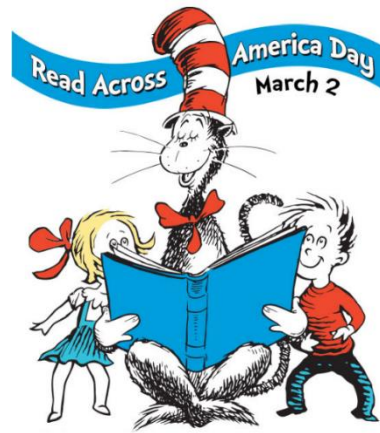
Not all children with autism show all the signs. Many children who *don't* have autism show a few. **That's why professional evaluation is crucial.**

SPOTLIGHT ON..

Latausha Holifield



Meet Team Player, Latausha Holifield, JCCDC's first quarter spotlight. Latausha is the Health and Safety Specialist for JCCDC. Her contribution to the team has resulted in a notable increase in health and dental service delivery to children and families. She has a beautiful attitude and enjoys the work she does daily to impact the health outcomes of our children. For this reason and many more, Mrs. Holifield receives the "spotlight" award for her exceptional contribution to the team!



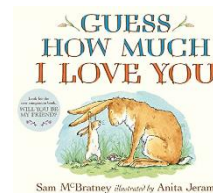
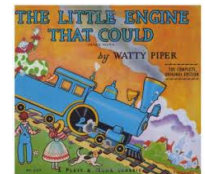
Read Across America Week is celebrated from March 2 to 6 — it begins on the birthday of the beloved author, Dr. Seuss. The entire month of March, in fact, is dedicated to reading.

Here are some suggested books for you and your child to read together. Your local library may have them and many more you can share with your child.



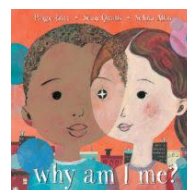
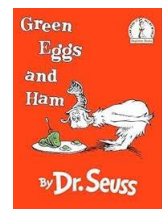
The Very Hungry Caterpillar
By Eric Carle

Where the Wild Things Are?
By Maurice Sendak



Guess How Much I Love You
By Sam McBratney

Green Eggs and Ham
By Dr. Seuss



Why Am I Me?
By Paige Britt

I am STUCK
By Julia Mills

I am
STUCK

The Importance of Fathers for Child Development

Submitted by Phillip Merriweather, Family Engagement Manager

How fathers contribute to children's well-being.

- Fathers play an important role in a child's development and can affect a child's social competence, performance in school and emotion regulation.
- Fathers can also affect a child's wellbeing indirectly. A supportive relationship between parents is linked to better self-regulation in a child.
- Countries such as Norway and Sweden attempt to engage fathers and mothers equally in caregiving by providing paternal as well as maternal leave.



Historically, mothers have received more research attention than fathers. And mothers have more often been characterized as children's primary caregivers, whereas fathers have been characterized as playmates. However, in many countries, gender roles have become more equitable over time, and research now suggests that fathers play many important roles in child development.

Direct and Indirect Effects of Fathers on Children's Well-Being

Fathers are not just helpers for mothers but are important to children in their own right. For example, children with sensitive and supportive fathers have higher levels of social competence and better peer relationships. Children whose fathers provide them with learning materials and speak with them frequently perform better in school and have more advanced language skills. Fathers can serve those roles even when they do not live with the child. For example, regardless of whether they live together, children who have regular positive contact with their father tend to regulate their emotions better than children who have no contact with their father. Nevertheless, if no father is involved, other caregivers can also serve those functions. Family structure is less important than having loving caregivers meeting children's physical, cognitive, emotional, and social needs.

In addition to these direct effects that fathers have on children, a father can also influence a child's well-being indirectly through his relationship with the child's mother. Conflict between parents is detrimental to children's well-being, especially if conflict is hostile and unresolved. Supportive co-parenting relationships, by contrast, are related to better self-regulation and fewer behavior problems in children. Families function as entire systems, not just as isolated parent-child dyads.

Family Structure

If two parents are involved in a child's life, these two parents may contribute to children's well-being in different ways. For example, parenting effects may be additive (more love from more people is better for the child) or buffering (harshness by one parent might be offset by care from the other parent). For other parenting functions, as long as someone is doing it (e.g., keeping track of the child's whereabouts), both parents don't necessarily need to do it.

Regardless of family structure, children need to have their physical needs met, have cognitive stimulation, and feel loved and accepted. If a father or mother is not involved in the child's life, another caregiver can serve these functions, but it is important for all caregivers to have support in their caregiving role. This support can come from the child's other parent, extended family, friends, or others.

Supportive Social Policies for Fathers

Countries differ in support for fatherhood. In some countries, mothers are still considered children's primary caregivers, and only mothers are eligible for parental leave. Other countries attempt to engage fathers and mothers equally in caregiving through social policies providing for paternal as well as maternal leave following the birth or adoption of a child. For example, Finland, Iceland, Norway, and Sweden offer paid paternal as well as maternal leave, and paternal leave cannot simply be transferred to the mother. Whether leave policies can be used by fathers as well as mothers has important implications for gender roles within families and at a societal level. When fathers take parental leave and have time devoted to caring for their children, they are more likely to perceive themselves as active co-parents, and children relate to both parents more equitably.

Fathers and Child Well-Being

Fathers are important to children's well-being. Sensitive, supportive, involved fathers contribute to children's physical, cognitive, emotional, and social adjustment. Fathers also influence children's well-being in conjunction with mothers and other caregivers, making it important to understand father-child relationships as part of entire family systems.

Crispy BBQ Chicken Wraps

Submitted by Stella Baskins, Nutrition Coordinator



Servings: 4

Calories: 458 kcal

Ingredients

- 2 cups cooked chicken, shredded (rotisserie chicken works great!)
- 2 cups shredded cheddar cheese
- 1/4 cup fresh cilantro, chopped
- 1/4 cup red onion, chopped
- 1/2 cup barbecue sauce, your favorite kind
- 4-5 large flour tortillas
- 2 Tablespoons oil (vegetable or canola oil)

Instructions

1. Add chicken, cheese, onion, cilantro and BBQ sauce to a mixing bowl and toss to combine. Add more BBQ sauce if needed, to taste.
2. Layer tortillas with a 1/2 cup of the mixture. Starting at that end, roll the tortilla up, folding in the sides like a burrito.
3. Heat a skillet over medium high-heat. Add enough oil to lightly coat the bottom of the pan (or spray generously with cooking spray) and once the oil is hot, place the wraps seam side down in the skillet. Cook, turning the wraps every minute or two, until they are golden and crispy on all sides and warmed through. Serve immediately.



A Note from the Director

Tena Sales, HS/EHS Director

Family involvement and strong communication are critical for all relationships. There is a platform to help parents increase involvement, engagement, and communication...ReadyRosie!!!



ReadyRosie, an evidence-informed, research-based family engagement resource and parenting curriculum has been shown to have positive impacts on family behaviors and child

outcomes. Families are supported with videos, which are filmed in English and Spanish, and show real families modeling fun activities that support classroom learning in authentic ways. When was the last time you utilized this resourceful tool? It is vital that you log in several times per week with your child. After watching the 2-minute video and providing feedback, this not only boosts children's confidence, it also enhances their social-emotional, language, math skills, and many others. By participating in ReadyRosie, you are helping your child be ready for school and beyond.

LOG IN TODAY! www.readyrosie.com



Daylight Saving Time Starts

March 10, 2024

Remember to set your clocks **ahead** one hour Saturday night or Sunday morning the weekend of March 11.