

FAMILY SUPPORT CENTER Of Barry County 2014



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Executive Director*

Mission Statement

"To eliminate and prevent all forms of child abuse and neglect through awareness, advocacy and education."

**Welcome our new
Administrative Assistant
Marci McCoy!**

Marci brings to the position a wealth of knowledge and has been part of the Family Support Center's efforts for several years. So the next time you call our office Marci's voice may be who you hear!

THE FAMILY WORKSHOP SERIES 2014:

FOR PARENTS AND KIDS

5:30pm—FREE dinner (with registration)

6:00-7:30pm—FREE workshop and FREE childcare

January: (split topic)
Raising "Above the Influence Kids!" and Could your child be at risk?

February: (split topic)
Brain gym and Sensory Integration

March:
Basic Parenting "Tricks" That Really Work!

April:
Making "The Talk" a whole lot easier!

****Call 269-945-5439**
for dates, locations and
registration information**

FAMILY RESOLUTIONS:

*set aside 1 night per week as family night

*spend at least 20 minutes each day talking as a family

*work together on household chores

*read together as a family at least once a week

*laugh together as a family every day

*practice good money management

*look at family photos regularly

*discipline with love, patience and understanding

*hold family meetings to solve problems

*encourage each other with praise rather than being critical

WORDS TO LIVE BY:

Parents need to fill a child's bucket of self-esteem so high that the rest of the world can't poke enough holes in it to drain it dry.

Alvin Price

NUTRITION:

The New Immunity Fixes:

- *Probiotics: preventing colds
- *Elderberry: shortening the flu
- *Vitamin D: protecting against cold and flu
- *Mushrooms: maintaining overall health

Clean Snacks:

- *Escarole: mild in flavor but high in folate
- *Beet greens: slightly sweet and earthy, bursting with calcium and potassium
- *Kale: is loaded with potassium and lutein
- *Bok choy: has crunch and calcium
- *Mustard greens: vitamin K kings, stellar at strengthening bones

Prevention Magazine

Feed Your Brain:

- *Antioxidants: found in many fruits and vegetables
- *B group vitamins: found in eggs, dairy and seafood
- *Omega 3 fatty acids: from fish, such as salmon or tuna, nuts like walnuts and flaxseed and other vegetable sources

Pennock Health Services

RECIPE CORNER:

PEANUT BUTTER TURTLES

- 1 apple
- 5 grapes
- 2 tablespoons of peanut butter
- Carrot shavings

Slice an apple in half. Make several slits in each half. Fill with peanut butter. Attach seedless grapes with toothpicks for the head and legs. Stick a carrot shaving on for a tail (tuck into one of the slits)



Cold weather pet safety:

Keeping a pet outdoors during the winter months isn't recommended. However, if you have no other option, consider these safety tips from the American Veterinary Medical Foundation:

- *Provide a warm, solid shelter against wind
- *Ensure unlimited access to non-frozen water
- *Elevate the floor of the shelter off the ground to minimize heat loss
- *Use thick, dry bedding
- *Avoid space heaters and heat lamps to prevent burns or accidental fires



TIPS TO AVOID ARGUMENTS:

- *Give your child choices
- *Tell your child what to expect
- *Model the behavior you'd like to see
- *Have a routine
- *Explain your reasons



PRACTICE WHAT YOU PREACH:

- *you tell him to control his tantrums, but you curse at anyone who cuts you off when you're driving him to school
- *you tell your child it's nice to help others, but you never drop anything into your supermarket's food-drive bin
- *you tell your child she's perfect just as she is, but you're obsessed with your weight
- *you explain that people come in all shapes, sizes and colors, but when a neighbor tells a racist joke, you laugh
- *you shout, "Turn off those cartoons!" but you spend every evening watching TV until bedtime
- *you tell your child he needs to be a better listener, but you interrupt his stories to answer your cell phone!