

An Ounce of Prevention

Child Abuse Prevention Coordinating Council of Humboldt County

www.capcchumboldt.org

P.O. Box 854, Eureka, CA 95502

Simplify The Season

How to Be Enough When You Don't Feel Like Enough

by Jennifer Mager

The day started with my oldest refusing to wake up, my middle child yelling, and my youngest waiting for me to cook breakfast. I had work to begin but found myself counting the days until the next paycheck so I could go grocery shopping. It can be hard to feel like everything to everyone, especially with the holidays around the corner.



I learned early in the pandemic that holding space for those around me looked different. It meant trusting others to share responsibilities and to say no in order to save the attention I had for more meaningful activities. It looked like cuddling on the couch with my daughter for an

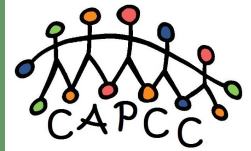
extra twenty minutes before bedtime. Now with the holidays coming up, I invite you to redefine what it feels like to be enough for you and your family. How it feels when someone makes you feel valued, important, and loved. Those feelings come from spending time, connecting with a shared activity or conversation, and moving together. Remember you are enough, just simply being you.

Craft Corner: A Gratitude Jar for Families!

What is gratitude? Gratitude is being thankful and showing your appreciation. Gratitude makes us more resilient. Showing gratitude is a great way to start the day or end the day on a positive note. You can start a routine for being grateful by creating a family gratitude jar. Family members can add gratitude notes daily or when they are feeling grateful. The

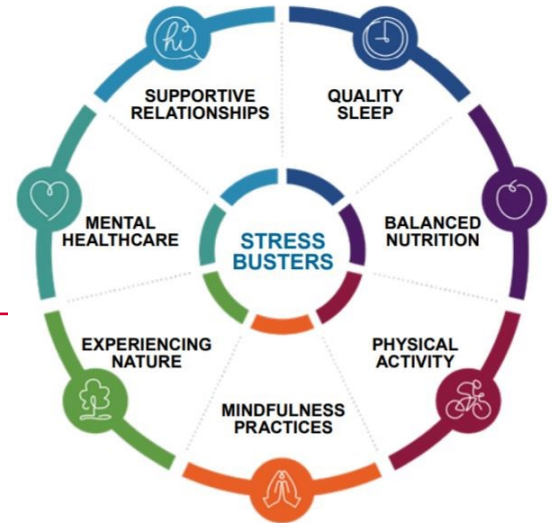
gratitude jar is a visual reminder to reflect on being thankful for what we have. At the end of the year, open the jar to enjoy reading the gratitude notes with the whole family. To learn how to make your family gratitude jar, [click here](#). To learn more about gratitude, [click here](#).





Stress Busters!

It's that time of year, the stress of the holidays can feel overwhelming. It's important to find healthy ways to deal with stress. PACEs Connection and ACEs Aware created a handout that focuses on seven evidence-based stress busters to help you grow your inner strength and resilience. Stress Busters is offered in [English](#), [Spanish](#), [Arabic](#), [Dari](#), and [Farsi](#).



Finding Resilience Within

Good news! We all already have resilience inside us. Resilience is how we handle and recover from problems. It changes over time and is higher or lower in different situations. **We can strengthen our resilience by choosing to practice Resilience Skills.**

When we respond without thinking, we are using our **Reactive Resilience**. It keeps us safe. It shapes how we react to the world. Our [Protective Patterns](#) come from our Reactive Resilience.

Personal Resilience is the strength we find inside ourselves to feel calm and centered while we handle problems. Our Centering Skills build Personal Resilience.



Our **Cultural Resilience** is made up of ideas and stories from our family and community. It influences how we view the world. Our Cultural Patterns shape our Cultural Resilience.

Relational Resilience is when we trust another person and feel safe to work things out when we have conflicts. Our Connecting Skills build Relational Resilience.

Group Resilience is when we feel safe within a group, are kind to each other, and work well together. Collaborating Skills build Group Resilience.

To read about how to become more resilient visit [Dovetail Learning](#).

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The Gift is in the Experience

20 Fun Physical Activities with Bubbles

1. Swing your bubble wand around in a figure eight across your body to make bubbles.
2. Run with your bubble wand out to the side.
3. Jump up and try to pop bubbles with different parts of your body.
4. Play Bubble Tag- The bubbles are "it". If a bubble pops on you, do 5 Bubble Jacks (crouch down low and jump up as high and big as you can). Rejoin the game and play some more.
5. Try to pop as many bubbles as you can before they hit the ground.
6. Do arm circles with your bubble wand.
7. Follow a bubble and blow on it trying to keep it off any Surface.
8. Clap and pop the bubbles.
9. Jump over bubbles close to the ground.
10. See how many bubbles you can catch on a bubble wand.
11. Try to pop as many bubbles as you can in one minute.
12. Try to make the longest/shortest bubble that you can make.
13. Play bubble songs to get kids moving to the music with bubbles.
14. Try to catch a bubble on your back.
15. Count the bubbles and catch them.



Bubble Recipe

For a gallon jug or pitcher, use:

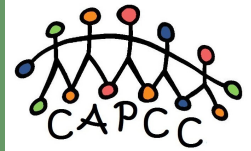
- 6 cups of water
- 1 cup of dish soap (Dawn Dish Soap)
- 1 cup of cornstarch
- 1 Tbsp. of baking powder
- 1 Tbsp. of glycerin*

Let mixture sit for at least 1-2 hours.
Works best if it sits overnight.

* There are many bubble recipes online, so we encourage you to search for one you have the ingredients to make. Here is a list of a few that are out there: <http://bubbleblowers.com/homemade.html>

Bubble Wands

- Tape a few straws together.
- Use a pipe cleaner to create a shape on a stick.
- Cut off the bottom of a plastic bottle and blow through where you would typically drink.
- Use a wire coat hanger to reshape into a bubble wand.
- Roll paper into a cone shape and dip the open end into the bubble solution.
- Your hands– place the pointer fingers and the thumbs together to make a diamond shape, then dip in the bubble solution.



Public Health Recommends Pfizer Vaccine for 5-to 11-Year-Olds



Humboldt County Public Health announced that the Pfizer COVID-19 vaccine is now recommended for children ages 5 to 11. Parents are encouraged to have their children vaccinated.

Nearly 10,000 Humboldt County children ages 5 to 11 are now eligible to receive the Pfizer COVID-19 vaccine following authorization from the Food and Drug Administration and the Centers for Disease Control (CDC).

Initial shipments of the pediatric doses of the Pfizer vaccine have been delivered to some local pharmacies, pediatric offices and Humboldt County Public Health. Parents seeking to vaccinate their children are encouraged to reach out to their pediatrician or a local pharmacy.

Just over 7% of the county’s total reported COVID-19 cases, or 685 cases, were among the 5 to 11 age group. Humboldt County Health Officer Dr. Ian Hoffman said authorization of the vaccine for those children is another step toward ending this pandemic.



“We’ve seen cases in this age group increase over the last few months with the rise of the Delta variant, and we want to do everything we can to keep kids in school and keep them and their families healthy,” Dr. Hoffman said. “Data from the clinical trials and other recent studies have shown that the Pfizer vaccine is safe and effective for kids, and that it reduces hospitalizations in all age groups, including kids.”

Public Health is planning to hold vaccination clinics for the 5 to 11 age group sometime in the next few weeks. Once details are finalized, appointments will be required and will be available on the state’s vaccination portal [MyTurn.ca.gov](https://myturn.ca.gov).

Appointments for additional Pfizer COVID-19 vaccination sites for this age group can be made on MyTurn starting Thursday, Nov. 4.

Completion of any of the approved vaccine series offers the highest protection against severe disease, hospitalization and death, according to the CDC. People who remain partially vaccinated are strongly encouraged to complete the vaccination series to achieve full protection.

Humboldt County’s vaccination and testing services are available free of charge. Those who receive their first or second dose of vaccine at a Public Health office in Eureka, Willow Creek or Garberville can choose a \$25 Renner Petroleum or Coming Attractions Theatres gift card. Incentives are offered on a first-come, first-served basis at those locations only.

Due to an increase in demand for additional doses and boosters, appointments are

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recommended for most vaccination clinics and required at Public Health Main in Eureka. Sign up in advance at MyTurn.ca.gov.

Vaccines, including boosters, are widely available at local pharmacies. To check the availability of a specific vaccine, visit the vaccines.gov page, or text a ZIP code to 438829 to locate a nearby pharmacy offering vaccines.



Resources

- View the Data Dashboard online at humboldt.gov/dashboard, or go to humboldt.gov/DashboardArchives to download data from a previous time.
- For the most recent COVID-19 information, visit cdc.gov or cdph.ca.gov.
- Local information is available at humboldt.gov or by contacting covidinfo@co.humboldt.ca.us or calling 1-707-441-5000.
- Sign up for COVID-19 vaccination: MyTurn.ca.gov
- Check for vaccine availability at a local pharmacy: Vaccines.gov
- Local COVID-19 vaccine information: humboldt.gov/VaccineInfo
- Humboldt County COVID-19 Data Dashboard: humboldt.gov/Dashboard
- Follow us on Facebook: [@HumCoCOVID19](https://www.facebook.com/HumCoCOVID19) & Instagram: [@HumCoCOVID19](https://www.instagram.com/HumCoCOVID19)
- Twitter: [@HumCoCOVID19](https://twitter.com/HumCoCOVID19)
- Humboldt Health Alert: humboldt.gov/HumboldtHealthAlert



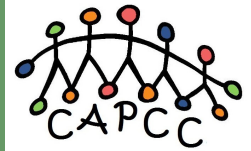
COVID-19 Vaccines for Children and Teens

Most Children and All Teens Can Get COVID-19 Vaccines

CDC recommends everyone ages 5 and older get a COVID-19 vaccine to help protect against COVID-19.

Authorized For	Pfizer-BioNTech	Moderna	J&J / Janssen
4 years and under	No	No	No
5-11 years old	Yes	No	No
12-17 years old	Yes	No	No
18 years and older	Yes	Yes	Yes

For the complete CDC article on COVID-19 Vaccines for Children and Teens go to: [COVID-19 Vaccines for Children and Teens _ CDC.pdf](#)



Healthy Outcomes from Positive Experiences by Jennifer Mager

We all know that stress isn't good for us and can make us sick. But did you know that Positive Experiences can create a buffer that not only makes us feel good and connected, but also can keep us healthy?

Help your children stay socially connected. The COVID-19 pandemic increased our ability to connect with friends and loved ones near or far. We all enjoyed virtual story time with Grandma, trivia night with cousins, and Zoom holiday dinners. Even though many families are going back to work and school, keeping up with these new virtual activities can help your children feel connected to family and community.

Prioritize positive moments. Set aside regular time for engaging with your kids. Go for walk, play games, cook or bake something together. Look for those moments that will create happy memories, especially now.

Connect with your partner or with friends. With everyone home together all the time, it can be hard to prioritize your relationships. Maybe put on a movie for the kids and enjoy dinner in the dining room. Show your children what a healthy a relationship looks like!

Make time for self-regulation and self-care. Create a family self-care routine. Introduce journaling, yoga, meditation or mindfulness to your children. There are apps and websites that offer free or very low-cost mindfulness and yoga programs for kids.

Be silly. Laughter is truly the best medicine. Have a dance party, tell jokes or watch a funny movie! When you make a to-do list in the morning, add "feel joy."

Engage with your community, in whatever ways are possible. Decision-makers need to hear from all of us about the policies and programs that would help your families thrive. Helping others can give children, youth, and families a sense of purpose that can help ease stress.

Talk with your children. Many children have experienced fear of COVID-19, the loss of a loved one, or missing their routines. Keep connecting with them, and asking them about their concerns as we all adjust to the constant changes. Their answers will guide you on how to talk to them.

Reach out to your friends or family, encourage your children to talk to their friends, and check in on how they are feeling. Continue to find ways for your child to practice empathy and listening skills.

Reach out for support when you need it! Show your child that everyone needs help sometimes, and that it is okay to ask for it when you need it.

Stick with your new family hobby. Many of us took the extra time at home to learn new skills or do fun activities. Your family can continue enjoying their time together doing fun –and maybe challenging- activities!



To learn more about HOPE, the Four Building Blocks, read all blog posts, and MORE, visit positiveexperience.org or email HOPE@tuftsmedicalcenter.org.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

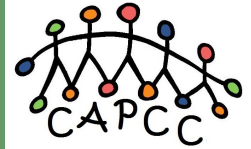
<p>Night Before Christmas Story Walk Eureka Old Town 2nd Street All Day November 26th to December 25th</p>		1 	2 	3 	4 Santa Eureka Old Town Gazebo 11-3 pm Arts Alive Eureka 6-9 pm	
<p>5 Santa Eureka Old Town Gazebo 11-3 pm Santa and live music with Flynn Martin Arcata 12-2 pm Sensory-Friendly Santa Experience Autism Speaks Bayshore Mall 12:30-1:30 pm Christmas Tree Lighting Ferndale 5:30 pm</p>	<p>6 Sensory-Friendly Santa Experience Autism Speaks Bayshore Mall 12:30-1:30 pm </p>	<p>7 Sensory-Friendly Santa Experience Autism Speaks Bayshore Mall 12:30-1:30 pm</p>	<p>8 Sensory-Friendly Santa Experience Autism Speaks Bayshore Mall 12:30-1:30 pm </p>	<p>9 Sensory-Friendly Santa Experience Autism Speaks Bayshore Mall 12:30-1:30 pm</p>	<p>10 Arts Arcata 6 pm Sensory-Friendly Santa Experience Autism Speaks Bayshore Mall 12:30-1:30 pm Fortuna Electric Lighted Truck Parade Redwood Village Shopping Center 6:30 pm</p>	<p>11 Santa Clause Goodie Bags Ferndale Mainstreet 10:30 am Santa Eureka Old Town Gazebo 11-3 pm Sensory-Friendly Santa Experience Autism Speaks Bayshore Mall 12:30-1:30 pm Eureka Truckers Parade In-person and Livestream 6 pm Santa Parade Arcata Plaza 12 pm</p>
<p>12 Santa Eureka Old Town Gazebo 11-3 pm Sensory-Friendly Santa Experience Autism Speaks Bayshore Mall 12:30-1:30 pm Fortuna Christmas Music Festival Fortuna River Lodge 12-6 pm Santa The Gatehouse 2-4 pm</p>	<p>13</p> 	<p>14</p>	<p>15</p>	<p>16</p>	<p>17 Garberville Lighted Truck Parade 5 pm</p>	<p>18 Santa Eureka Old Town Gazebo 11-3 pm </p>
<p>19 Santa Eureka Old Town Gazebo 11-3 pm Christmas Light Tractor Parade Ferndale Mainstreet 5 pm Snowflake Queen's Winter Solstice Snow Party Arcata</p>	<p>20</p>	<p>21 </p>	<p>22</p>	<p>23</p>	<p>24 </p>	<p>25 Santa Eureka Old Town Gazebo 11-3 pm </p>
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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.

First 5 Humboldt Playgroups

by Jennifer Mager



Are you looking for ways to meet other families with young children? First 5 Humboldt playgroups offer safe and supported opportunities for children to play and caregivers to connect. Find the most current calendar by clicking [here](#).



CAPCC Mission

Strengthening community connections to promote safe, healthy, resilient children & families in Humboldt County.



[@capchumboldt](https://www.instagram.com/capchumboldt)

Our Play and Plan Journal: A Family Tool for Talking about COVID-19

by Jennifer Mager



As children get older, so do the ways we support them in understanding the world around us. Our Play and Plan Journal was developed by local specialists in Child Development and Infant Family Early Childhood Mental Health at First 5 Humboldt with the support of many partners. It is an interactive journal with activities and conversation prompts for the whole family to help explore and understand current experiences with the pandemic in developmentally appropriate ways. To download the journal in English, click [here](#).

Please consider joining us to create a safer community for our children and fill out a general membership application, a short process and completely free. It is available on our website: www.capcchumboldt.org.