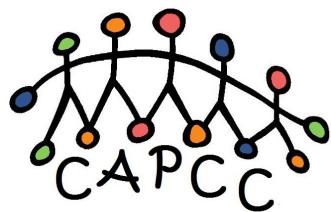


Spring 2018

Volume 16



# An Ounce of Prevention

**Child Abuse Prevention Coordinating Council of Humboldt County**

**P.O. Box 854, Eureka, CA 95502**

**[www.capcchumboldt.org](http://www.capcchumboldt.org)**

## Together Towards Change

### Messages from Children: Behavior as Communication



Written by Dora Saso

Supported Parenting Program Supervisor at Changing Tides Family Services  
CAPCC Board Secretary



A child's life is full of wonder and curiosity that is supported and influenced, either positively or negatively, by their interactions with the world. Children learn through their experiences. Their experiences include direct interaction with others, as well as observation and reflection of the world around them. All people seek a sense of connectedness and belonging – children want that too. Children want to be connected to the people in their lives and their community as a whole. Children want to know that they are loved and appreciated just for being who they are; that they matter in the life of someone else.

Children grow and develop through stages and have many behaviors that at times are amazing, fun and appropriate. Children also have behaviors that can be frustrating, repetitive and probably misunderstood. Children's



behavior is their communication, especially when they have not yet developed all the words to express themselves.

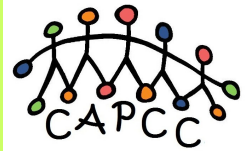
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People at all ages use their behavior to communicate their needs and wants. There are signs to know when a person is likely to have behavior that is misunderstood. These times include when people are hungry, angry, lonely, tired or sick. Adults and children are communicating through their behavior during every moment in every day, even if they are not aware of it. Sometimes children will act out because they do not feel

right, but have not learned how to express their feelings or do not have the words to explain it. There is always a reason for problem behavior – sometimes children feel unsafe or out of control. A child who has tried several times without success to communicate with adults will often use problem behavior as a way of sending the message in a different way.

Since children often use their behavior to tell us what they need, adults can help by figuring out the meaning behind the child's behavior. It is important to find meaning in children's behavior, but it is equally important for adults



to be aware of the meaning in their own behavior. Children learn a lot through observing the messages that adults send every day. When children feel respected and have their needs met, there is no longer a reason to use challenging behavior to communicate. When adults use punishment, they are sending the message that anger is a good way to solve problems. When adults help children find positive ways to communicate their needs to others, children learn important social and problem-solving skills that will help them throughout their life.

Some key areas to be aware of when understanding behavior as communication include:

- ♦ Age – Is this behavior something most children this age would do?
- ♦ Language Skills – Is this something the child does because they do not have the words or language skills? Can I help them express themselves?
- ♦ Development – Is this behavior something the child uses because of their social or emotional skills? Do they have a disability?
- ♦ Attention – Is this seeking attention from nearby adults / peers?
- ♦ Health / Wellness – Are they sick, tired or hungry?

# Raise Awareness Pledge Card

CHILD ABUSE PREVENTION MONTH



How can you raise awareness in your community to lower the risk factors of child maltreatment? One easy way is to share on social media using **#unite4kids**.

If you have other ideas please share by sending your pledge to The Office of Child Abuse Prevention! E-mail to: [ocap@dss.ca.gov](mailto:ocap@dss.ca.gov).

Name:
E-mail:
County:
<input type="checkbox"/> Share my idea
<input type="checkbox"/> Share my idea, not my name

I commit to prevent the abuse and neglect of California's children by:

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I commit to prevent child abuse and neglect in honor of/in memory of:

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## A few bright ideas...

- Work closely with neighborhood schools. Plant a pinwheel garden!
- Work with a local faith-based community to hold a child abuse prevention summit.
- Develop a "neighborhood watch" for parents to keep an eye out for the children.
- Incorporate local customs and cultures in your **Community in Unity** events.
- Demonstrate the meaning of **Community in Unity** by organizing a fund-raiser or a food drive to support a partner organization that helps families.
- Moms and Dads can make a difference. Design an event with men in mind.
- Promote **#unite4kids** or **#WearBlue4Kids** on social media.
- Team up with local sports teams. Ask coaches to pass along your Community in Unity materials.
- Donate \$5 or more to the California State Children's Trust Fund at: <https://secure.dss.ca.gov/CFS/SCTFDonations/>
- Plant a pinwheel garden in front of your business and post pictures on your social media.
- Host a community event at your business to raise awareness.
- Host or sponsor a fund-raising event. Challenge fellow business owners/leaders to match your contribution. Provide proceeds to a family support organization or the State Children's Trust Fund.
- Feature a discount to patrons who use **#unite4kids** during the month of April. Ask them to post a picture on social media using the hashtag **#unite4kids** and to tag your business.



Visit [www.cdss.ca.gov/inforesources/OCAP/](http://www.cdss.ca.gov/inforesources/OCAP/) to download our Tool Kit and other resources.





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## Ten Ways to Help Prevent Child Abuse

### ♥ Be a nurturing parent.

*Children need to know that they are special, loved and capable of following their dreams.*

### ♥ Help a friend, neighbor or relative.

*Being a parent isn't easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.*

### ♥ Help yourself.

*When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your kid.*

### ♥ If your baby cries...

*It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.*

### ♥ Get involved.

*Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.*

### ♥ Help to develop parenting resources at your local library.

*Find out whether your local library has parenting resources, and if it does not, offer to help obtain some.*

### ♥ Monitor your child's television, video, and internet viewing/usage.

*Watching violent films, TV programs, and videos can harm young children.*

### ♥ Promote programs in school.

*Teaching children, parents and teachers prevention strategies can help to keep children safe.*

### ♥ Volunteer at a local child abuse prevention program.

*For information about volunteer opportunities, call 1.800.CHILDREN.*

### ♥ Report suspected abuse or neglect.

*If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department.*



**Prevent Child Abuse  
America**

For more information go to:  
[www.preventchildabuse.org](http://www.preventchildabuse.org)

## Annual Roundtable

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In early February key individuals from the fields of health, education, law enforcement, the courts, county government, non-profits, mental health, addiction recovery, and elected officials convened to create a plan that would reduce the number of child abuse cases which are related to addiction.

The event was spearheaded by the Humboldt County Child Abuse Prevention Coordinating Council (CAPCC) and sponsored by the Humboldt County Sheriff's, the



Department of Health and Human Services and the Humboldt Network of Family Resource Centers.

The plan will be posted on CAPCC's website by early April at [www.capcchumboldt.org](http://www.capcchumboldt.org).



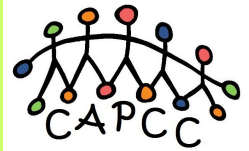




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*The Child Abuse Prevention Coordinating Council of Humboldt County is a broad-based non profit advocacy organization that works to eliminate child abuse and neglect in our community through (1) striving to assure coordinated services and policies for the prevention, intervention and treatment of child abuse among agencies and organizations, (2) actively promoting and supporting high-quality programs that successfully reduce child abuse and neglect and (3) increasing public awareness of resources to help prevent child abuse and decrease family stress.*



Check out our website:

<http://capcchumboldt.org/>

or on Facebook: <http://www.facebook.com/CAPCCHumboldt>

## Flag Raising



Child Abuse Prevention Coordinating Council of Humboldt County invites you to attend the Children's Memorial Flag Ceremony on **Friday, April 27th, 9 a.m.** at the Eureka Teen Center 3015 J Street Eureka.

This ceremony is meant to bring attention to the issue of child abuse and neglect and to remember children who have died as a result of it. This event is held annually on the last Friday in April to cap off Child Abuse Prevention Awareness month. There will be speakers and special guests to raise the flag. Come join members of the community, law enforcement, and dignitaries to remember the children.

CAPCC also invites you to learn more about this issue by visiting their website at

[www.capcchumboldt.org](http://www.capcchumboldt.org).

2017 Children's Memorial Flag Raising- April 28th, 2017