

CLEARINGHOUSE ON SUPERVISED VISITATION

October 2023 E-Press

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Announcements	New Project Announcement
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Upcoming Phone Conferences

- Oct 18, 2023 @ 12PM/11CT
- Nov 15, 2023 @ 12PM/11CT
- Dec 20, 2023 @ 12PM/11CT

Offering parents an opportunity to participate in a parenting study! See next page for more information.





POWER OF PARENTS

IN CHILD PROTECTION

Researchers from Florida State University are conducting surveys and interviews with parents involved in DCF. We want to learn from you. Your responses can help improve the system and help other parents.

You will be invited to complete 4 online surveys over the next 18 months and have the option to participate in interviews to discuss your experiences. We are not part of DCF and your answers will be confidential. Participation is voluntary.

To thank you for your time, you will receive \$25 for the 1st survey, and up to \$130 total for completing all 4 surveys. If you decide to complete interviews, you can receive \$50 per interview – up to \$200 more. To be eligible for the study, you must be a parent who has recently become involved with the system.

Next step: Please click on the QR code below. From there, you can let us know if we can contact you with the survey link.

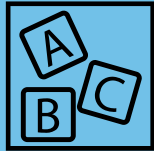


If you have problems with the QR code, text this email: PowerOfParents@fsu.edu with your name, phone number, and if you are interested in participating (yes or no).

We look forward to hearing from you!

OCTOBER IS

Safe Sleep Awareness Month



The ABCs of Safe Sleep

It is recommended that babies sleep:

- Alone
- On their Back
- Clear and in a Crib
 - Clear of pillows, blankets, bumpers, or other products
 - In a crib that meets the federal standards

Each year, there are about 3,400 sudden unexpected infant deaths (SUID) in the US.

The three most common types of SUID include SIDS, unknown cause, and accidental suffocation or strangulation.



Safe sleep practices can help reduce the number of cases of sleep-related infant deaths and deaths due to sudden infant death syndrome (SIDS). SIDS and sleep-related infant deaths disproportionately impact American Indian/Alaskan Native, Black, and Hawaiian Native/Pacific Islander families. In 2021, the Safe Sleep for Babies Act made it unlawful for companies to manufacture, sell, or distribute crib bumpers or inclined sleepers for babies under a year old. A pediatric Doctor from Children's Memorial Hermann Hospital in Houston shared some tips for safe infant sleep practices:

Do

- Follow the Safe Sleep Policy from the American Academy of Pediatrics.
- Share a room with your baby, not a bed.
- Lay your baby on a flat, firm surface.
- Use products specifically designed for infant sleep.

Don't

- Don't co-sleep or lay your baby down on soft furniture.
- Don't use a sleeper that inclines more than 10 degrees.
- Don't use crib bumpers, stuffed animals, pillows, or blankets.
- Don't use commercial devices that claim to reduce the risk of SIDS as often the claims are untested.



November is

NATIONAL HOMELESS YOUTH AWARENESS MONTH

Homelessness among youth is a complex social issue with a variety of underlying factors. These factors may include, but are not limited to: poverty, family instability and conflict, abuse and neglect, involvement in the child welfare or juvenile justice systems, lack of affordable housing, lack of job opportunities that pay a living wage, mental health issues, and substance misuse. During homeless youth awareness month, organizations work to address the root causes of homelessness, advocate for the needs of those experiencing homelessness, and take steps to end and prevent youth homelessness.

"UNSTABLE, UNSAFE HOUSING SITUATIONS SETS YOUTH ON A PATHWAY TO GREATER TRAUMA, RISK AND INSTABILITY"

While homelessness may appear to be a straightforward term, it can take on many forms. This includes sleeping outside, on public transportation, in a car, in a motel, on a friend's couch (often called couchsurfing), and in shelters.

Youth that are experiencing homelessness are more likely than the general population to endure threats to the health, safety, and well-being. Some of these effects include:

- Poor school performance, sometimes resulting in dropping out
- Involvement in the criminal justice system
- Mental health issues
- Substance misuse
- Being physically or sexually assaulted
- Being trafficked
- Resorting to survival crime
- and more...

Statistics

- Approximately 1 in 30 youth ages 13-17 experience homelessness in a 12-month period.
- About 3.5 million young adults, age 18-25, experience homelessness in a year.
- In 2020, there were 1.1 million children pre-k through 12th grade enrolled in US public schools.
- LGBTQ+ youth were twice as likely to experience homelessness.
- Black youth are at an 83% more risk than white youth to experience homelessness.



ADOPTION AWARENESS MONTH

FACTS & STATISTICS

- More than a third of Americans share that they have considered adoption, but only 2% have adopted.
- Currently, there are over 400,000 children in foster care.
- In 2021, there were over 114,000 children and teens waiting to be adopted who were at risk of aging out of foster care.
- More than 1 in 5 children waiting to be adopted are teens.
- The average age of all children waiting to be adopted in 2021 was 7.5 years old.
- The average time in care for children waiting to be adopted is just under 3 years. 60% of children in foster care spend 2-5 years in the system before being adopted.
- Over 50,000 foster children are adopted each year.

HOPE FOR THE FUTURE

All children deserve a forever family. Becoming a foster parent or adopting can help provide a solid foundation and bright and hopeful future to these youth.

WHY PEOPLE CHOOSE TO ADOPT

People choose to adopt for many reasons including completing their existing family, wanting to give a child a forever family, and not being able to have biological children of their own.

Information obtained from: Children's Bureau and Specialized alternatives for Families and Youth



HISTORY

National Adoption Month was first proclaimed by President Clinton in 1995 following the wide recognition of Adoption week. The month is designated to raise awareness about the urgent need for adoptive families for the youth in foster care. In recent years, awareness efforts have largely focused on adoption for teens, as teens wait longer for permanency and are at risk for aging out. Establishing secure connections for these youth is critical for future health, well-being, and success.

Co-Parenting Resources

FSU offers a free, online co-parenting course. This course includes many resources that may be helpful for the families you serve. On the next page, you can watch two parents describing their experiences with trauma and how those experiences have impacted their parenting/co-parenting.

FLORIDA STATE UNIVERSITY



FLORIDA STATE UNIVERSITY

SUCCESSFUL CO-PARENTING AFTER DIVORCE

HOME

TRAINING ▾

RESOURCES ▾

HELP ▾

LOGIN

READY TO
GET STARTED?

START YOUR FREE
TRAINING TODAY!

LOGIN

CREATE ACCOUNT

EN ESPAÑOL



TOOLKIT INCLUDES THREE MODULES

See the training at coparenting.fsu.edu

Watch the videos below.



See coparenting.fsu.edu for more information.

New Project

The Clearinghouse is starting a new project called “Parenting Club.” Through this new project, program staff will be provided information that can be distributed right to parents via text message. This information is tailored to the age range of the children. Parents will learn bite size parenting skills including how-to videos for them to watch.



WELCOME TO OUR

BABY PARENTING CLUB

IFVS - FSU



INFANTS (0-1 YEARS OLD)



FOLLOW THESE EASY STEPS:

1

Identify
Clients who
have children
ages 0 to 1

2

Ask your client if
you can send them
information and tips
about their child's
development

3

Decide how often
your program
wants to send
messages.


we recommend
sending a message
every 15 days

4



Decide which
platform you
would like to send
these messages.

text?
email?





In the following slides, you will find useful and easy micro-parenting skills, designed to be sent to parents via text message.



Our aim is to provide simple and direct advice for new parents of infants between birth and 12 months.

Please use the next slides as examples of texts you can send.



HOW TO HOLD YOUR BABY?



Keep the
baby close to
your body

Make sure that
the baby's face
is not covered
or obstructed

Easy
video
tutorial

Secure the
baby's head
close to your
chest



HOW TO HOLD A NEWBORN?

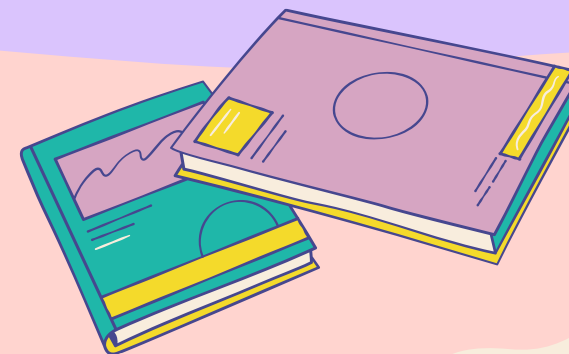
VIDEO



DIFFERENT WAYS TO HOLD YOUR BABY



Dad shows
various
techniques you
can use.

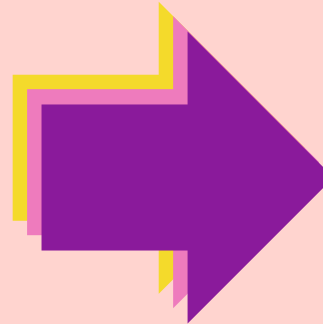


Click to
watch the
video

THE IMPORTANCE OF EYE CONTACT



Eye Contact:
Key to Bonding
with Baby



Making eye contact is the most powerful mode of establishing a communicative link between humans.



Click to
watch
the video



PUTTING YOUR BABY TO BED



Quick tips for
newborn
sleeping
techniques

Sleep basics
for babies 3 to
9 months old

Click to
watch the
videos



BONDING

With your
baby in
the womb



With
your
newborn
baby_



Use your
voice

PLAY WITH YOUR NEW BORN BABY

Use soft
toys

Tummy
time
moments

Sing

Click to
watch
the video

HOW TO SETTLE A FUSSY BABY



Click to
watch
the video

CALMING A COLICKY BABY



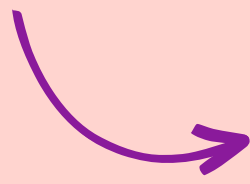
BOTTLE FEEDING YOUR BABY



TIPS FOR TEACHING YOUR BABY SELF-FEEDING



Click to
watch the
video



TAKE CARE OF YOURSELF

HAPPY PARENT =
HAPPY CHILD



Click the
links to
access
the
videos



SELF-CARE
AND
PARENTING

WELCOME TO OUR

TODDLER PARENTING CLUB

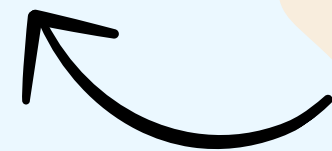
IFVS - FSU



TODDLER (1 - 3 YEARS OLD)



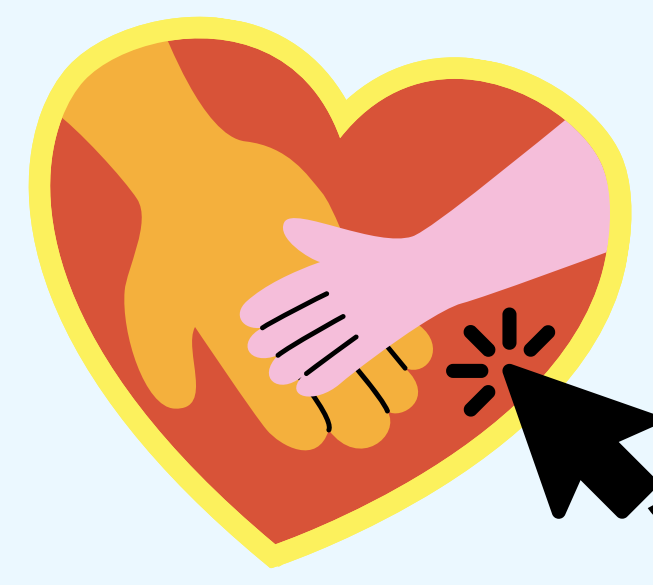
COMMUNICATING
WITH YOUR
CHILD



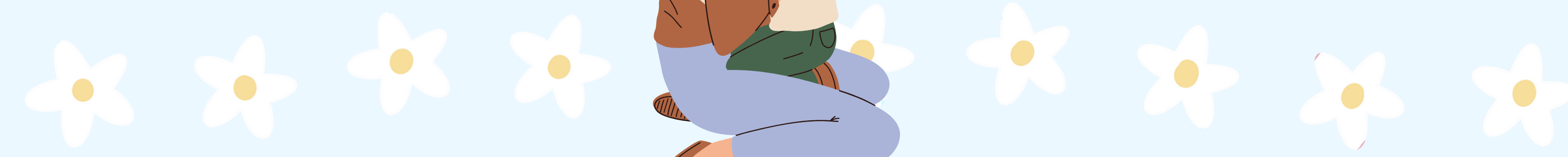
Click to
watch the
video



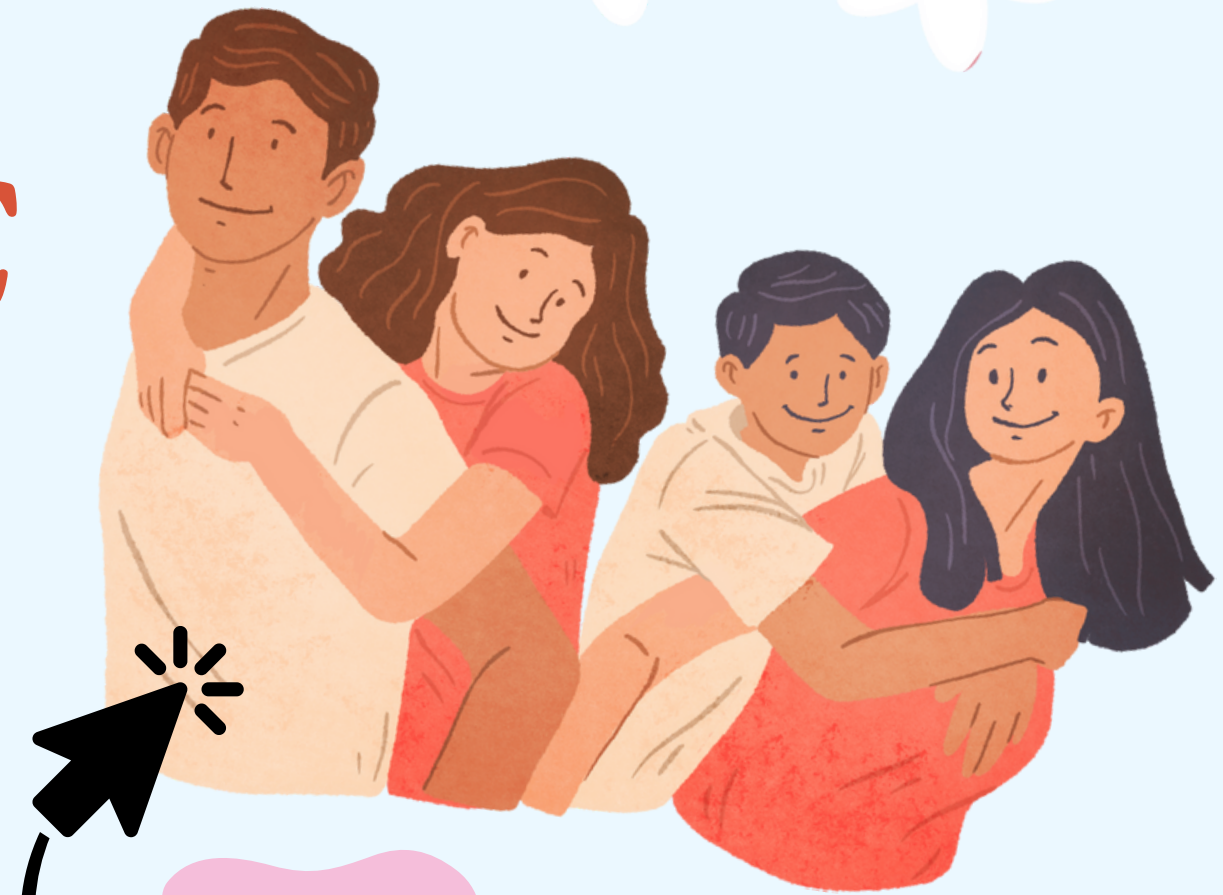
DEVELOP YOUR CHILD'S COMMUNICATION SKILLS



Click to
watch the
video



**POSITIVE DISCIPLINE
TECHNIQUES
YOU CAN TRY.**



Click the
image to
watch the
video

CALMING TECHNIQUES
TO HELP YOUR
CHILD REGULATE
EMOTIONS



Click to
watch the
video



**WHY IS GIVING
YOUR KID CLEAR
DIRECTIONS
IMPORTANT?**

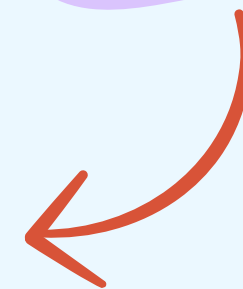


CLICK THE
IMAGE TO
WATCH THE
VIDEO

**HELP YOUR CHILD
DEVELOP THEIR
EMOTIONAL
SKILLS**



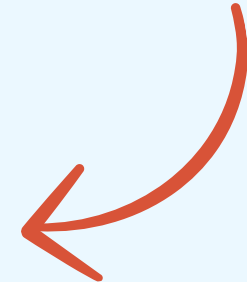
*Click the
image to
watch the
video*



HOW TO STOP THE CYCLE OF YELLING AT YOUR KIDS?



Click the
image to
watch the
video



WONDERING
HOW TO BUILD
THE SELF-ESTEEM
OF YOUR CHILD?

check
out
this
video

Click the
image to
watch



An illustration of a woman with blonde hair and glasses, wearing a red long-sleeved shirt and a tan shawl, carrying a young girl with dark hair in a pink shirt in a tan baby sling. The woman is holding a brown paper grocery bag and a red apple. The background is light blue with a row of white daisies at the top and bottom.

WAYS TO PROMOTE HEALTHY EATING HABITS IN YOUR KIDS

A purple rounded rectangular button with a white arrow pointing from the button to the grocery bag in the illustration above.

*Click the image
to watch the
video*



HOW TO TEACH YOUR TODDLER TO TALK

Click the image
to watch the
video

