AUGUST NEWSLETTER

Franklin County Children's Task Force

113 Church Street, Farmington, ME 04938 778-6960 or 1-888-429-6960 Email — fcctf@fcctf.org www.fcctf.org

Dear Friends:

August 2016

Summer seems to have flown by with all of us here at the FCCTF preparing for a great school year with new and exciting opportunities for parents and children alike. Here are a few things we want to share with you as you make your plans for the upcoming year.

First, if you haven't thought yet of enrolling your student in the 21st Century Kids of F.R.A.N.K.L.I.N. then please do! This new program is FREE and provides afterschool snacks, tutoring, homework help and enrichment activities in a variety of areas including: physical activity, visual and performing arts, nutrition, and STEM (science, technology, engineering and math). Transportation home will be provided by the RSU #9 shuttle bus for those wishing to ride. The program takes place from 3-5:30 and children who are picked up can be with us until 5:30.

You will find the application at the back of this newsletter. Remember to return it to the Children's Task Force as soon as possible. Space is limited.

Second, children are a package deal. We want to hear and engage with parents as well. Join us, take part in one of our afternoon socials for parents, volunteer on a field trip, teach a group of kids a special skill you have. We want children to see that all parents have something to offer because we know this is true. Don't be afraid! If your not sure where you can fit in please contact Doug Saunders, our Parent Engagement Coach and he can talk you through the process.

Third, we are hiring! The 21st Century Kids of F.RA.N.K.L.I.N. will be hiring a Site Coordinator for its Academy Hill site, as well as site support staff and childcare providers. If you are interested please see our website for an application and details.

Lastly, if you have any questions for us please call 207-778-6960 and speak to our 21st Century Kids of FRANKLIN director, Kathy Gregory. This program is open to all children who attend WG Mallett, Cascade Brook, GD Cushing and Academy Hill School.



What's inside?

- ⇒ Parent Enrichment Schedule
- ⇒ Family Fun Day– Very Soon!
- ⇒ Weekly Nursing Mothers Group
- ⇒ Parent Engagement Tips for Back to School
- ⇒ The 21st Century Kids FREE After School Program Registration Form (3 Pages)

Help us save money:

E-mail Newsletter? We have received great response to e-mailed newsletters. Email us at fcctf@fcctf.org today to receive a colorful newsletter in this manner.





United Way of The Tri-Valley Area

FRANKLIN COUNTY CHILDREN'S TASK FORCE

Parent & Caregiver Enrichment Schedule

June- December, 2016

All workshops offered through FCCTF are *free*, including snacks and on-site childcare. For planning purposes, <u>registration is required</u>. Call the team at 778-6960 to sign up today!

1,2,3,4 Parents- 3 week workshop for parents of children ages birth-4

Through this program parents will learn skills that will help to develop cooperation, responsibility, and self-esteem in children. We'll also cover routines and positive discipline options to help avoid those all-too-familiar power struggles.

WHEN: Thursdays, 6/30, 7/7 & 7/14 from 3:00-4:30 PM (*additional off-site options to be scheduled in Fall '16)

Active Parenting Now- 6 week workshop for caregivers of children ages 5-12

This is a video-based program for parents who want to improve their parenting skills and their child's behavior. It is based on theories which include mutual respect among family members, nonviolent discipline, problem solving, communication skills training, family enrichment, and encouragement. Prevent tantrums and improve cooperation in your home!

WHEN: Thursdays, 7/21, 7/28, 8/4, 8/11, 8/18 & 8/25 from 5:30 – 7:30 PM

Alcohol, Anger and Abuse- 5 group-based sessions for parents and professionals

Alcohol, Anger & Abuse is an innovative community based training program for parents and professionals that explores understanding and preventing the relationship between alcohol and other drug abuse and child abuse and neglect, and how they are linked.



WHEN: Mondays, 7/25, 8/1, 8/8, 8/15, & 8/22 from 5:30-7:00 PM

Families in Substance Abuse Treatment & Recovery- 17 weeks of programming offered

Each group-based session is designed to last 90 minutes, and the workshops are ideal for partners of parenting adults in treatment and recovery, extended family members who may be parenting children of substance abusing adults, and adults in treatment and/or recovery for substance abuse problems and who are in parenting relationships with children. Participants may choose which sessions to participate in. More info shared on 9/26.

WHEN: Mondays & Wednesdays, 9/26, 9/28, 10/3, 10/5, 10/12, 10/17, 10/19, 10/24, 10/26, 10/31, 11/2, 11/7, 11/9, 11/14, 11/16, 11/21, & 11/23 from 4:00-5:30 PM (No Class on 10/10)

Nurturing Skills for Prenatal Families- 9 week skill builder for pregnant moms & their supports

The Prenatal program addresses the current issues faced by couples expecting a child including the use of prescription drugs, alcohol and tobacco during pregnancy; the relationship between healthy pregnancies and proper nutrition; the effects of stress on the baby; and issues of body image, weight gain, dieting and brain development during pregnancy.

WHEN: Thursdays, 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, & 11/17 from 4:00-6:00 PM



1-2-3 Magic & More— 3 week session for parents with children ages 2-12



Parenting solutions that are easy to learn and that WORK! This course covers the following: STOP Behaviors- things you want your child to stop doing, such as everyday minor issues like whining, throwing tantrums, or shouting; START Behaviors- things you want your child to start doing, such positive activities as cleaning their room, going to bed, or doing homework. Strategies include using praise, simple requests, consequences, timers, charting, and more.

WHEN: Tuesdays, 6/21, 6/28, & 7/5 from 5:30-7:30 PM (*additional off-site options to be scheduled in Fall '16)

Cooperative Parenting and Divorce: Shielding Children from Conflict, an 8 week program

This video-based program gives divorcing or separating parents the power to make positive changes that shield their children from parental conflict and guides them into establishing a long-term relationship with the child's other parents. It is the most extensive, informative and interactive resource to date examining the complex realities of divorce.

WHEN: Mondays & Wednesdays, 11/28, 11/30, 12/5, 12/7, 12/12, 12/14, 12/19, & 12/21 from 5:30-7:30 PM



Check our Facebook page for updates, or call the education dept. today at 778-6960 to find out about off-site class locations and to hear how we can help you through the world's greatest (and toughest) job— parenting!

August 11th

11am-2pm

FAMILY FUN DAY

At the Farmington Conference Center, 216 Whittier Rd. Farmington, ME (Right Across from CMP)

For families with children up to 6th grade

Open to the Public and Surrounding Areas of Franklin County

Bring along the whole family for burgers, hot dogs, veggies, chips, drinks, and TONS of fun activities that you can do with your child!

Must RSVP by calling 778-6960 or by emailing Milissa Cousins at mcousins@fcctf.org

"Join us for a fun filled day of activities that the whole family can enjoy!"

2016 KIDS WALK FOR KIDS

Saturday, October 15, 2016

Meetinghouse Park (Gazebo Park) Farmington, Maine

Help the Franklin County Children's Task Force raise money for various programs designed to educate parents and children in the surrounding areas.

Rain or Shine!

Registration: 8:00 a.m.

Walk Time: 9:00 a.m.

~Refreshments will be provided~

To participate in this event, please fill out a pledge form and bring it with you to the walk-a-thon. Pledge forms can be found by visiting the **Franklin County Children's Task Force** website at www.fcctf.org or by contacting our office at 207-778-6960.

We need your help!

Together, we can make a difference in the lives of children in Franklin County!

- □ Please make my gift in memory of_
- □ Please make my gift anonymous

Please make your tax deductible check payable to: FCCTF Mail to: FCCTF, 113 Church St.. Farmington, Maine 04938

Starting May 25! A Weekly Nursing Mothers Group Join us for snacks, fun chats, and support!

Date: Every Wednesday morning- just drop in! Time: 10-11:00 am Place: Franklin Memorial Hospital

Call 778-6960 FMI

FCCTF has teamed up with Paula Norcott of BirthMe, LLC to fill a need that has existed locally for almost five years. Beginning May 25, a new drop-in group for nursing moms will be available weekly on Wednesdays from 10-11:00 am. The group will meet at Franklin Memorial Hospital, downstairs in the Walden Room. The friendly front desk staff will gladly direct people to the space.

The group is intended to give new, expectant and experienced moms who are breastfeeding a comfortable place to gather while building their nursing network. Snacks will be provided, and Certified Lactation Counselors from FCCTF's Maine Families program and BirthME will be available to answer any questions and to share information and resources.

"Our Maine Families Home Visiting staff are thrilled to be partnering with Paula, who has a deep well of knowledge working to support moms and their babies," said FCCTF Executive Director Renee Whitley. "Being a new mom can be very isolating, and an opportunity like this hasn't existed in quite some time. We expect that once moms become familiar with the group they'll drop in as often as they can."

Paula Norcott is a Certified Lactation Counselor, with sixteen plus years' experience working with new mothers and their families. A CAPPA Certified Child Birth Educator, Certified Labor Doula, and Postpartum Doula, Paula also holds a current child/adult CPR First Aid certification.

For more information about Paula and BirthME, visit birthme.com, or find BirthME on Facebook and Twitter.



Paula J. Norcott, Founder BirthME LLC

"We expect that once moms become familiar with the group they'll drop in as often as they can." - Renee Whitley, Executive Director of FCCTF



Ways to Engage in Your Child's School to Support Student Health and Learning



As a parent, you want your child to do well in school. Through guidance and support, you can have great influence on your child's health and learning. One way you can show your support is by being involved in your child's school. Research shows that when parents and school staff work together, students are healthier and more successful in school. Parent engagement is defined as parents and school staff working together to support and improve the learning, development, and health of children and adolescents.

What can you do to be more engaged in your child's school health activities?

Here are some actions that you can take, at home and at school, to be more involved in your child's school health activities.

Action 1 Advocate for your school to support parent engagement.

 Talk with teachers and staff to suggest simple changes that can make the school a more pleasant and welcoming place for parents.

Action 2 Take advantage of the support schools provide to parents.

 Ask whether your child's school or school district provides— or could offer —programs or classes to help you become more involved in your child's academic and school life.

Action 3 Communicate consistently with the school and read the information it provides to you.

- Read school newsletters, attend parent-teacher-student conferences, check out the school's website to learn what is going on at the school, and encourage your child to participate.
- Meet regularly with your child's teachers to discuss his or her grades, behavior, and accomplishments.
- Offer to share important aspects of your culture with your child's class.

Action 4 Take time to volunteer at your child's school.

 As your schedule allows, help in your child's classroom, attend after-school events, or participate in a school committee, such as a parent organization. Ask the school if you can help with lunch-time walks, weekend games, or other after-school programs.

Volunteer opportunities are available in the 21st Century Kids of F.R.A.N.KsL.I.N.— learn more about our program on page 1 and call today to learn about volunteering!

See more tips at: http://www.cdc.gov/healthyyouth/protective/pdf/parentengagement_parents.pdf



"Preparing children for today's worldone interaction at a time."

AFTER SCHOOL PROGRAM APPLICATION FORM

This program is for children attending school K-5 in Cascade Brook School, Academy Hill School, G.D. Cushing School, and W.G. Mallett School

Dear Parents and Guardians,

Thank you for your interest in the 21st Century Kids of F.R.A.N.K.L.I.N. Program! Please fill out this application form completely to ensure your child's spot in the 2016-2017 program.

The registration deadline is September 9th and registration is limited. There is no registration fee for participating in this program.

Student's name:		<u>, </u>	
	Last name	First name	Middle Initial
Gender: Male	☐ Female		
Entering Grade/S	School:/		
Parent/Guardian	#1:Last name		Middle Initial
Address:			
) () ne Phone Number Work) Phone Number

A program of FRANKLIN: Friends Reducing Abuse and Neglect of Kids Living in our Neighborhoods, brought to you by the Franklin County Children's Task Force, in partnership with RSU #9.

Parent/Guardian #2:		,	
	Last name	First name	Middle Initial
Address:			
Phone: () Cell Phone Number	er ()	Phone Number ()	Phone Number
Emergency Contacts: Plea	use list in order of	preference individuals we	may contact in the event of an
Name:	Relation:	Phone: ()	
Name:	Relation:	Phone: ()	
Name:	Relation:	Phone: ()	
Does your child have heal	th coverage? Y	ES NO	
Name of Medical Insurance		Policy/Insurance #	
Medical History that may be	e of importance	Medications	
List any allergies			
Name of Child's Doctor		Phone Number	
F.R.A.N.K.L.I.N. staff to sting medical treatment if ugency and/or medical cost	seek emergency m unable to reach m s are my responsi	e or any of my emergency obility and that the Franklin	e 21 st Century Kid's of ild and to act as guardian in permit-contacts. I understand that all emer-county Children's Task Force asease initial below if you give permis-
			Friends Reducing Abuse and Neglect of Kid Dods, brought to you by the Franklin County

Children's Task Force, in partnership with RSU #9.

Parent/Guardian 1 Initials

Authorized to Pick-Up Student: These individuals are authorized to pick up your child from the program without a written note on the day of pick up. If this does not apply, please check the box that indicates your child will be riding the shuttle bus. As parent/guardian, I understand that the 21st Century Kids of F.R.A.N.K.L.I.N. Program will begin immediately after school is out and will end by 5:30PM on Monday through Thursday. In order to be released to go home from the program, students MUST be signed out by the parent/guardian or by one of the individuals listed below: Name: _____ Phone: (____) Name: Relation: Phone: () Name: _____ Relation: _____ Phone: (____) My child will be riding the shuttle bus and understands that they must sign up for this service in the morning at school. I give my child permission to walk home from the program. * REMEMBER: Anyone who is picking up your child must provide a picture ID. Please pick up your child on time. The program ends promptly at 5:30PM on regular school days. • If there is a situation where none of the listed individuals can pick up your child, you are to write a note with the name and contact information for who may pick them up. If you choose to allow your child to ride the shuttle bus, please understand you must sign up for the bus in the morning at the school. • Pick up after 5:30 pm will result in a fee of \$5.00 per 15 minutes late. **Photo/Video Release:** During your child's attendance in The 21st Kids of F.R.A.N.K.L.I.N. Program, s/he may My child may be photographed during programming.

be participating in an activity that is being photographed or videotaped; these photographs or video recordings may be used for promotional purposes.

My child may NOT be photographed during programming.

Signature of Parent/Guardian Date

Please return applications to the Franklin County Children's Task Force by mail to 113 Church St, Farmington, ME 04938, via email fcctf@fcctf.org or fax to 207-779-1029. Call 207-778-6960 if you have any questions.

DO NOT RETURN YOUR APPLICATION TO THE SCHOOL.

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