

From: Missoula Forum for Children and Youth
To: Antila.Mackenzie
Subject: Your weekly newsletter is here!
Date: Friday, March 24, 2017 1:06:05 PM

Read our new mobile friendly newsletter on your phone!



Our mission is to lead collaborative, proactive community efforts to prevent underage substance use and to foster the development of healthy and resilient children and youth.

What's Happening at the Forum

Register for this Event!
State of the Young Child 2017
Tuesday, April 25th
Hilton Garden Inn, Missoula

Caring for Children

Our Best Investment



State of the Young Child 2017



Training - \$10

8:00am - 11:00am

Sexual Behaviors in Young Children: Recognizing Concerning vs. Healthy Sexual Behavior

Trainer: MC Jenni, MSW, Care Coordinator at First Step Resource Center, Providence St.

Patrick Hospital

and

Introduction to the Community Resiliency Model (CRM)

Trainer: Dana Eisenberg, LCSW

Luncheon - \$20

11:30am - 1:00pm

Keynote Speaker: Mike Halligan, Executive Director, Dennis & Phyllis Washington Foundation

Leaders in health, business, and early childhood are invited to participate in this event highlighting issues that impact young children and families in Missoula. In order for a child to grow up to become a healthy and productive adult, they need to have quality early childcare, education, and healthcare. At this luncheon we will be discussing:

- why investing in early childhood is so important;
- creative solutions to address childcare scarcity; and
- how the medical community and childcare/service providers can better connect to support families.

After the Luncheon there will be community discussion held at 1:15 pm. We will be discussing "Supporting Families and Strengthening Your Workforce." Luncheon attendees are invited to stay after to learn more about ways that businesses can help support families and discuss next steps for our community.

To learn more about the the event or how to register, go to <http://conta.cc/2mtwseX>.

Week of the Young Child Event for Families!

Free Family Night at A Carousel for Missoula

Monday, April 24th

4:00pm - 5:30pm

101 Carousel Drive, Missoula



We are inviting Missoula families to join us for a FREE night of carousel rides for kids to celebrate "Week of the Young Child!" Be sure to mark your calendars for this great event! There will be free carousel rides and hot cocoa!

For questions or to learn more about the event contact Leah Fitch at leah@missoulaforum.org or call 406-258-3020.

Partner Spotlight

Citizen Leadership Awards

"Hopa Mountain Announces the 2016 Citizen Leadership Awards"

Given annually to recognize the exemplary community service of groups and individuals, Hopa Mountain's Citizen Leadership Awards are drawn from nominations from individuals through an online process. This year, four groups and three individuals are recognized for their exemplary service to others.

The groups include:

The Bozeman-based, Bear Canyon Singers, a talented group of Native American singers who share their cultures through performances and honoring others.

Child Bridge, based in Big Fork, Montana, who finds and supports adoptive families for children in need.

Plant a Seed... Read in Havre, Montana who provides books to elementary school children.
SciNation, located on the Flathead Indian Reservation, who fosters a passion for Science,



Technology, Engineering, and Math (STEM) learning while respecting tribal cultural values.



Individuals include:

Todd Garrison, Executive Director of ChildWise Institute in Helena, Montana, who initiated a training program throughout Montana to educate the public about the toxic effects of Adverse Childhood Experiences (ACEs).

Wanda Martinez, Resource Development Director for the Boys & Girls Club of the Northern Cheyenne Nation, who has enabled the Club to provide a safe haven to 500+ youth annually.

Kelly Rosenleaf, Executive Director of Child Care Resources in Missoula, who for more than 20 years has led efforts throughout Montana to improve early education through the training and coaching of child care providers.

Bonnie Sachatello-Sawyer, executive director of Hopa Mountain stated, "we are proud to congratulate these honorees and recognize the many contributions they make to improving life for all of us." For more information about Hopa Mountain's Citizen Leadership awards, please contact (406) 586-2455 or email info@hopamountain.org

[Link to Article](#)

Montana Legislative News

Important: The information provided here is to collect news stories about relevant bills coming up in the 2017 Montana Legislative Session. This is for educational and informational purposes only and is not a reflection of the opinion of this office.

State Funding for Preschool

"Gov. Bullock Upset Preschool Funding Bill Again Stalled"

Montana Gov. Steve Bullock said he was "beyond disappointed" to see lawmakers block a proposal to allocate \$12 million in tax money so 4-year-old children from low-income families could attend preschool.



Democratic Rep. Kathy Kelker, D-Billings, presented [House Bill 563](#) to the House Education Committee on Monday. On Wednesday, 10 Republicans voted to block it over the committee's seven Democrats.

It would have created grants to pay for new slots in pre-school programs at public and private schools.

Montana is one of only five states that does not invest funds in preschool, according to a 2016 report by the Education Commission of States.

A Great Falls school administrator told the committee there are waiting lists for their pre-school programs and that they can't afford to expand without new funding.

The commission's [report](#) also said that "research indicates that preschool is particularly important for low-income children because it has high potential to change a child's trajectory. A Stanford University study found that by 18 months, toddlers from low-income families already were several months behind their high-income peers in language development. This inequality continues to widen before school entry at age 5, leaving disadvantaged students up to two years behind their higher-income peers."

[Link to Article](#)

In Other News

Health and Academic Achievement

"Healthy Kids. Successful Students. Stronger Communities."

Schools, health agencies, parents, and communities share a common goal of supporting the link between healthy eating, physical activity, and improved academic achievement of children and adolescents. Evidence shows that the health of students is linked to their academic achievement, so by working together, we can ensure that young people are healthy and ready to learn.



Public health and education professionals can use this resource to share the link between healthy eating, physical activity, and improved academic achievement to engage stakeholders in working together to support healthy school environments.

Know the Evidence

Knowing the evidence is important to help make the case for addressing healthy eating and physical activity in schools. There are several possible direct and indirect pathways linking healthy eating and physical activity with academic achievement in schools. While the current evidence is limited but evolving, it shows that certain factors in a school environment can positively influence the health of students and improve academic achievement. These factors include access to healthy foods and opportunities to stay physically active.⁴ Improving access to healthy foods and physical activities is linked to healthier students who are also better learners.^{2,3}

Evidence on dietary behaviors and academic achievement:

- Student participation in the United States Department of Agriculture (USDA) School Breakfast Program (SBP) is associated with increased academic grades and standardized test scores, reduced absenteeism, and improved cognitive performance (e.g., memory).^{3, 5-11}
- Skipping breakfast is associated with decreased cognitive performance (e.g., alertness, attention, memory, processing of complex visual display, problem solving) among students.^{8, 9, 11-17}

- Lack of adequate consumption of specific foods, such as fruits, vegetables, or dairy products, is associated with lower grades among students.18-20 HEALTH AND ACADEMIC ACHIEVEMENT
- Deficits of specific nutrients (i.e., vitamins A, B6, B12, C, folate, iron, zinc, and calcium) are associated with lower grades and higher rates of absenteeism and tardiness among students.4, 5, 10
- Hunger due to insufficient food intake is associated with lower grades, higher rates of absenteeism, repeating a grade, and an inability to focus among students.5, 10, 19-23

Evidence on physical activity and academic achievement:

- Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).24-30
- Higher physical activity and physical fitness levels are associated with improved cognitive performance (e.g., concentration, memory) among students.30-35
- More participation in physical education class has been associated with better grades, standardized test scores, and classroom behavior (e.g., on-task behavior) among students.36-39
- Increased time spent for physical education does not negatively affect students' academic achievement.2, 32
- Time spent in recess has been shown to positively affect students' cognitive performance (e.g., attention, concentration) and classroom behaviors (e.g., not misbehaving).40-44
- Brief classroom physical activity breaks (i.e., 5-10 minutes) are associated with improved cognitive performance (e.g., attention, concentration), classroom behavior (e.g., on-task behavior), and educational outcomes (e.g., standardized test scores, reading literacy scores, math fluency scores) among students.28, 45-50
- Participation in extracurricular physical activities such as interscholastic sports has been associated with higher grade point averages (GPAs), lower drop-out rates, and fewer disciplinary problems among students.51-63

[Link to Article](#)

Supporting Parents

"Just Say No to Judgment: How Judging Parents Actually Leads to Worse, Not Better, Outcomes for Kids"

Almost all parents feel judged, almost all the time. Our Tuning In survey showed that nearly 9 in 10 parents across the board feel judged (90% moms and 85% dads), and almost half say they feel judged all the time or nearly all the time (46% moms; 45% dads).



The message to judgers-if you love and want to support kids, you've got to love and support their parents. The way you treat parents affects the way they treat their kids.

Why is this a problem?

Why do people judge parents? Perhaps it's because they believe parents are doing something inappropriate or harmful to their child-spoiling them, being too harsh-and the judger wants to protect the child or educate the parent. One mom in our parent discussion groups explained: "If you discipline your kids, another parent might think that you're being abusive. If you don't discipline your kids, then they'll think you don't care about your child." Another shared: "I go to restaurants and sometimes I have my kids screaming and that's when you get looked at-people who just don't understand or maybe forgot how it was."

The problem is that judging and criticizing parents only causes them more stress and makes it less likely they will handle these challenging moments in ways that are sensitive, appropriate and effective for their child. In fact, close to half (43%) of parents we surveyed agreed that: "I discipline my child differently when we're out in public".

[Link to Article](#)

Child Sexual Abuse Prevention

"Help Protect Your Child from Sexual Abuse"

You can help to protect your child from sexual abuse by teaching the following crucial [Body Safety Rules](#).

1. From an early age, teach your child that their body is their body and it belongs to them. Explain that they have the right to say "no" if they don't want to be kissed or hugged by someone.

In a greeting situation, encourage your child to offer the person a high-five or a handshake (or, with people they know well they could blow them a kiss instead). Other adults may be offended by your family's stance on this issue, but the best option is to explain your family's reasons behind this practice.

Keep in mind it is our job as parents and carers to empower our children and not to pacify the occasional disapproving adult and/or relative.

2. Help your child to create a [Safety Network](#). A Safety Network is made up of three to five adults that your child trusts. These are adults your child could tell anything to and they would be believed. The people who have the honor of being on your child's Safety Network should be adults who will listen to your child's concerns, who will always believe them, and who are accessible. Remember, it is your child's choice who they place in their Safety Network.

3. Talk to your child about their [Early Warning Signs](#). Explain that if they feel worried or unsafe, their body will let them know. Their Early Warning Signs may include feeling sick in the stomach, feeling shaky, their heart racing, etc. Explain to your child that if they feel any of their Early Warning Signs, they must tell an adult on their Safety Network straightaway.

4. Always call your [child's private parts by their correct names](#). Explain that no child, teenager or adult can touch their private parts, that they should never touch another person's private parts even when asked, and that they should not view images of private parts.

Explain that if any of these things happen, they have the right to say, "no" or "stop," and then they must tell an adult on their Safety Network straightaway. If that person is not available, they will need to tell another person on their Safety Network. Reinforce that your child needs to keep telling until they are believed.

5. Discourage secrets. Explain that your family has "happy surprises" instead of secrets because happy surprises will always be told. Explain that if someone does ask them to keep a secret, they should tell that person that they don't keep secrets. Reinforce that if someone does ask them to keep a secret that makes them feel unsafe or uncomfortable, they must tell an adult on their Safety Network straightaway.

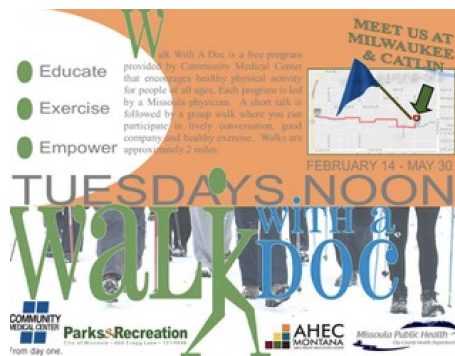
A few final hints!



1. Decide on a "family word." For example, "pickles." So if your child is somewhere without you or in a situation where they can't speak up, and they feel unsafe, they can call or shout out "pickles." This will alert you to the fact that they feel unsafe and need to be removed from the situation immediately.
2. Educate yourself in [Body Safety](#); this includes [signs of child sexual abuse](#) and the [grooming process](#). Remember, sexual predators groom both parents and children.
3. Encourage your child's school to teach [Body Safety](#)! And if they don't, please ask why not.

[Link to Article](#)

Upcoming Events & Announcements



Every Tuesday through May

"Walk With A Doc"

Tuesdays at Noon

Meet north of Third Street, at the Milwaukee Trail, on Catlin

Community members are invited to trek a 2-mile expanse of the Milwaukee Trail, as part of Community Cancer Care and Prevention Center's Missoula Walk with a Doc program. The program launches at noon Tuesday, Feb. 14, and will continue every Tuesday through May.

[Learn More](#)



Saturday, March 25th

FREE Kangatraining Class

Oula Studio (1900 W. Broadway Ste E)
3:00pm - 4:00pm

Classes are specifically designed to provide proper and safe exercises for postpartum moms and their infants/toddlers. Preregistration is required as space is limited. **Photos and videos will be taken during this class for their website.

[Learn More](#)



Saturday, March 25th

Lids for Kids

Karl Tyler's Missoula Volkswagen
11am - 2:00pm

Karl Tyler's Missoula Volkswagen and the Brian Injury Alliance of Montana invites you and your family to come pick up a FREE HELMET for your child and prevent brain injury!

[Learn More](#)



Wednesday, March 29th

Examining Childhood Anxiety

Good Food Store Missoula

6:30pm - 7:30pm

Come hear naturopathic family physician Jamison Starbuck discuss botanical, nutritional and homeopathic medicines for anxiousness in children.

[Learn More](#)



Friday, March 31st

Child Abuse Prevention Month Kickoff Event

Missoula County Courthouse Lawn

12:00pm - 2:00pm

April 1st marks the start of Child Abuse Prevention Month. Please join us at the Missoula County Courthouse for our annual kickoff event. There will be professional and parent speakers as well as giveaways for kids and families, a Pop up Playground, parenting resources.

[Learn More](#)



Job Opening

The Parenting Place

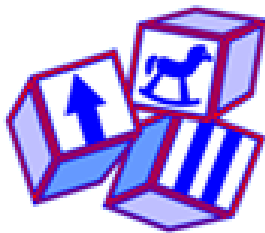
Social Worker (Full-time)

Facilitate parenting classes and work one on one with families in need of parenting support.

Applicant must have a BA in Social Work or a related field, as well as experience with families and children. Previous class facilitation is preferred. Starting wage is \$13.25/hr.

To apply with The Parenting Place, bring a resume to 1644 S. 8th St. W., Monday-Thursday 9-5pm, or email to teresa@parentingplace.net

[Learn More](#)



Job Opening

Missoula Early Head Start

ERSEA (Enrollment) Specialist

Part Time 20 hours/week; occasional weekend/night events

Wage/hour: \$15.09 per hour

CLOSING DATE: Friday, March 24th

If you are interested in applying, please submit a formal letter of interest to Dorothy Estes, Human Resources Manager, Ravalli

Head Start Inc. 81 Kurtz Lane, Hamilton, MT 59840 or email: dorothy@ravalliheadstart.org

Two Screenings of the Paper Tigers Documentary

Hosted by the Parenting Place

Cost: Free

Thursday, April 6th

Sentinel High School

6pm - 8pm



&
Tuesday, April 25th
Missoula Public Library
4:30pm - 6:30pm (Childcare Available)

[Learn More](#)



Friday, April 7th

Autism Acceptance Celebration

MSO Hub/The Bicycle Hanger

5:00pm - 8:00pm

Child Development Center (CDC) invites you to celebrate and spread acceptance of kids on the autism spectrum! There will be ART by [Big Sky High School](#) and CDC and RAFFLE packages.

[Learn More](#)



Saturday, April 8th

Spring Wellness Fair

Payne Family Native American Center

10:00am - 2:00pm

FREE for Missoula's American Indian/Alaska Native Community. Education, Resources, Screenings, Vaccines, and more. Raffle baskets, prizes, and gifts!

[Learn More](#)



Saturday, April 8th

Healthy Kids Day/Super Saturday Camp Signup

YMCA Missoula (3000 S. Russell)

9:00am - 12:00pm

Celebrate fitness and healthy living with the Missoula Family YMCA! This FREE event includes family-friendly activities, community partnerships, and more. Plus, it's the last day to receive summer camp discounts when you register for 5+ camps.

[Learn More](#)

Saturday, April 15th

Diversity Day 2017

Missoula Senior Center

7:00pm - 10:00pm

Join Empower Montana, their Youth Advisory Council, Youth Forward, and their after school clubs, EPIC



(Empowering People, Inspiring Change). Featuring showcases of youth talent which include song, dance, and spoken word.

[Learn More](#)



Friday, May 12th

**Childwise Institute Spring Conference:
"The Trauma Informed School"**

Holiday Inn, Great Falls

8:30am - 4:00pm

Jim Sporleder will present his new Administrative Guide "The Trauma-Informed School" A step-by-step implementation guide for Administrators and School Personnel.

\$200 Registration Fee

[Learn More](#)

Attend a Coalition Meeting!

Healthy Start

Thursday, April 20th, 2017

9:00 AM - 10:30 AM

Location: YMCA Missoula

3000 S. Russell St., Missoula, MT 59801

Coordinator Anna Semple

anna@missoulaforum.org

MUSAP

Wednesday, April 5th, 2017

General meeting: 9:00 AM - 10:30 AM

Location: Salvation Army Community Center

355 S. Russell St., Missoula, MT 59801

Coordinator Brandee Tyree

brandee@missoulaforum.org

Rx Task Force

TBA

Coordinator Brandee Tyree

brandee@missoulaforum.org

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Outreach Coordinator - [Leah Fitch](#)

The findings and conclusions in these newsletter materials are those of the authors and do not necessarily represent the position of The Missoula Forum for Children & Youth.

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