

Parent/Provider Update

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ISSUED BI-MONTHLY

BRAIN INJURY: A CONCERN FOR EVERYONE

Spring is coming and children will be spending more time outside. Whether your children are playing on the playground or participating in organized sports, it is a very real possibility they may experience a fall or injury. That injury may include a hit to the head. "Many children who hurt their heads get well and have no long-term problems. Some children have problems that may not be noticed right away. You may see changes in your child over the next several months that concern you." (BrainSTEPS)

Some of the most common physical signs that your child may have a brain injury include:

- ▶ dizziness and balance problems
- ▶ sensory changes in taste or smell, being bothered by smells, hearing loss or ringing in the ears, blurry vision, seeing double or bothered by light, sensitivity to hot and cold
- ▶ sleep problems, such as can't sleep through the night, sleeps too much or gets day and nights mixed up
- ▶ pain problems in the neck or

shoulder

- ▶ headaches that keep coming back or pain in the head muscle or head bone, pain below the ear, in the jaw or around the eyes

Your child may also exhibit changes in personality, mood or behavior. If your child is irritable, has mood swings, is tired or slow to respond, trips or drops things, they may have a brain injury. He may also show signs of having trouble communicating, remembering things, choosing the right word while communicating, or have trouble paying attention.

The most common causes of traumatic brain injury in small children include falls, vehicular accidents and physical abuse. Elementary children have more bike accidents and recreational injuries.

Always practice safety first. Supervise outdoor play carefully and have children wear protective equipment such as helmets, knee pads and goggles.



If after an accident or fall your child has any of the problems listed in this article see your doctor right away.

More information can be found by contacting the Brain Injury Association of PA
1-800-444-6443
or
www.biapa.org

SAFELINK WIRELESS PHONE PROGRAM

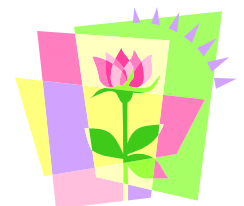
The Federal Communications Commission recently approved the company TracFone, to offer Lifeline - a public assistance program that ensures available and affordable telephone service for low-income subscribers. TracFone provides the wireless handset at the company's expense.

These cell phones offer in-demand features such as voicemail, text, three-

way calling, call waiting, caller ID and access to 911.

Eligibility guidelines vary by state but in general individuals qualify if they participate in programs such as Food Stamps, Medicaid, SSI, TANF LIHEAP, Free School Lunch program or Section 8 Housing.

Learn more by calling:
1-800 SAFELINK



The CCIS Office will be closed Friday, April 22, 2011, for Good Friday.



Provider Training Opportunities

March and April bring multiple opportunities for providers to participate in training. On Monday, March 14th, providers can attend two trainings in one evening. Penn State Extension will play host at the Courthouse Annex Building on Water Street in Indiana. From 5:30 to 7:30 pm the topic will be **“Giving Your Best: Making Secure Attachments.”** Learn what you can provide for children today to help prepare them to be successful adults tomorrow. Cost: \$7. Then stay for session number two starting at 7:30 entitled, **“Every Child Counts: Building Community.”** This training will help you learn how to bring children together to create a sense of



How well do you know your families?

community where children support each other. Cost: \$7. To register call Darlene Sansone at 724-654-8370. On March 30th from 6 - 8 pm, Indiana Co. Child Day Care Program will sponsor, **“Supporting Families.”** This is an interactive workshop that will encourage you to examine your thoughts about supporting the families you serve and help you learn strategies to strengthen your relationships with families. Cost: \$5. Call 724-349-1821 to register. ARIN IU 28 annually sponsors the **Early Childhood Conference.** This year it will be held on Friday April 15th from 8:30 am until 3:30 pm. Other details are not available at this time. Contact ARIN at 724-463-5300 closer to the date for more details.

All trainings mentioned in this newsletter are PA Keys approved and meet DPW standards for provider training.

Pediatric First Aid Training & Infant/Child CPR Review

The American Red Cross will sponsor a **Pediatric First Aid with Infant & Child CPR** on March 26th, from 9 am to 3 pm. Training will meet at the Indiana Co Chapter office, 610 Kolter Drive, Indiana. Space is limited with a cost of \$20 per person. Contact Beth Burns at 724-465-5678 by March 23 to register. Meals are not provided.

The **CPR Review** class is for individuals who have previously taken the original CPR course and possess a certification card. Eligible students can take the refresher course up to one year after their certification has expired. The class will meet April 7th from 6 - 9 pm at the same location. Cost: \$10



To be eligible for WIC you must live in the county, meet income guidelines, and be pregnant, breastfeeding postpartum, or have an infant or child ages 1 to 5.

WIC: WOMEN, INFANTS & CHILDREN

Over the last couple of years the WIC program, which is funded by the PA Department of Health, changed the types of food that are issued with WIC checks. These changes reflect the need in American diets for less fat and sugar, more vitamins and minerals, and healthier choices in carbohydrates. The USDA is redirecting the program to healthier eating due to the increase in childhood obesity. Some of most significant changes include: an overall reduction in the

amount of milk, cheese is not automatically provided, a push to use whole grain bread, rice, tortillas, etc., the addition of allowable fruits and vegetables and the elimination of infant juice. Also, women who exclusively breastfeed and their infants will both receive larger food packages. WIC provides monthly food vouchers, health screenings, nutrition education, Farmer’s Market program and breastfeeding support.

APRIL: CHILD ABUSE PREVENTION MONTH

Reports of violence against children nationwide have increased by 30% in the last 10 years. More than 3 million children are victims of violence each year and almost 1.8 million children are reported missing each year. Those numbers only reflect the cases that are reported. When reading statistics it is hard to imagine the problem or feel connected, the numbers are too staggering. How can we help with such a problem?

The way to help is to focus on our neighborhoods and community. We can't fix the nation but we can do one thing to help our neighbors and



Every child deserves love!

friends. The easiest way to help is to stay connected. Individuals can check in on each other. Call a friend often when you know they are under stress.

Encourage friends to go for a walk, ask how they are doing, encourage them to share their concerns and frustrations of parenting or offer to babysit for an afternoon or evening.

Providers can recognize parent accomplishments, train staff on how trauma and loss affect children, add children's books about feelings to your program's library or help a parent "catch their child being good." One small act of kindness may save a child a lifetime of hurt.

It Might Be Good to Give Them Some Attention

A child is a person who is going to carry on what you have started. He is going to sit where you are sitting and when you are gone, attend to those things which you think are important. You may adopt all the policies you please, but how they will be carried out depends on him. He will assume control of your cities, states and nations. He is going to move in and take over your churches, schools, universities and corporations. All your books are going to be judged, praised or condemned by him.

The fate of humanity is in his hands.

ZERO TO THREE UPCOMING ACTIVITIES

Indiana County Community Engagement for Early Childhood Education's **Zero to Three Team** will be sponsoring two great movies during the month of April. On April 2nd there will be a free showing of the movie "**Babies**" at the Indiana Free Library from 3 - 5 pm. *Babies* travels the globe following four children from vastly different corners of the world. A discussion will follow led by Dr. Freddie Bowers of the IUP Dept. of Human Development. A feel good movie sure to put a smile on your face!

"**The Business of Being Born**" will show on April 25th in the Ohio Room of the Hadley Union Building on the IUP Campus. The viewing will begin at 6 pm with discussion to follow. Birth is a miracle, a rite of passage, a natural part of life. But birth is also big business. Actress Ricki Lake recruits filmmaker Abby Epstein to question the way American women have babies. *The Business of Being Born* is part of the IUP Six O'Clock Series and is free to the public.



If you see someone wearing a blue ribbon during April it may be in memory of a loved one who died as a result of child abuse. The campaign began in 1989 when a Virginia grandmother tied a blue ribbon to the antenna of her car as a way to remember her grandson who died as a result of abuse.



April is the Month of the Young Child. Celebrate by viewing one or both of these excellent films!