

# Franklin County Children's Task Force

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## The Children's Task Force Welcomes Doug Saunders, Education Coordinator and Diane Alexander, Maine Families Home Visitor

The FCCTF is happy to welcome Doug Saunders and Diane Alexander to its staff.

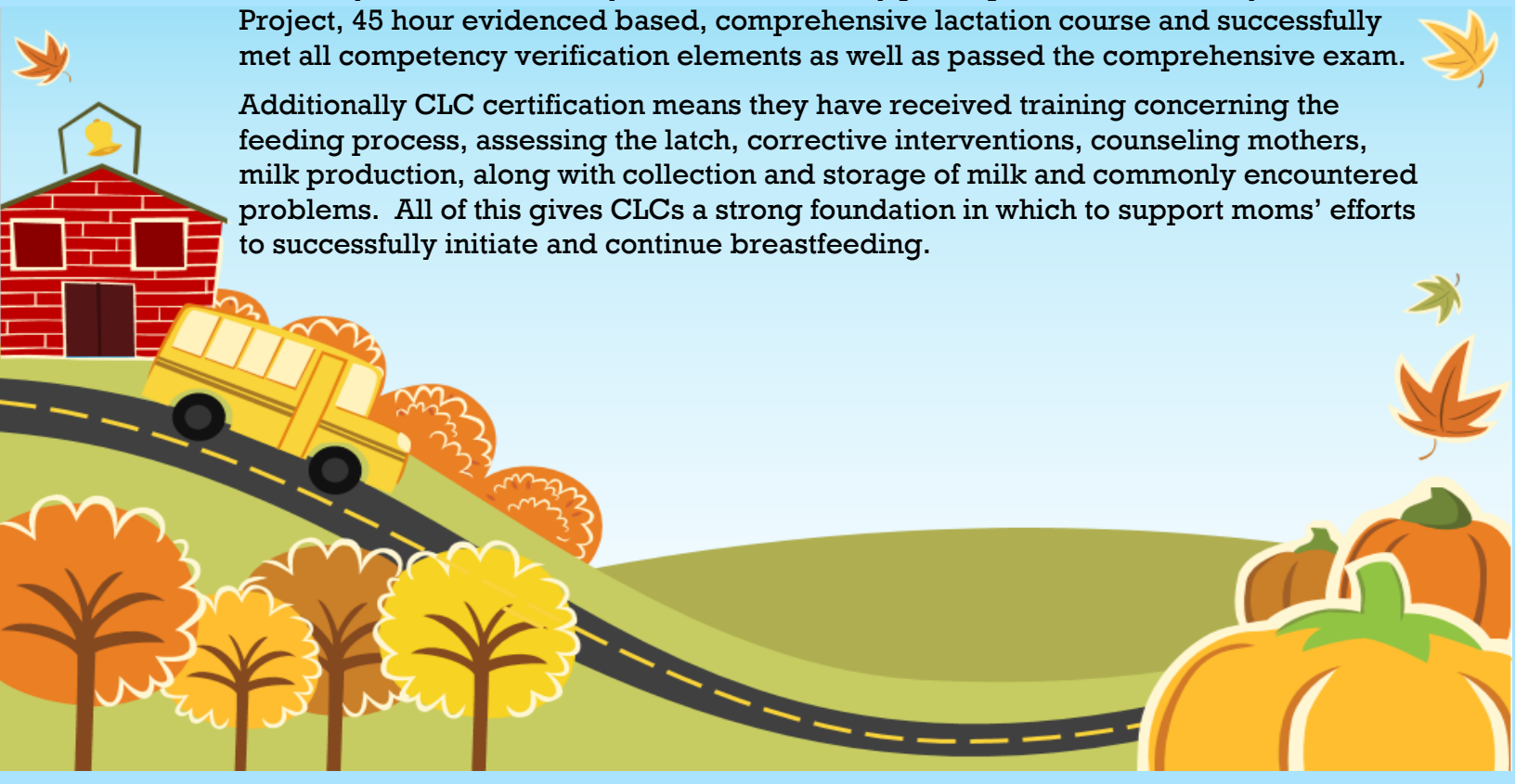
Doug Saunders is the Education Coordinator at Franklin County Children's Task Force in Farmington, Maine. He coordinates and delivers school based Bullying and Teasing and Cyberbullying prevention programs along with Parent Education programs for the children, families, and educators of Franklin County. Doug is an educator with ten years of experience in a middle school setting in the Central Maine area. He holds a Baccalaureate of Fine Arts in English from the University of Maine at Farmington with a minor in psychology. Doug enthusiastically returned to Central Maine recently after residing in Southern Maine for ten years. When not carrying out duties as Education Coordinator for Franklin County Children's Task Force, Doug enjoys hiking, camping, reading, and spending time with his family in a place he has always thought of as home.

Diane Alexander comes to Franklin County Children's Task Force Maine Families program with over 20 years working with families and individuals in the Franklin County Area. She has an Associate's Degree in Social Work and Bachelors in Rehabilitation from UMF. She enjoys providing support to families and assisting them to reach their goals. Diane enjoys reading, knitting and gardening when at home during down time. When able to travel Diane and her husband go to visit family and loves to explore covered bridges and light houses.

## Certified Lactation Counselors

We are pleased to announce that Cheryl Martin and Holly Harrington our Maine Families Home Visitors recently became Certified Lactation Counselors, awarded by the Academy of Lactation Policy and Practice. They participated in the Healthy Children's Project, 45 hour evidenced based, comprehensive lactation course and successfully met all competency verification elements as well as passed the comprehensive exam.

Additionally CLC certification means they have received training concerning the feeding process, assessing the latch, corrective interventions, counseling mothers, milk production, along with collection and storage of milk and commonly encountered problems. All of this gives CLCs a strong foundation in which to support moms' efforts to successfully initiate and continue breastfeeding.



# Parent Guide to Websites

We all know what websites are. But are we aware of the sites our kids are on? There are too many to choose from. The internet has endless opportunities and resources- which is wonderful, but comes with its own set of concerns. Much of what kids do online is safe and fun, but there are a few sites to keep in mind when looking at your child's online history.

Facebook/Twitter/Instagram/Ask.fm: There are countless options for social networking, but these are a few of the most popular. These sites are a fun way to chat with friends, but have potential for abuse. They are home to much of the cyberbullying, and can also result in inappropriate images being shared. Furthermore, it's addicting! "Facebook Stalking", or spending hours online looking at news feeds and friends' photos, can become an obsession. Try to be sure there's a healthy balance between time connected (cell phones, internet, video games, tv) and time away.

Omegle/Chat Roulette: These sites are downright scary. The entire premise of these sites is to video chat with strangers, and much of the video content is inappropriate. Kids are curious, so they check these sites out. Be ready to talk to them about the inappropriate and possibly scary people that may be using these sites to talk to kids and teens.

Youtube/Vine: These sites have tons of videos- funny, informative, entertaining, you name it. With that, there are inappropriate ones. Vine is famous for its 7 second videos that anyone can submit...sometimes there is nudity or other inappropriate content. Youtube videos can be mean, embarrassing, and/or inappropriate as well. Watch for mean comments below many of the videos. Also keep in mind that your child may be sharing content as well as viewing.

What you can do: "Friend" Them. Check out their Facebook/Twitter/other social media profiles. Be their "friend" on Facebook. But keep in mind- they can limit what you see by simply choosing the option to "block" you from seeing certain images/posts. So in that case- know their passwords so that you can keep up to date.

Google has a SafeSearch option, which you can turn on to help prevent adult content from showing up in Google searches: <https://support.google.com/websearch/answer/510?hl=en>

Speaking of Google, search your child's name! It usually connects to the sites that your child has profiles on. Another option is using [Pipl.com](http://Pipl.com) to see where your child may have profiles or images online. Many times, minors' information won't pop up on here...but, if your child is older, or lying about their age, it may.

Establish a Balance between time connected (T.V., video games, internet, texting) and time away from all the devices. Encourage other activities: going outside, arts/crafts, hobbies, or board games---do they still exist?

Be a Model for your children on healthy, safe internet use. If the rule is no texting at the dinner table- make sure you put your phone away too. If you don't want your children to post inappropriate or mean messages online, be sure you're careful of your comments as well.

Be Aware. As best you can, be aware of what your child is doing online. This means talk, talk, talk. Ask them questions, check out their browser history, and know the numbers on their cell phone bill. They will run across inappropriate content at some point, if they haven't already. Help them understand how to process it and to be careful of what they post, as it can all be traced back to them in the future (think summer jobs, college, etc).

Keep Yourself Updated on what's popular these days. [Internet-safety.yoursphere.com](http://Internet-safety.yoursphere.com) is a great site to keep updated on current apps, sites, and online safety tips. Many popular news sites have "tech" sections, such as Yahoo and CNN. You can also ask those that know the most....your children.

# UPCOMING Parenting Classes

**\*\*Free Childcare Provided For All Classes\*\***

## ACTIVE PARENTING NOW

**WHEN:** October 2nd to November 16th

**WHERE:** Children's Task Force

**TIME:** Every Thursday from 5:30-7:30

**COST:** Free

Pre-registration required call (207) 778-6960

## 1,2,3 Magic

**WHEN:** September 27th

**WHERE:** Children's Task Force

**TIME:** Saturday from 9:00-12:00

**COST:** Free

Pre-registration required call (207) 778-6960

## UPCOMING EVENTS



# KIDS WALK FOR KIDS

**SAVE THE DATE!!**

**October 18, 2014**

**Where:** Meeting House Park      **Registration:** 8:00 a.m.      **Walk:** 9:00 a.m.

Come join the fun! We encourage you to form a team with friends, co-workers or family and come out for a fun short walk to support the cause against child abuse and neglect. This is a 2.5 Mile walk or bike ride. See who can get the most team members, see who can raise the most between different teams from one organization. Some get creative and have their own t-shirts made up.

All proceeds benefit the children of Franklin County through parent education, programs for children and parents, and other services offered through the Task Force.

***Come help us help the families in Franklin County get the services they need!***

Hope to see you there rain or shine!

# Apple Chips with Yogurt Dip



## What you need?

### **Topping:**

1/4 cup sugar  
1 teaspoon ground cinnamon  
1/4 teaspoon salt

### **Apple Chips:**

1 red Gala apple  
One 6-ounce Granny Smith apple

### **Dip:**

1 1/2 cups plain 2 percent or whole milk Greek yogurt  
3 tablespoons pure maple syrup  
1/2 teaspoon vanilla extract  
Pinch salt

## MAKE IT!:

**For the chips:** Place 1 rack at the top and 1 at the bottom position and preheat the oven to 300 degrees F. Line 2 large heavy baking sheets with parchment paper. Lightly coat the parchment with nonstick spray.

**For the topping:** In a small bowl, stir the sugar, cinnamon and salt until blended.

**For the apple chips:** Stand each apple upright. Cut 1/4 inch vertically off the right and left sides of each apple. Set the for cutting 1/16-inch-thick slices. Place 1 apple, cut-side down, on the slicer. Cut slices until the apple core is exposed. Turn the apple over and cut slices off the remaining side until the core is exposed. Arrange the apple slices in a single layer on one of the baking sheets. Repeat with the second apple.

Using your fingertips, sprinkle the apple slices generously with the topping. Bake until the edges curl and the chips are golden and feel crisp, 40 to 45 minutes. Pull the parchment with the apples onto the work surface and cool completely, 20 to 30 minutes (the chips will crisp more as they cool).

**For the dip:** In a medium bowl, stir the yogurt, maple syrup, vanilla and salt until blended. Cover and chill until ready to serve. Serve the dip alongside the apple chips.

<http://www.foodnetwork.com>

## **SHOP ONLINE?**

Go to our website at [www.fcctf.org](http://www.fcctf.org) and shop through the Charity Blast.com icon and a portion of every purchase you make at stores like Target, Best Buy, Gap, Old Navy, Staples, etc. goes to Franklin County Children's Task Force at no additional cost to you.



## **FALL HOURS:**

**Monday-Friday**

**8:00 AM to 4:30 PM**

## **GO GREEN & Help us save money:**

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

## **We need your help!**

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

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

☐ Please make my gift in memory of \_\_\_\_\_

☐ Please make my gift anonymous

Please make your tax deductible check payable to: FCCTF