

Recap: Child Abuse Prevention Month

Another April has come and gone, and we are grateful to have had another great opportunity to spread awareness and education about child abuse and prevention. However, we are all too aware that our outreach doesn't end here - there is so much more work to be done in the fight against child abuse, and we must fight together to win.



A few things we did in April: Nugget Mall Display

If you weren't able to check it out yet - part of our display will stay up after April. Body safety coloring pages are also provided for free!

Coffee Sleeves

If you made your way to Heritage Coffee or The Grind in April, you may have noticed Child Abuse Prevention Awareness coffee sleeves on your cup of brew.

"Go Blue" Rally

Presented by the AEYC - the "Go Blue" Rally was held on April 5th to spread awareness and education.



April 2019 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Establish a daily routine so your child knows what to expect.	2. Get outside! Start a walking club with your neighbors.	3. Color some "Body Safety" coloring pages with your child! Talk about what they are.	4. Set goals for yourself and list the steps you will need to accomplish them.	5. Attend the "Go Blue" Child Abuse Prevention rally at the Capitol (12pm)	6. "Catch" your child being good. Praise and acknowledge their behaviors.
7. Make a DIY blue pinwheel with your children and tell them what it stands for.	8. Ask your child who is important to him or her and why they are important.	9. Reflect on how the parenting you grew up with impacts your parenting style today.	10. Make time to do something YOU truly enjoy. Self-care is important!	11. Dial 2-1-1 to learn about organizations that support families in your area.	12. Role play emotions with your child: what do you feel when you feel _____?	13. Hold, cuddle, and hug your child. Tell them how important they are to you.
14. Talk to a trusted friend about what stresses, overwhelms, or makes you sad.	15. Ask your school principal or PTA to host a community resource night.	16. Teach your child the accurate names of private body parts.	17. Teach your child to resolve conflicts peacefully and without acting out.	18. Do a safety check on digital devices: check browser history and cookie files.	19. Host a potluck with other families to keep parenting stories.	20. Treat yourself to a spa day at home: bubble bath, facial mask, a good book.
21. Observe what your child's issues are and discuss concerns with teacher.	22. Tell your child to talk to you if anyone makes them scared or uncomfortable.	23. Volunteer at your child's school through the school's administration.	24. Make a play date with friends who have children the same age as your children.	25. Teach your child that adults should never ask them to keep secrets.	26. Talk to your child about touches that are "okay" vs "not okay."	27. Find out what classes your library or community center holds. Sign up for one!
28. Help your child identify 5 safe people to talk to about concerns they have.	29. Visit the website NetSmartz.org to teach your child about online safety.	30. Take the time to get to know who your child is spending his or her time with.				

WHAT CAN YOU DO TO HELP PREVENT CHILD ABUSE?

- Body Safety Coloring Pages
- SAFE CAC April Newsletter

S.A.F.E. CAC

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Service



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Quarterly Newsletter: Summer 2019



The sunny season that almost everyone seems to long for - *Summer* - is finally here! This annual change often brings with it more vacationing, warmth, grilling, hiking, bonfires, and no school - elements that many people associate with happiness and celebration. Yet while many wonderful emotions do come into play throughout the summer, it's important to recognize that negative emotions are present throughout every season - including summer. By encouraging each other to acknowledge, share, and navigate emotions, we can work together to find underlying causes and solutions. At the SAFE CAC, we highly value the recognition of all emotions, as they can often be signs of abuse. This summer we encourage speaking, listening, and working through all feelings. After all, embracing both the good and the bad will truly allow us to enjoy the many wonders this great season has to offer.

In this newsletter:



- An M&M Emotions Game
- A Feelings Beach Ball Game
- Strawberry Kiwi Fruit Pizza Recipe
- Summertime Sadness & Ways to Cope
- Recap: Child Abuse Prevention Month

Here comes the sun.

Office of Children's Services

1(800) 478-4444

Juneau Police Department

1(907) 586-0600

SAFE Child Advocacy Center

1(907) 463-6157



~The M&M Emotions Game~

All that is needed are some M&M's (or other tasty, colored candies), and two or more people with a craving for sweet treats. For this reason alone, there shouldn't be too many problems getting most children to play this tasty game...



How to Play: Pour your bag of M&M's into a bowl, then take turns passing the bowl around to each person. Once handed the bowl, the person will close his/her eyes, and grab one (or two to snack on 😊) M&M(s). The person will then answer one of the following questions, depending on what color he/she pulled from the bowl:

RED: Share something that makes you Happy

BROWN: Share something that makes you Sad

GREEN: Share something that makes you Angry

YELLOW: Share something that makes you Excited

ORANGE: Share one good choice you made today

BLUE: Share one poor choice you've made today and what could be done differently next time around

Summertime Sadness & Ways to Cope

While there are many potential causes of summertime sadness, here are just a few things that may be causing the blues, along with some solutions to help ease the pain.

The Expectation Gap

As summer expectations are often high, it's easy to get disappointed if things don't go as well as planned. Teach your kids and family that it's *okay* if it rained on your vacation. Life is all about embracing the imperfections!

Social Media Blues

As kids and teens have more free time in the summer, it's likely they will have more time to explore social media sites and the internet. Be sure to monitor usage and help them navigate emotions that may arise (jealousy, body-image, etc.).

Screwed-Up Sleep

Summer sunlight can often leave Alaskans awake longer and sleeping less. As a lack of sleep leads to the body releasing more of the stress hormone, cortisol, this lack of sleep can be a problem! Get to sleep on time to rid the extra stress.

Feelings Beach Ball Game

You'll only need a beachball, a marker, and at least two players for this easy game. Have each player take turns writing/drawing different emotions all around a blown up beach ball. Once complete, take turns tossing the ball around. When someone catches the ball, they then explain about a time they felt the emotion that their left thumb landed on.



Strawberry Kiwi Fruit Pizza Watermelon

Recipe Via: HungryHappenings.com

Instructions

Ingredients

Cookie Crust:

- 1 Pkg. Betty Crocker Sugar Cookie Mix
- 1 Tablespoon flour
- 1 Stick (1/2 cup butter), softened
- 1 Large egg

Cream Cheese Fluff:

- 1 Block (8 oz. cream cheese), softened
- 1 Cup mallow fluff
- 1 Cup whipped topping

Toppings:

- 4 Kiwi
- 2 Lbs. strawberries
- Chocolate chips

Cookie Crust:

1. Preheat oven to 350 Degrees Fahrenheit
2. Spray two 9-inch springform pans with cooking spray, then line bottoms with a circle of parchment paper or non-stick tin foil.
3. Combine Sugar cookie mix, flour and butter and mix until the butter breaks up into small pie sized pieces
4. Add the egg and mix until it forms a dough
5. Divide dough in half
6. Pat one half of the dough in the bottom of each pan, spread dough so that it ends about 1/2 inch from the edge of the pan
7. Bake for 14-18 minutes until golden brown.
8. Cool in pan for 10 minutes, then remove and set on a cooling rack.
9. Cool completely

Cream Cheese Fluff:

1. Beat cream cheese until light and fluffy
2. Add marshmallow fluff and beat to combine
3. Add whipped topping and beat to combine
4. Equally divide and spread over top of cookies
5. Cut cookies in half.

Toppings:

1. Peel and cut kiwi into thin slices. Cut slices in half.
2. Arrange overlapping slices of kiwi along curved edge of cookies.
3. Wash and dry strawberries, then carve off the outer edge, keeping just the bright red fruit for the pizza.
4. Cut slices into small pieces and sprinkle over the cream cheese fluff topped cookies.
5. Arrange chocolate chips on cookies to create "watermelon seeds"
6. Refrigerate until ready to serve.

