



BARRY COUNTY, MI
FAMILY SUPPORT CENTER
awareness. advocacy. education

“TO ELIMINATE AND PREVENT ALL FORMS OF CHILD ABUSE AND NEGLECT THROUGH AWARENESS, ADVOCACY AND EDUCATION.”

NEWSLETTER JAN.-MAR.

1st Quarter 2018

Goodbye 2017. Hello 2018.

Dear Friends.

2018 will prove to be a great year if 2017 was any indication.

Our mission to prevent all forms of child abuse and neglect through awareness, advocacy and education has been made possible through our community and partnering agencies. Parenting is not an easy task, and many parents struggle in spite of hard work. Recognizing that right from the birth of your child will allow parents to reach out and ask for help and support. Our whole community has an investment in our future, our children.

Thank you!

Those who have donated time, talent and treasure have made it possible for us to say “We have a lot more babies sleeping safely because of you;” “more individuals know the dangers of shaking a baby and how to deal with those struggling emotions;” “many more adults know why, how and when to report suspected child abuse or neglect;” and “we who care about learning more about parenting participate in the Family Workshop Series, Parent Educator or Kinship Support.”

WE are our children’s first teachers and we must share the good things we’ve learned with others who are parenting.

Thank you for being that advocate, the one bringing awareness and making possible more parenting education.

Join us for a fantastic 2018!

Karen Jousma

Executive Director
Family Support Center of Barry County



MONTH OF JAN.

- Jan. 11 National Human Trafficking Awareness Day
- Jan. 15 & 29
Developmental Stages of your child workshop
- Cervical Health Awareness Month
- National Birth Defects Prevention Month



MONTH OF FEB.

- Feb. 4: World Cancer Day
- American Heart Month
- National Cancer Prevention Month
- International Prenatal Infection Prevention Month
- International Prenatal Infection Prevention Month

Family Workshop Series

Starting in January, we will once again have our Family Workshop Series that teach parents and guardians about important topics including: “Developmental Stages of your child”, “Behavioral Development Expectations”, “Feeding your child without losing your mind”, and “Darkness to Light/ Stewards of Children”.

The workshops will be held on following dates, always starting at 5:30PM with registration and free dinner and 6-7:30PM program with free childcare:

- Developmental Stages of your child:
January 15 in Middleville, January 29 in Hastings
- Behavioral Development Expectations and how to respond to your child’s behaviors:
February 12 in Middleville, February 26 in Hastings
- Myth to Mouth- Feeding your child without losing your mind:
March 12 in Middleville, March 26 in Hastings
- Darkness to Light/ Stewards of Children:
April 16 in Middleville, April 23 in Hastings

Addresses:

Middleville: 5215 N. M-37 Hwy Middleville, MI 49333

Hastings: 309 E. Woodlawn Hastings, MI 49058

Click here to register online on our homepage:

<https://familysupportbarry.com/family-workshop-series/>

or call: 269-945-KIDZ .

January is National Birth Defects Prevention Month

Each January the Centers for Disease Control and Prevention (CDC) raises awareness among women and families on actions they can take to help have a healthy baby. January is also a time to recognize people living with birth defects. Thanks to ongoing medical advances, children born with birth defects are living

longer. These children and their families still need help. They often need specialized treatment, continued care, and strong social support to improve their overall quality of life. Find out more how to help these families and ways to prevent birth defects when pregnant:

<https://www.cdc.gov/ncbddd/birthdefects/prevention.html> . Important notice: Not all birth defects can be prevented. The above article are guidelines for a healthy pregnancy.

MONTH OF MAR.

- Mar. 1 Self Injury/Harm Awareness Day (SIAD)
- National Colorectal Cancer Awareness Month
- National Endometriosis Awareness Month
- Multiple Sclerosis Education Month
- National Nutrition Month
- National Developmental Disabilities Awareness

March is National Nutrition Month

Did you know that eating right isn't complicated? Here are three simple tips that can get you started: 1) Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products. 2) Include lean meats, poultry, fish, beans, eggs and nuts. 3) Minimize saturated fats, trans fats, salt (sodium) and added sugars.

Making smart food choices can help you stay healthy, manage your weight and be physically active. You can find more information here:

<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/eating-right-isnt-complicated> .

DON'T FORGET ABOUT OUR:

KINSHIP PROGRAM

If you are a family member caring for family member children, you are a kinship family. If you would like to have additional information contact mary@familysupportbarry.com or 269-945-6313.

PARENTS EDUCATOR PROGRAM

If you or someone you know, needs extra help with parenting issues, we are here to assist you. If you would like to have additional information contact mary@familysupportbarry.com or 269-945-6313.

CRIB PROGRAM

Safe sleep for infants is extremely important. If you or someone you know, can't afford a safe sleep environment, contact us for more information about crib, toddler bed or pack'n play:

karen@familysupportbarry.com or 269-945-5439.

Check out our homepage familysupportbarry.com and like us on facebook:

<https://www.facebook.com/Family-Support-Center-of-Barry-County-149603201753499/>



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Mary Chapman

Parent Educator/Kinship



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