



Clearinghouse on Supervised Visitation Phone Conference Agenda



March 20, 2019
12PM/11CT

Discussion

- **Welcome and Announcements – Everyone is invited!**
- **Check the listings on the website to ensure your program information is up to date and correct for the quarterly report. If you need to add or change anything email Lyndi Bradley at lbradley2@fsu.edu**
- **Questions from Directors-**
 - **Measles and vaccinations; Parents tickling children**
- **Information on Measles & Vaccinations**
- **Mark Your Calendar!**
- **Housing Resources for Victims of Violence**
- **Talking to Children about Emotions**
- **Tickling & Consent**

Reminder—The New Supervised Visitation Manual is available through the Clearinghouse and can be downloaded through this link:

<https://familyvio.csw.fsu.edu/clearinghouse/manuals-and-materials/supervised-visitation/>

Reminder—The New 2018 Child Sexual Abuse Referrals Manual is available through the Clearinghouse and can be downloaded through this link:

<https://familyvio.csw.fsu.edu/new-2018-child-sexual-abuse-referrals-manual-for-providers/>

Information on Measles Cases & Vaccinations

By: Michelle Altemus



According to the Centers for Disease Control and Prevention (CDC), between January 1st and March 7, 2019, 228 cases of measles have been reported across 12 U.S. states. This is an unusually high number given that a total of 188, 86, and 120 cases of measles were reported in 2015, 2016, and 2017, respectively.

Many of these cases are linked to unvaccinated international travelers who have brought the disease into the U.S.

from countries like Israel and Ukraine, which are currently experiencing large measles outbreaks.

Since measles is highly contagious and spreads through coughing and sneezing, American communities with large numbers of unvaccinated

individuals are at an especially high risk of experiencing a measles outbreak. The good news is, parents can protect their children and themselves by getting the measles, mumps, and rubella (MMR) vaccine.



Recommended Vaccines

The CDC emphasizes the importance of vaccinations for the health and safety of children in the United States. They recommend the following vaccinations to protect children against sixteen potentially life-threatening diseases, including measles. These are:

- Hepatitis B (HepB)

- Hepatitis A (HepA)
- Diphtheria, tetanus, and whooping cough (pertussis) (DTaP)
- *Haemophilus influenzae* type b (Hib)
- Polio (IPV)
- Pneumococcal (PCV)
- Rotavirus (RV)
- Influenza (flu)
- Chickenpox (Varicella)
- Measles, Mumps, Rubella (MMR)
- Human papillomavirus (HPV)
- Meningococcal conjugate (MenACWY)

Resources for Parents

Since different vaccines should be administered at different ages and many vaccines requires multiple doses, the CDC has created resources to help parents keep their children on the proper immunization schedule.

- [2019 Recommended Immunizations for Children from Birth Through 6 Years Old](#)
- [Immunization Tracker from Birth Through 6 Years Old](#)
- [2019 Recommended Immunizations for Children 7–18 Years Old](#)



Promoting Awareness

In order to promote awareness and education about the importance of vaccines, the CDC and the National Public Health Information Coalition recognize the following observances:

- National Infant Immunization Week (occurs every April)
- National Immunization Awareness Month (occurs every August)

Community partners can visit the CDC's page on Observances and Toolkits to access materials to support these upcoming events.



References

- Centers for Disease Control and Prevention (CDC). (2016, April 15). Vaccines for your children: Protect your child at every age. Retrieved from <https://www.cdc.gov/vaccines/parents/protecting-children/index.html>
- Centers for Disease Control and Prevention (CDC). (2019, February 5). Resources for parents. Retrieved from <https://www.cdc.gov/vaccines/schedules/parents-adults/resources-parents.html>
- Centers for Disease Control and Prevention (CDC). (2016, November 15). Observances and toolkits. Retrieved from <https://www.cdc.gov/vaccines/partners/childhood/events.html>
- Centers for Disease Control and Prevention (CDC). (2019, March 11). Measles (Rubeola). Retrieved from <https://www.cdc.gov/measles/index.html>
- Centers for Disease Control and Prevention (CDC). (2019, March 11). Measles cases and outbreaks. Retrieved from <https://www.cdc.gov/measles/cases-outbreaks.html>

Mark Your Calendars!



Below is a list of specialty months/days. This list contains how parents can celebrate each one with their children and how supervised visitation monitors can assist parents in the celebration.

March

Social Work Month	- Social Service providers can have a social worker bulletin board where clients can write down what their social workers has done for them and what they are thankful for.
Nutrition Month	- Social service providers can offer parents handouts on healthy diets and recipes they can try to encourage healthy nutrition.
Women's History Month	- Parents can choose one woman in history they admire for every visit and share it with their child. They can read a small narrative of what the woman has contributed to history.
Craft Month	- Parents can plan crafts to complete during their visits for their children. ~ Spring Crafts for Kids – Art and Craft Project Ideas for All Ages https://www.easypeasyandfun.com/spring-crafts-for-kids/
March 20th International Day Of Happiness	- Parents can have their child make a list of things that make them happy and encourage them to look over the list when they need to be cheered up.
March 21st	- Parents can take time to educate their children on down syndrome; this can help children understand the importance of

World Down Syndrome Day

differences and acceptance. Social service providers can assist parents in answering any questions they may have.

- ~ Kids Meet a Woman with Down Syndrome
<https://www.youtube.com/watch?v=zTE4OHpC2EU>

April

**April 12
Teach Your Children to Save the Day**

- Parents can help children come up with a list of items that they want to save money for. Then they can have the child calculate how much money they would have to save each week from their allowance to get the item in a set amount of time.

**April 15
ASL Day**

- Parents can explain the use and importance of ASL to their child. Then they can introduce them to sign language, and teach them a few words that they can incorporate into their everyday life.
~ ASL ABC Lesson and Song - Learn Sign Language Alphabet
<https://www.youtube.com/watch?v=IYhAAMDQI-Q>

**April 22
Earth Day**

- Parents can speak to their children about the importance of recycling and taking care of the Earth.

**April 28
Pay it Forward Day**

- Parents can have their child make up their own superhero. The child can develop a superhero with unique powers and draw what they think their superhero will look like.

**April 27-May 4
National Infant Immunization Week**

- Parents and children can participate with their community in celebrating the critical role vaccinations play in protecting our children, communities, and public health.

**April 29
International Dance Day**

- Parents can ask their child their favorite song and they can have a dance party!

May

May 3rd International Space Day	<p>- Parents can help their children draw a diagram of the solar system and use objects around the room to compare relative sizes of the planets to Earth.</p>
May 15 World Meditation Day	<p>- Parents can set time aside 10 minutes of their visit to watch a video on mindfulness. They can also speak to their child about how they felt and what they liked or disliked about the video.</p> <p>~ Just Breathe: The Importance of Meditation Breaks for Kids: https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Just-Breathe-The-Importance-of-Meditation-Breaks-for-Kids.aspx</p>

July

July 8th Math 2.0 Day	<p>- Parents can plan a STEM experiment to do with their kids, so they foster an interest in math and science.</p> <p>~ Goldfish crackers STEAM Activity Snacks: https://leftbraincraftbrain.com/goldfish-crackers-steam-activity-snacks/</p>
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August

National Immunization Awareness Month	<p>- The National Public Health Information Coalition and the CDC's National Center for Immunization and Respiratory Diseases developed toolkits for adults to educate people of ALL ages about the importance of vaccinations.</p> <p>~ https://www.cdc.gov/vaccines/partners/index.html</p>
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September

September 21st World Gratitude Day	<ul style="list-style-type: none">- Service providers can have a bulletin board where children and parents can write what they are grateful for.
September 23rd Family Day	<ul style="list-style-type: none">- Parents can encourage children to draw a picture of their family. They can ask questions like "What's your favorite thing about our family?" "What makes our family special?"- Social service providers can have a bulletin board displaying all the drawings off different families to promote a diverse image of families.

October

Mental Health Awareness Month	<ul style="list-style-type: none">- Parents can ask their children about mental health and teach their children about why mental health is important. Parents should encourage their children to speak to people they trust about their mental health.- Service providers can give handouts to parents about positive mental health practices.- Service providers can help parents understand the importance of mental health. They can also help parents recognize the signs of mental health issues and provide them with resources or skills to utilize to combat mental health issues.
Family History Month	<ul style="list-style-type: none">- Parents and children can work together to come up with a family tree.
October 4 Kids Music Day	<ul style="list-style-type: none">- Parents or supervised visitation monitors can collect household items to have their child make instruments out of them.

~ Ex: A shoebox, paper towel roll, multiple rubber band, and glue to make a guitar.

November

November 6th
Stress
Awareness
Day

- Encourage parents to set aside time during their visit to do 10 minutes or more of yoga. They can use YouTube videos that guide child appropriate yoga sessions.

~ <https://www.youtube.com/watch?v=X655B4ISakg>

November
13th
World
Kindness Day

- Parents and children can make a list of nice things they want to do for someone else by the end of the day.

~ Ex: hold the door for someone, tell a joke to make someone laugh, compliment someone

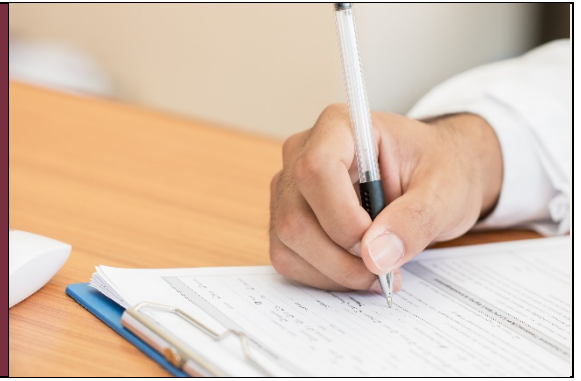
December

December 3rd
Make a Gift
Day

- Parents and children can work together to make a gift for someone special in their lives.

Housing-Related Resources for Victims of Violence

By: Morgan Lodes



In some states, laws are being passed that make it possible for victims of domestic violence to terminate their rental agreements and move away from their abusers. Unfortunately, this specific option is not yet available to victims in Florida. However, there are still resources available to victims of domestic violence in Florida that can help address their safety concerns related to housing. As supervised visitation programs you can help inform victims who you work with of these resources and provide them with contact information for local certified domestic violence centers.

Address Confidentiality Program

Under Sections 741.403 and 741.4651, Florida Statutes (2018), victims of domestic violence, stalking or aggravated stalking, can apply for the *Address Confidentiality Program (ACP)* through the Office of the Attorney General. The ACP conceals the addresses of victims in order to prevent abusers from finding this information through public records. Victims must apply for this program through the Attorney General's office with the help of a designated representative. Victims can call the Florida Domestic Violence Hotline and be connected with agencies/representatives who can help them complete the application.



Once approved for the program, participants are:

- Given a substitute mailing address they can use through which their mail is sent to and then forwarded to their real address.
- Certified for 4 years unless their participation is withdrawn or invalidated before the expiration date.
- Able to seek confidentiality of their voter registration records by referring to their Supervisor of Election's office and showing them their ACP authorization card. Once completing the forms with this office, participants may only vote through absentee ballots.

Relocation Assistance

Authorized under Sections 960.198 and 960.199, Florida Statutes (2018), the *Florida Attorney General's Crime Victim Compensation Program* can provide domestic and sexual violence victims with relocation assistance when there is an immediate need to escape a dangerous environment.

The victim's need for assistance must be certified by either a local domestic violence center or rape crisis center and the incident must be reported to proper authorities. Victims may be approved for up to \$1,500 for one claim with a lifetime maximum of \$3,000.

Additionally, *the Department of Children and Families ACCESS Program* has been authorized by Sections 414.57 and 445.021, Florida Statutes (2018), to provide temporary relocation assistance to families experiencing domestic violence.



The specific program is known as the "Domestic Violence Diversion Program" and can provide up to \$1,000 in relocation assistance. For information on how to apply, victims can call the ACCESS Customer Call Center at 866-762-2237 or a local domestic violence shelter or center can help them fill out the necessary application.

Safety Planning

Local domestic violence centers can provide essential support in completing these types of applications and in creating other plans related to safety. If you know someone who is a victim of domestic violence and in need of assistance they can call the *Florida Domestic Violence Hotline at 1-800-621-4202* and will be connected to resources in their area.

The hotline and local domestic violence centers can help victims of violence create a safety plan when they are considering leaving their abuser. This safety plan will include things such as:

- Housing options
- Emergency services
- Social services
- Friends and family contact information



Safety planning is essential for victims of domestic violence and supervised visitation programs can strongly encourage their clients to seek assistance at a local domestic violence center. It is important to never tell someone to just leave their abuser or to stay in an environment where they do not feel safe. This kind of advice can be incredibly dangerous and misinformed so it is better to direct clients to domestic violence centers who are equipped to navigate these kinds of situations with victims.

To access a full directory of certified domestic violence centers in Florida please visit this website for Florida's Coalition Against Domestic Violence:

<https://www.fcadv.org/local-center-services>

References

Florida Coalition Against Domestic Violence. (n.d.). Local center services.

Retrieved from <https://www.fcadv.org/local-center-services>

Florida Department of Children and Families. (2014). Domestic violence relocation assistance programs. Retrieved from

<http://www.myflfamilies.com/service-programs/domestic-violence/relocation-assistant-programs>

National Housing Law Project. (2013). Housing rights of domestic violence survivors: A state and local law compendium. Retrieved from <http://nhlp.org/files/Domestic%20violence%20housing%20compendium%20FINAL7.pdf>

How to Talk to Children About Emotions

By: Jasmina Claude



Introduction

It is never too early to teach children about emotions. Emotions can sometimes drive a reaction to something pleasant, or unpleasant. Children need to be able to understand why they feel a certain way, so they can be more capable in reacting in appropriate ways. It is important not to teach children how to hide emotions, but rather learn how to manage them.

Objectives

This E-Press serves as a guide to parents on teaching children the importance of emotions as well on how to manage and the emotions they may experience. Parents will learn how emotions drive their children's mood, actions, and long-term feelings.

What are emotions and why are they important?

Emotions are feelings based on a person's mood, circumstance, or relationship. We express emotions every day, so it is important to take into consideration how emotions affects our actions and us.

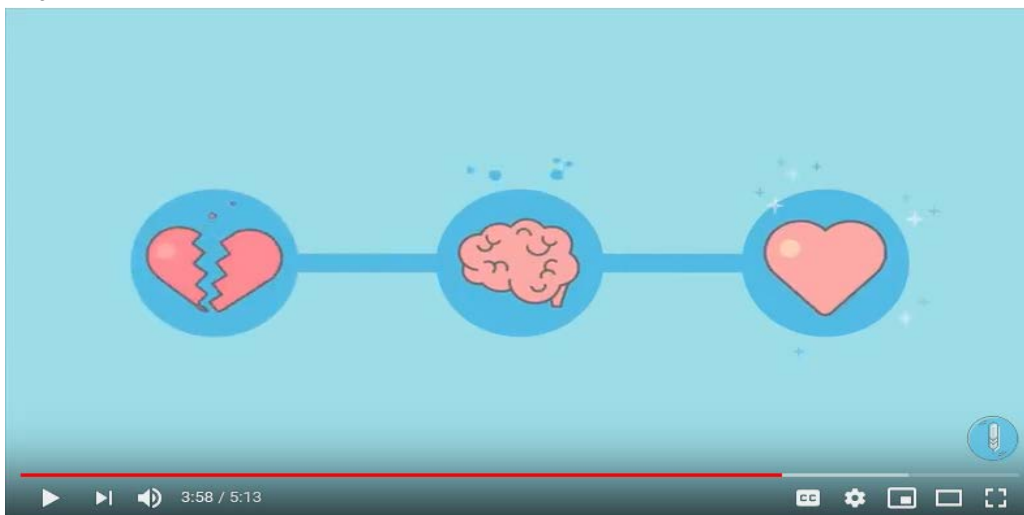
Although children may express emotions, it is important for them to understand why they are having those emotions, and then what to do about it. It will be easier to talk to your children about emotions when you know exactly what emotions are and how they play such a big role in our lives.



Here are some tips on how to help children manage their emotions:

- 1) Instead of telling your children to “stop crying” ask them to explain why they are feeling the way they are to help them understand what triggered those emotions and what they can do next time.
- 2) Help children understand that feelings come and go. No emotion or feeling will last forever.
- 3) Allow children to see when they make a mistake and what they can learn from it. Also, acknowledge when you make a mistake. This normalizes the process and helps them realize that making mistakes are a part of life. It is what you learn and how you move forward that matters.
- 4) Directing children on understand how losing their temper is not the right approach, and provided them with other ways they can express themselves.

Here is a great video explaining what emotions are and why they are important in your daily life:



This is why emotions are important

https://www.youtube.com/watch?v=CuL7A_zmqD0&feature=youtu.be

Children needing help managing their emotions

Children depend on parents to help guide them on building a strong positive self-esteem as well as self-image. Allowing your children to express their

emotions is vital to a healthy relationship with you and themselves. Explaining to your children that it is okay to feel the way that they feel and that it is normal may help them understand and become more aware of their emotions. Below is a great video on how kids can control their emotions in different situations:



Controlling Emotions for Kids

<https://www.youtube.com/watch?v=iGET9fNNlkw>

Books for kids that may help him deal with managing their emotions:

- **The Great Big Book of Feelings , By: Mary Hoffman**

This book explains the different emotions children may experience and how to identify what they are feeling.

- **Sam’s Pet Temper, By : Sangeeta Bhadra**

This book features a child who gets frustrated at the playground and a “temper” shows up. The book talks about how a temper can children more and more trouble and how children can learn to tame a “temper.”



- **In My Heart: A Book of Feelings, By : Jo Witek**

This book introduces children to emotions. This book uses descriptive language on what children may feel when experiencing different emotions.

- **The Way I Feel, By : Janan Cain**

This book help kids understand that emotions are a very real thing and helps kids understand how to express their emotions.

- **My Many Colored Days, By : Dr. Seuss**

This book by Dr. Seuss expresses emotions with colors and provides great color usage while associating different colors with different emotions.

Conclusion

Parents can discuss the importance of emotions with children at any age. Remember to talk your children and let them know that their feelings are valid, and feelings do not last forever. When children have an understanding about emotions, it allows them to be better equipped with ways to manage them.

References:

Firestone, L. (2012, January 18). Tips for helping kids handle their emotions.

Retrieved from <https://www.psychologytoday.com/us/blog/compassion-matters/201201/tips-helping-kids-handle-their-emotions>

Lively, S. (2018, May 13). Best parent resources to teach kids about feelings.

Retrieved from <http://onetimethrough.com/best-parent-resources-to-teach-kids-about-feelings/>

Tickling & Consent

By: Michelle Atlemus



Introduction

Most people have a memory of being tickled as a child. Some parents may tickle their children because it is what their parents did with them. Although it is usually thought of as a harmless way to play with your children, tickling them without asking if it is alright, or if they even enjoy it, may have unintended negative consequences.

Objectives

This E-Press will help parents and social service providers learn:

- Why laughter from tickling doesn't always mean a child enjoys it
- How tickling children without their consent can be harmful
- How tickling can be used to teach children about consent

Does Everyone Enjoy Being Tickled?

It is easy to assume that a child is truly happy when you see them laughing while being tickled. However, that is not always the case. Our response to tickling, including laughter, is actually an involuntary reflex of the body. Therefore, although some people love being tickled, others may hate it. Research has even been conducted to try to figure out what causes these individual differences. This confusion can lead people to ignore children when they ask to stop being tickled.



When Can Tickling Be Harmful?

Even if you have the best intentions, tickling a child who does not want to be tickled can have some harmful effects. These include making a child feel:

- scared
- overwhelmed, or
- violated.

Some adults even report being afraid of physical contact or being too close to other people because of memories of being tickled as a child and not being able to stop it.



So what can be done to avoid this harm? Psychologist Stephen Glicksman offers a simple suggestion for parents, which is to always stop if your child asks you to stop (Gillespie, 2019). Some parents take it a step further and suggest waiting to start this activity with your child until they are old enough to be asked whether they want to be tickled or not.

Using Tickling to Teach Consent

Implementing these guidelines around tickling also provide parents with an opportunity to teach their children about consent. By asking for permission to be touched, parents are showing children that they have the right to decide what happens to their own bodies and empowers them to speak up about it. Additionally, by respecting their children's decisions and stopping when being asked to stop, parents are modeling how their children should treat others.

Even if the risk surrounding tickling may seem relatively low, teaching children these lessons from an early



age can provide an important foundation for later in life, when the stakes may be higher.

Conclusion

Although it may be tempting for parents to automatically turn to tickling as a way to connect with your child or as an easy way to make them laugh, challenge yourself to be more creative. Some tips for choosing activities that promote healthy play include letting your child guide the type of play and giving them the more powerful role in the interaction. This is different than tickling where the adult typically has all of the power to decide how the play occurs and how long it lasts.

References

- Gillespie, C. (2019, February 25). Tickling can be fun, but some kids hate it. Respect their boundaries. *Washington Post*. Retrieved from https://www.washingtonpost.com/lifestyle/2019/02/25/tickling-can-be-fun-some-kids-hate-it-respect-their-boundaries/?noredirect=on&utm_term=.3523cb50b57f
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Contact the Clearinghouse at
850-644-1715

