



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
Committee Meetings have been combined. Our next meeting is at 10:00 am, December 8, 2008
Health & Human Services Building

Full Council Meetings
10:00 a.m. at GSA Building at
12200 B Airport Rd. in Jackson
November 17, 2008
January 26, 2009
March 16, 2009

Upcoming Events

Mandated Reporter Training for
Extended Learning Program Staff
November 19, 2008
Amador County Office of Education

First 5 Amador "Dad & Me" Event
Saturday, November 15th 10-noon
RSVP to Cheri at 257-1092

Do you have fundraising or grant writing experience? Have you used social/children's services? If so, please join our council!

Amador
Child Abuse Prevention Council

505-1 State Hwy. 49, #183
Jackson, CA 95642
Phone: 209-223-5921
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New website!

www.amadorcapc.org

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



Preparing for the Holiday Stress Season

Whatever your special holiday, the holiday season can cause stress in young children. Children respond to stress in their own ways: crying, tantrums, clinging, excessive energy, temporary regression such as thumb sucking and many other ways.

These tips can help reduce stressful situations!

- ◆ Establish predictable routines. **EAT** regular meals. Make sure that children get enough sleep. Plan for **REST** times.
- ◆ Take time to **EXPLAIN** the day's activities. Children need to know what is going to happen.
- ◆ **PREPARE** ahead for a hectic day. Plan for **SNACKS**. Quick, take-along snacks such as crackers, veggies, and fruit require no refrigeration and can be shared when shopping lines are long or hunger makes tempers flare.
- ◆ **SLOW DOWN**. If the family is always rushing, consider cutting back on the number of planned activities or schedule them over several days.
- ◆ Allow time for children and you to **PLAY** and **MOVE**. Most shopping activities are boring to children. Allow them time to use some of their endless energy!
- ◆ Set a **GOOD EXAMPLE** yourself. Avoid overextending yourself by trying to do too much. Plan quiet times and "get away" activities for yourself.
- ◆ Share **HUMOR** in difficult situations. Take a "step back" and relax. **BREATHE**.
- ◆ Express positive appreciation for cooperative behavior. Provide **LOTS AND LOTS OF HUGS!**
- ◆ **DISCUSS** any changes in routine. Plan ahead if you are expecting guests. Put away breakable or "special things." Let your children share in planning how to make your guests comfortable.



Older kids get stressed, too!

The holiday season can also be a stressful time for older kids; it often coincides with the end of the school quarter or semester when teens are under pressure to complete class projects, have more tests, are worried about their grades, have less time to complete tasks, and, they also have the pressure of shopping (and paying) for gifts for friends and family members.

Some suggestions:

- Be sure to ask your teens what they need to get done and by when so that activities aren't overscheduled.
- Remember that most teens have homework and projects they need to complete over weekends.
- Help your teens prioritize projects and break them down into manageable chunks to complete so they are not too overwhelmed.
- Don't overreact when along with the holiday cheer comes some holiday attitude.