

PARENT RESOURCE CENTER

(Located within the FCCTF building on Church St.)

Clothing Exchange: Bring in a bag of your child's outgrown clothes (size newborn to 5T) and fill a bag or more of clothes at no charge! Just call ahead to let us know you're coming. Hours are M-F, 8:00 am-4:30 pm.

Parent Resource Library: Stop in and access free information in the form of books, videos, pamphlets and other written materials for parents and professionals.

Parent Talk Line: Parents are encouraged to call and speak with a trained professional about their parenting questions, and to access child-related and community resource information (both crisis and non-crisis.) Call 778-6960 or 1-888-429-6960, M-F, 8:00 am-4:30 pm.

Caregiver Club: An opportunity to connect with other parents and caregivers to explore relevant topics, share successes, and troubleshoot various challenges in a fun and supportive environment.

Supervised Visitation & Safe Exchange:

⇒ **What is Supervised Visitation?**

Supervised Visitation refers to contact between a non-custodial parent and one or more children in the presence of a third person responsible for observing and seeking to ensure the safety of those involved.

⇒ **What is Safe Exchange?**

Supervised Exchanges, sometimes referred to as "Monitored Exchanges" or "Supervised/Monitored Transfers", is supervision of the transfer of the child(ren) from one parent to the other. Supervision is limited to the point of exchange or transfer only, with the remainder of the parent/child contact being unsupervised.

Both Supervised Visits and Supervised Exchanges are designed to ensure that a child can have safe contact with an absent parent without having to be involved in potential parental conflicts.

These programs are tools that are available to help families as they go through difficult and/or transitional times. To learn more, call 778-6960.



Franklin County Children's Task Force

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Programs offered through FCCTF are supported with funding from the Department of Health and Human Services, the United Way of the Tri-Valley Area, Maine Children's Trust, Franklin County Commissioners, and donors like you. Contact us today to find out how you can make a tax-deductible contribution to support healthier children and families and help prevent child abuse and neglect.



Franklin County Children's Task Force



A private, not-for-profit corporation committed to strengthening families and preventing child abuse and neglect through mobilizing community resources and advocating for and providing services that promote healthy children and families.

PROGRAM SNAPSHOT

Supervised Visitation & Safe Exchange

Maine Families Home Visiting

⇒ Free, voluntary program! A great start for new parents of 0-3 year olds.



Parent/Caregiver Resources

- ⇒ Classes covering effective discipline, child development, and strategies to help foster healthy behaviors in children.
- ⇒ Access to free materials, such as the clothing exchange and parent library resources.
- ⇒ One-on-one support through the Parent Talk Line.



Community Education

- ⇒ Mandated Reporter Trainings
- ⇒ Strengthening Maine Families, a framework for those who work with parents to help them build skills and gain resources.
- ⇒ Period of Purple Crying & Safe Sleep



School-Based Programs

- ⇒ Bullying/Cyberbullying/Teasing Prevention
- ⇒ Digital Citizenship/
- ⇒ Baby Think It Over
- ⇒ Personal Body Safety





Maine Families is a free, voluntary home visiting program to support parents and provide practical tips on their new baby's growth and development.

Utilizing the nationally acclaimed *Parents as Teachers* curriculum, your trained home visitor can be there for you up until your baby's third birthday.

Maine Families can also put you in touch with other community resources, such as playgroups, housing, childcare, education, job training and medical care.

What can Maine Families do for my family?

- Fun activities for you and your baby;
- Tips on how to care for your baby;
- Guidance in observing your baby's development and promotion of that development;
- Periodic developmental screenings using the Ages and Stages Questionnaires;
- Health and safety information for the home, car and childcare setting;
- Information on what to expect each month of growth;
- Information on fostering baby's healthy brain development;
- Input on your concerns;
- Play groups and special events for family fun!



SCHOOL-BASED PROGRAMS

Bullying/Cyberbullying/Teasing Prevention: FCCTF is the designated child abuse prevention agency in Franklin County. We see the prevention of bullying and cyberbullying as a critical step in preventing child abuse and neglect. Our staff works with Franklin County school districts to implement Maine's Best Practices in Bullying and Harassment Prevention through the use of data collection and analysis, committee coordination, workshops, presentations, classroom lessons and assistance. Our staff works with school administration, teachers, students, Civil Rights Teams, and other organizations to help create a community-wide culture against bullying and peer mistreatment.

Digital Citizenship/Internet Safety: This program is designed for parents, students, and educators and is intended to inform them of the challenges presented by the ever-increasing use of the internet by young adults. Using a series of strategies, the program is delivered in schools through individual classroom and group presentations, and is also offered to school personnel. Presentations for parents are delivered upon request at prearranged Internet Safety Nights throughout Franklin County.

Baby Think It Over:* A program where middle and high school students take home a simulated baby for 48 hours. This simulator has computerized responses which allow students to experience some of the demands of infant care, and helps students appreciate the responsibilities of parenthood. These babies, as well as the Drug Affected Baby and the Shaken Baby, are also available to families and professionals upon request.

Personal Body Safety: Utilizing the "Talking about Touching" curriculum, children in Pre-K through third grade are introduced to safe practices and decision making in play, school, home, and their community. This program brings caregivers and parents together to teach children essential safety skills, such as traffic safety, gun safety and child sexual abuse prevention.

COMMUNITY EDUCATION

***Baby Think It Over:** Contact to discuss options as noted above.

Mandated Reporter Training: Topics to be covered include: the roles and responsibilities of being a Mandated Reporter under Maine law; how to identify risk factors and indicators of child abuse and/or neglect; and how to make a report if abuse and/or neglect are suspected.

Strengthening Maine Families: Supports childcare providers to help parents build skills and resources. Providers learn to listen openly to parents' concerns, and to work together to find answers to questions about child development.

Safe Sleep: Is your baby sleeping safely? Learn more about the top 10 tips for a safe sleep environment, and see firsthand what "safe sleep" looks like.

Period of Purple Crying: A new way to help parents better understand this part of their baby's life, which is a normal stage of every infant's development.

CAREGIVER/PARENT EDUCATION

All programs listed are offered at no cost, are evidence-informed, and snacks and on-site childcare are provided.

Registration is required.

For more information, please call 778-6960 or email fcctf@fcctf.org.

1,2,3 Magic: Learn a simple method to help manage difficult behaviors in children ages 18 months-12 years. Great for both caregivers and educators!

More 1,2,3 Magic: Build skills to encourage positive behavior, independence and self-esteem in children ages 18 months-12 years.

1,2,3,4 Parents!: Addresses basic parenting skills and is perfect for caregivers of very young children (ages 1-4 years) and first time parents. Learn age appropriate expectations and discipline.

Active Parenting: Caregivers of children ages 5-12; discover how to raise responsible, cooperative children who are able to resist negative peer pressure and thrive in the 21st Century.

Active Parenting for Stepfamilies: Couples learn to work together to raise children in the challenging stepfamily environment using powerful communication and negotiation skills to strengthen new family relationships.

Boot Camp for New Dads: A unique father-to-father, community-based workshop that inspires and equips men to become confidently engaged with their infants, support their partners and personally navigate their transformation into dads.

Guiding Good Choices: GGC is a drug use prevention program that provides caregivers of children ages 9-14 with the knowledge and skills needed to guide their children through early adolescence.

Nurturing Parenting: Learn about nurturing routines, recognizing and understanding feelings, alternatives to spanking, child development, infant and child massage, and ways to build self-esteem and self-concept in children.

The Nurturing Father's Program: A course for men designed to teach parenting and nurturing skills that foster and support healthy family relationships and child development.

