



Kids & Families Together

February 2012

February: A Month Worth Celebrating Black History Month, National Children's Dental Health Month & American Heart Month



Chocolate, roses, cards, romance; these are the first words that come to mind when the word "February" is uttered. Of course the association being made is to that of Valentine's Day, which is celebrated every Feb 14th. However, February is also a month filled with awareness. From black history to children's oral hygiene and heart health.

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the im-

portance of oral health. The main goal is to highlight the importance of developing good habits at an early age and scheduling regular dental visits. This helps children get a good start on a lifetime of healthy teeth and gums. The ADA has free online resources that can help you. The 2012 campaign "Rock Your Smile," brings together thousands of dedicated dental professionals, health care providers and others to promote the benefits of good oral health to children and adults, caregivers, teachers, and many others. To learn more about keeping your child's teeth in tip-top shape visit: <http://www.ada.org/5578.aspx>

Heart disease is another issue that calls for awareness in the month of February. It is the leading cause of death in the U.S. Unlike some other diseases, heart disease can be prevented. It's all about keeping your heart healthy! Cont.pg 2

Having Faith

Dear Faith,

My 8 year old adopted daughter who was adopted from an orphanage in China at the age three finally trusts that she is a part of our family forever. She has made so much progress in trusting me to take care of her and meet her needs on a daily basis. She has a good relationship with my husband but it is me that she wants when she is upset as I have been her primary caregiver.

Next month, I have to go to another state for a week to help take care of my mother who is having surgery and I am going to have to be away from her. Can you give me some ideas on how to

minimize her trauma during our temporary separation?

Concerned in Ventura

Dear Concerned,

Hopefully, you won't need to be apart from your child often. But for those times when you do, here are some ways to help your child through the separation:

-Allow your child to sleep with your pillow, or even in your bed, while you are away.

-Leave an audio or video tape of you reading a favorite bedtime story, for the child Cont. pg 3

Kids & Families Together's mission is to strengthen relationships and provide safe, supportive help and education to keep family members emotionally connected to one another.

IN OUR COMMUNITY

A look at what's happening this month



Keeping up with Kids & Families

There are a number of ways to stay in loop with what's going on at Kids & Families Together. If you are reading this, you're already one step ahead!

You can also Like us on Facebook, send us a tweet on Twitter @KandFT, Follow us on LinkedIn, check out our calendar on our website, give us a call or stop by our center.



February 9, Family Night activities at Chick-fil-A Oxnard. 5:00pm to 8:00pm 2040 N Rose ave. Oxnard, CA

February 11, Free Kids Crafts at Lakeshore Learning. 11:00 am to 3:00pm Free crafts for kids ages 3 and up. 4705 Telephone Rd. Ventura, CA

February 16, CLU Screens Immigrant Film "Which Way Home" in Oxnard 6:00pm to 9:00pm California Lutheran University will take its popular Reel Justice Film Series off campus for the first time, screening a documentary at Oxnard College about children attempting to immigrate to the United States.

February 18, Local Rock Picnic - Ventura Music Week 11:00am to 6:00pm Plaza Park, Downtown Ventura. An all ages Music, Art, and Community event organized in conjunction with Ventura Music Week, February 15-19

February 20, 20th Annual Presidents Day Celebration at Reagan Library 10:00am to 3:00pm. Come mingle with our Founding Fathers during the 20th Annual Presidents Day Celebration at the Ronald Reagan Presidential Library and Museum. This celebration includes fun for the whole family, including musical entertainment, storytelling, arts and crafts, and presidential and first lady look-alikes. ! Hot dogs, pie, and other all-American foods will be available for purchase.

February 25, Kids Fun Zone at Janss Marketplace 12:00pm to 3:00pm Wilbur and Moorpark Roads, Thousand Oaks, Ca The Kids Fun Zone craft events meets the last Saturday of every month from noon to 3 p.m. at the Janss Marketplace. Kids Fun Zone membership includes lifetime membership cards, free seasonal crafts, merchant discounts and birthday gifts.

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Watch your weight by eating right and keeping active. This means appropriate portions, cutting back on foods with added sugars and foods that are high in fat. Quit smoking and stay away from secondhand smoke. Control your cholesterol and blood pressure and/or diabetes, and if you drink alcohol, drink only in moderation. Talk to your doctor about other ways to keep your heart healthy and if you're taking aspirin every day if you are a man over the age of 45 or a woman over 55.

There are many resources available including the [Center for Disease Control's](#) website as well as [WISEWOMAN](#) whose mission is to

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provide low-income, under- or uninsured 40- to 64-year-old women with the knowledge, skills, and opportunities to improve diet, physical activity, and other lifestyle behaviors to prevent or delay cardiovascular and other chronic diseases.

Finally, February honors Black History Month. Black History Month celebrates contributions made by African Americans and people of African descent around the world. It was started by an African American man named Dr. Carter G. Woodson in 1926 during the second week of February as a way to recognize the contributions of the African American community. Dr. Woodson devoted his life to educating people as a teacher, a writer, and a publisher. Black History is

now celebrated for the whole month of February in the United States and Canada, and the month of October in the United Kingdom.

No matter what your background, everyone can celebrate the importance of Black History Month. Celebrate the achievements and inventions and find a way to commemorate those achievements that affect your everyday life, whether it's through art, film, literature, music, education, civil rights, sports or even food.

February is much more than just red roses and chocolates. While it may be the shortest month of the year, it definitely isn't short in celebrating and raising awareness for some really important causes.

connect@kidsandfamilies.org

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to listen to while you are gone. while you are away. Emphasize that you are thinking of her at the very moment she is reading it and that you miss her as much as she misses you.

-Wear your own favorite T-shirt or sleepwear and then, without washing it, leave it for your child to take to bed when she misses you.

-Decide ahead of time when you will call her and be sure that it is arranged that she will be home to get your call so that she doesn't miss you her.

-Take a picture or drawing of you and your child together with you, and make sure that she knows you keep it close to you while you are gone. Do the same for your child, but be aware that she may "lose" it if she gets angry about being separated from you.

If you plan ahead and use some of the ideas mentioned above or come up with your own ideas with your child to make the separation easier for her, you will be helping your

daughter to know that you are still emotionally connected even when you are physically apart.

-Faith



Thank You!

Kids and Families Together would like to thank the wonderful and gracious people and organizations who generously helped us and our families these past few months.

Amber's Light Camarillo Lions Club, President
Debbie Brown
Special Thanks to Chris Graham & Ginger
Schulze
Left Coast Parrot Heads, President Sandy
Thompson.



Did you know kids and Families Together has a Food Share pantry available to Kinship Families and Emancipated Youth? Our pantry offers non-perishable & dry-goods. All you need to do is call and make an appointment! 805-643-1446 ext.125

Training Opportunities

from Ventura County Community College District's Foster & Kinship Care Education

The ABC's of AB12— Perhaps you've heard it said "AB12 changes everything"...and although it may not change everything, it will allow youth to remain in foster until age 21 (under certain conditions). This workshop will provide an introductory overview of the history of the legislation, eligibility, implementation, participation requirements and conditions and describe the role of caregivers. All foster parents and guardians, especially those who care for children over the age of 16, are highly encouraged to attend! Dinner is included. Space is limited and all are welcome, but priority will go to Foster & Kinship Parents (2 training hours provided) who preregister by January 20. Tuesday, January 24, 5100 Adolfo Rd, Camarillo Dinner 5:30-6, Workshop 6-8pm

Positive Discipline for Preschoolers— Caring for young children is one of the most difficult tasks an adult will ever face. No matter how much you love your child, there will be moments filled with frustration, anger, even desperation. And of course, there will be many questions. Throughout the course you will learn how to use kind and firm methods to raise a child who is responsible, respectful and resourceful. You will be given practical solutions to thing such challenges as potty training, sleeping, and tantrums. Limited childcare is available with pre-registration; please call Channel Islands Social Services 384-0983, no later than January 12th. Channel Islands Social Services 900 Calle Plano Suite K, Camarillo, 6-8pm 6 Wednesdays Jan 18-Feb 22

Cornerstone Training Network: Picky Eaters— This presentation will define what is and is not picky eating, why it happens, and what care givers can do about it. Saturday, January 14th 9:00-11:00am @ Cornerstone Church 2080 Winifred Street, Simi Valley Room 10 . Please RSVP for limited childcare by calling Channel Islands Social Services 384-0983, no later than January 11th.

Self Care For Care Givers— The demands of care giving and busy lives often bring added stress. When we are so busy taking care of others, we often forget to take care of ourselves. This interactive workshop will show how self-care is an important component in keeping yourself and your family balanced. Specific ways we can take care of ourselves will be shared! Saturday, January 28th 10am-noon @ Kids & Families Together 856 E. Thompson Blvd., Ventura

www.kidsandfamilies.org/calendar for more information & registration

K&FT Staff Spotlight: Alex Lemus

Our staff members play a critical role in maintaining the everyday flow of Kids & Families Together. They are kind, nurturing and here to serve their community.



You are the EPSDT Program Coordinator. What does EPSDT stand for?
EPSDT stands for Early Periodic Screening Diagnostic and Treatment. It's a family driven in-home and/or in-office counseling, case management and support services focusing on attachment issues.

How long have you been at Kids & Families Together?
I have been working for K&FT for one year and five months.

What's worse? A paper cut, splinter, or burning your tongue?
I would have to say a paper cut is worse! lol

What is your favorite brand of gum?
My favorite brand of gum is Trident.

