



Prevent Child Abuse Athens

Positive Parenting • Stronger Families

FALL 2007

PINS FOR PREVENTION

Thank you to all the people who attended our family-friendly Pins for Prevention bowling fundraiser, held August 25 at Showtime Bowl. Hairy Dawg, Spike, and the UGA cheerleaders were a big hit, bowling and posing for photos with the kids. Thanks to PCAA staff members (especially Pat Berger, who coordinated the event) and Board members Lynn Brown, Amy Parrish, Scott Reynolds, and Rick Waters for your support.

Thanks to our Pins for Prevention Sponsors: Athens Parent Magazine, Athens Area Pediatric Dentistry, Akins Mazda Athens, Cartridge World, Crawlspace Solutions, Greg & Lisa Irvin, Iris Place, Papa John's, Pepsi, Phil Hughes Honda, Plexus Web Design, Total Landscaping Concepts, and WellCare.



*Hairy Dawg likes to bowl.
UGA Cheerleaders painted faces.*



healthy families georgia

Healthy Families Georgia (HFG) is a collaborative effort of Prevent Child Abuse Georgia, Georgia Children's Trust Fund Commission, and communities throughout Georgia. HFG is

a continuum of voluntary, research-based services designed to reach out to all parents of newborns by offering support and information to families starting prenatally or at the time of the birth of their baby.

Prevent Child Abuse Athens has been a part of the HFG network for more than ten years. Among the services we provide are:

First Steps for all parents of newborns including an initial face-to-face visit at Athens Regional Medical Center, and ongoing support and information for the first three months of a baby's life (1,200 families each year).

Assessment offered to vulnerable first-time parents of newborns to determine a family's level of need for additional services and community resources (200 families each year).

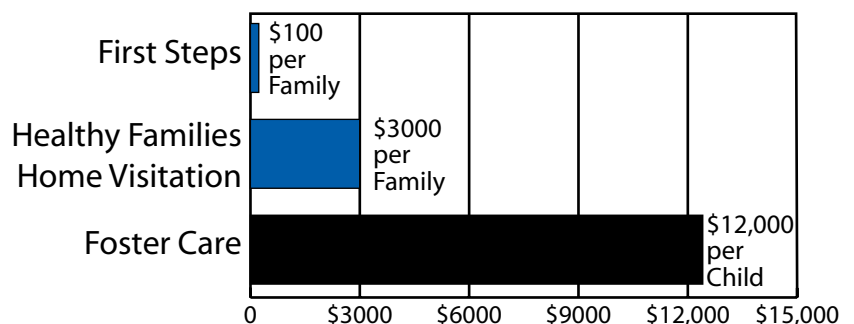
Healthy Families Home Visitation offered to first-time parents whose assessments indicate a risk for negative outcomes for the child and family. These services are intensive and long-term, provided for up to four years (150 families each year.)

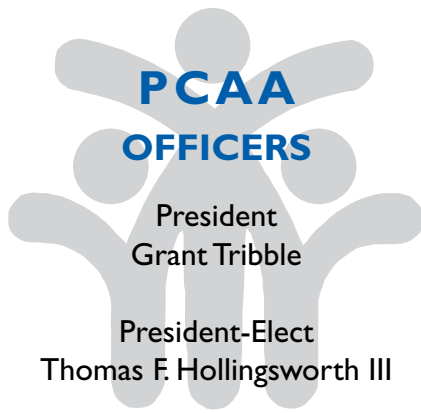
Positive outcomes for parents and children include:

- 99% of children are linked to a primary care medical provider
- early and extensive connections to community resources are made for all program participants
- positive changes in parenting beliefs and attitudes reduce risk for abusive parental behavior
- improved home environments, leading to more nurturing and stimulation for young children
- 50% reduction in the risk for child maltreatment (cross check with DFCS Data System)
- 98% of families receiving HFG home visiting services for 1 year or longer have no substantiated reports of child abuse or neglect

Healthy Families Georgia is cost-effective

Per Year





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Volunteer SPOTLIGHT



Carolyn Dees has been volunteering at Prevent Child Abuse Athens for a little over a year. She has assisted with our Parenting Classes, helping with set-up, donating needed items for class, researching supplemental class materials, and most recently co-teaching the Nurturing Parenting series. She attended three days of required training on her own time, even taking a day off of work to do so.

Carolyn is also working as a First Steps volunteer. Twice a month, she does initial visits with new parents at Athens Regional Medical Center, and then does supportive follow-up phone calls with those families. She is very conscientious about attending ongoing training on topics such as infant and postpartum care, breastfeeding, stress reduction, shaken baby syndrome, and Sudden Infant Death syndrome.

This active volunteer also supports PCAA's community education activities, attending the Prevent Child Abuse Walk, and the "Circles of Safety" child sexual abuse prevention training.

Time Out!

What is Time-Out?

Time-Out is a temporary removal of children from a pleasant situation (people, fun activities) to a boring but safe situation, because they chose to act inappropriately. It is NOT solitary confinement in a dark room. Time-Out is an effective non-physical form of discipline that works best with pre-school and school-age children. Remember that Time-Out is effective only when "Time-In" (parents and children interacting) is frequent and fun for everyone.

When do I use Time-Out?

Time-Out should be used only after the child understands acceptable and unacceptable behavior ("family rules") and when that child seriously violates a rule, such as: deliberately breaking something, throwing objects in anger, ignoring a request to stop doing something, hitting, kicking, disrespectful talk, etc.

How do I use Time-Out?

- Give the child one warning that the behavior is inappropriate, and if it continues they will have to take a Time-Out.
- If inappropriate behavior continues, tell the child to go to the Time-Out area (e.g. a stairway, hallway, or chair near the wall), using gentle direction if necessary.
- Ignore all comments, promises, or arguments by the child that she or he won't do the behavior anymore.
- Tell the child how long the Time-Out will last (one to seven minutes, depending on the age of the child and the seriousness of the offense), and set a timer.
- Remind the child that Time-Out doesn't start until he or she is quiet.
- After the Time-Out is over, redirect the child to appropriate behaviors.

These basic tips are adapted from Nurturing Parenting by Stephen J. Bavolek. For more detailed information about Time-Out and family rules, contact our Parenting Educator Grace Arthur, at 706-548-3216.

Artist Leonard Piha

Continues Support of PCAA



Long-time Starry Starry Night contributor Leonard Piha has announced that during the coming year, he will have a special arrangement with supporters of Prevent Child Abuse Athens. Half of the proceeds from any artwork sold will be donated to PCAA.

“Since becoming aware of Prevent Child Abuse Athens and its programs several years ago, I’ve been happy to donate my work for the Starry Starry Night auction,” Leonard said. “This is an opportunity for

me to increase my support for PCAA.”

Leonard, who also teaches art at Barnett Shoals Elementary School, earned his master’s in fine arts degree from the Cranbrook Academy of Art in Michigan. His artwork is a combination of sculpture and painting and emphasizes the use of found objects.

“I’ve created things all of my life,” Leonard said. “As a teen-ager I focused on pottery. Later, I took courses in welding at a technical college and discovered that what I really liked to do was to get the practice pieces that had been thrown out and use them in my art.”

Although Leonard had some instructors who advised him to move toward a more traditional style of art, a visit to one instructor’s home introduced him to folk art. Much of Leonard’s current work involves painting on various surfaces, including wood and metal.



Anyone interested in viewing his work may call or email Leonard directly at 706-357-9111, or pihal@clarke.k12.ga.us. Please tell him that you are a supporter of PCAA.

Nurturing Parenting classes will be held on Tuesday nights, 6:00-8:00 p.m., for 8 weeks beginning October 23, at Campus View Church of Christ. PCAA has offered parenting classes since 1990, serving over 150 people in the past year.

Stop It Now! Georgia Works to Prevent Child Sexual Abuse

In 90% of child sexual abuse cases, the child knows and trusts the person who commits the abuse. It’s hard to face the face that someone we know – and even like – might be a sexual abuser.

For many years, child sexual abuse prevention efforts have concentrated on school-based programs (e.g. “Good Touch, Bad Touch”) that teach children about personal boundaries and body safety. These programs have been important for giving children the tools to report their own abuse. Unfortunately, these strategies are only implemented after an abuse incident has occurred.

Stop It Now! Georgia wants to shift the focus of prevention efforts by educating adults to recognize behaviors in other adults that leave children vulnerable. Adults can learn the skills to talk to other adults, and create a safety plan for the children in their care, before a child is harmed.

Resources Available

Prevent Child Abuse Georgia

1-800-CHILDREN Helpline
8:00 a.m. – 8:00 p.m.
Confidential help about warning signs, how to have a conversation with an adult whose behaviors concern you, developing a family safety plan, and more.

Prevent Child Abuse Athens

Pamphlets: “Let’s Talk”, “Child Sexual Abuse”, and others

“Circles of Safety” presentation to your community group



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**MISSION: To Prevent
Child Abuse and
Neglect In All Its Forms**

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*Major support for the programs of
Prevent Child Abuse Athens
is provided by:*

Children's Trust Fund of Georgia

Georgia Department of Human Resources
(Promoting Safe and Stable Families)

United Way of NE Georgia

Children and Youth Coordinating Council

Athens-Clarke County Human and Economic Development

Kappa Delta Sorority

Athens Regional Medical Center

Family Nurturing Center

Publix Super Markets Charities

Turner Family Foundation

Target Stores

SAVE THE DATE

Starry, Starry Night

Saturday, March 1, 2008

Athens Country Club