

August 2008 News



Free Workshops

- **Shaken Baby Syndrome Prevention**
- **Mandated Reporter Training**— Learn how and when to report suspected abuse or neglect.
- **Internet Safety**—Keeping kids safer online.

ACCAPC Meetings

PR Committee Meeting
August 22, 2008
9:00 am at Health & Human
Services Building

Full Council Meetings

10:00 a.m. at GSA Building at 12200
B Airport Rd. in Jackson
September 15, 2008
November 17, 2008

Upcoming Events

School starts August 13th!

HRC Child Care Resources

Toddler Playgroups start
August 13th. Call 223-1624 for
locations and times.

August 21, 2008 Presentation to
the Board of Realtors

Preschool Enrollment

Head Start 223-7333
State Preschool 257-5338

Amador County Child Abuse
Prevention Council

505-1 State Hwy. 49, #183

Jackson, CA 95642

Phone: 209-223-5921

Fax: 209-223-5931

Email: info@amadorcapc.org

Web: [www.sierrasaccoalition.org/
amador.htm](http://www.sierrasaccoalition.org/amador.htm)



It only takes a minute...to make a difference in the life of a child.

Babies cry! Have a plan to cope with a crying baby.

- **Be prepared** for crying. Most babies cry for 2-3 hours per day, many for *much* longer.
 - Check to make sure the baby is fed, dry, burped, not too hot or cold, and has no fever or other concern for seeking medical attention.
 - Many babies can be soothed by offering a pacifier, swaddling in a blanket, rocking, singing, going for a car ride; *but*, some babies will cry no matter what you do. That's okay!
- **Have a plan** on how to take care of yourself if you do become frustrated or angry, and know how to recognize if you are losing control.
 - Before you lose control, do things to take care of *yourself*: Place the child in a safe place like a crib or car seat and listen to music, call a friend, take a shower; whatever will keep you calm and prevent you from hurting the child. Be sure to check on the child every 10 minutes or so.
- **Never, ever shake a baby!**
 - Remember, babies don't get hurt from crying. Many people do not know of the dangers of shaking a baby so tell all caregivers it's never okay to shake a child.



Permanent injuries to a child's brain can result from shaking.

Even brief shaking can result in speech and hearing loss, blindness, paralysis, even death. When shaken, a baby's brain slams against the inside of the skull causing swelling, bleeding and pressure in the brain.

Visit www.dontshake.com for more information about Shaken Baby Syndrome (SBS) and how to cope with a crying baby, or call ACCAPC at 223-5921 to schedule a free Shaken Baby Syndrome Prevention presentation.

What is eScrip?

- Painless, simple electronic fundraising!
- When you shop with a registered grocery, debit or credit card at a participating merchant a contribution is automatically made to your designated beneficiaries.
- Up to three organizations can be designated to receive your contributions. Designate ACCAPC (Group ID: 500003897) as one of your beneficiary organizations and up to two schools. (Only schools get your grocery contributions.)

It's that easy! This is one way we can all support children and families in Amador County, and it really does only take a minute! (Maybe two or three!)

Visit www.escrip.com to register your credit, debit and grocery cards.

Call Robin at 223-5921 if you have any questions.