

Human Sciences Extension and Outreach

REGION 16 NEWSLETTER

Community Partnerships to Protect Children

Did you know that simple moments with the kids in our lives - like cooking with them, playing a board game with them, even singing with them - makes a big difference? It helps them grow up feeling safe and secure, filling our communities with compassionate, caring people which makes us all stronger and healthier.

High levels of toxic stress in childhood can have a profound impact on a child's developing brain increasing the likelihood of problems throughout a lifetime. These problems include, but are not limited to, depression, diabetes, and heart disease. An Iowa study of Adverse Childhood Experiences, (ACEs), found that more than half of Iowa adults have experienced at least one type of abuse or household dysfunction growing up.

However, social supports and caring connections strengthen families, mitigating the negative outcomes of childhood trauma and reducing the risk of child abuse or neglect.

This year to celebrate Kids in Cedar and Muscatine counties we are holding the following events:

- Pinwheel gardens were planted at schools and municipal buildings throughout Cedar and Muscatine Counties.
- Blue out Days held in both counties, April 5th in Muscatine and April 25th in Cedar
- Presentations were made to different groups throughout both counties
- April 16th a Domestic Violence Panel/Discussion will be held in Muscatine County
- Hosting a Tobacco Education Noon Hour Power on April 17th
- April 23rd Muscatine County will be delivering painted rocks around the county to bring awareness to those who find them
- Having an open house at Cedar County Extension on April 24th to spread awareness on Child Abuse but to also share resources we have at Extension
- Cedar County is holding their Blue Out day on Thursday April 25th and anyone wearing blue that day who goes into the local Coffee Shop in Tipton will receive \$1 off their purchase.
- Handing out Be The One cookies on April 24th and 25th at Cedar County Extension Office

Throughout the year you can also help make a difference in a child's life and help support parents by being involved in activities such as but not limited to:

- Volunteer for an after-school reading program or book club
- Give a new mom a break by bringing over dinner, offering to run an errand, or babysitting.
- Coach a youth sports team to teach kids the value of teamwork
- Host a kid-friendly BBQ or organize a block party so parents can socialize without the stress of finding a sitter
- Contact your elected officials and urge them to support policies and programs that promote safe healthy childhoods.

Together we can give our children the foundation they need to reach their full potential and as a result, build a community that is safer, healthier and more prosperous overall, because connections matter. Be the one to make a kid in your life feel special today.

Region 16 Human Sciences Team

Jen Best, Scott County Families and Youth Educator
Dionne Daedlow, Cedar County Families and Youth Educator
Felicia Marable-Williams, Buy. Eat. Live Healthy Program
Barb Dunn Swanson, Family Life Specialist
Vera Stokes, Nutrition and Wellness Specialist
Phyllis Zalenski, Family Finance Specialist

Upcoming Events

Cent\$ible: First Steps toward Retirement– April 16, Bettendorf

Connections Matter– April 17, Durant

A Journey Through Parkinson's Disease– April 17, Davenport

OUCH! That Stereotype Hurts- April 25, West Liberty

Future Care Planning- April 30 and May 7, Bettendorf

Making Ends Meet– April 30 and May 7, Davenport

Adverse Childhood Experiences– May 1, Durant

Safe Sleep– May 1, Tipton

Food Preservation 101– May 2, Tipton

Small Change for City and County Employees– May 7, Clinton

Talk with Me Baby– May 9, Muscatine

Gardening with Children– May 9, Tipton

ServSafe– May 6, DeWitt

Powerful Tools for Caregivers – Children with special health and behavioral needs- May 14 to June 18, Clinton

Child Abuse Prevention- May 15, Durant

MyPlate in Childcare– May 16, Clinton

www.extension.iastate.edu/calendar/

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