



The Blue Ribbon

**An Important Update for Orange County
Child Abuse Prevention Council Newsletter**



Drowning Prevention Tips from Orange County Fire Authority

Although 100 percent preventable, drowning is the leading cause of accidental death among children age five and under in Orange County. In addition, adults age 50 and older account for more than 50 percent of drownings each year. Drownings occur year round in Orange County, not just during the summer months.

We often hear the phrase, “I didn’t think it would happen to me.” The most common reason children drown is a lapse in active adult supervision. Drowning is silent and can occur in as little as two inches of water and in as quickly as 20 seconds. Active adult supervision means that children are always within eyesight and reach around water. Do not rely on lifeguards or flotation devices as a substitute.

You can help prevent a drowning by learning to recognize the signs of water distress:

- Head low in the water and tilted back in a “sniffing position”
- Hair is over the forehead or face and has not been moved out of the way
- Not using legs

Everyone should know how to swim and adults should know CPR, first aid and rescue techniques. Instruct parents, babysitters and caregivers about potential water hazards and emphasize the need for constant supervision of children. If a child is missing or unaccounted for, always check the pool or spa first. Always watch your children around water!



Early Financial Literacy for Strong Future Families

By: Randi Rubenstein, Founder of Educate Tomorrow's Parents (ETP)

A CNN headline today reads “When child care costs more than a mortgage.” It can come as an unwelcome surprise to many parents that providing for their family is more challenging than they ever expected. When parents are unable to afford child care (or reliable transportation, or a mobile phone with Internet access), it can be difficult to hold a well-paying job. And without a well-paying job, imagine being a parent and realizing that you don’t have enough money to cover your most basic needs – rent, utilities, clothing, diapers, and food. It is easy to see how a lack of awareness about the costs of living can lead to financial stress, which in turn can lead to family distress. Limited funds and escalating levels of parental stress can significantly increase the risk of child neglect and abuse.

One important way to avoid unwelcome surprises and financial pitfalls is to promote financial literacy among teens while they are still in high school – and before they form families. Research from the National Campaign to Prevent Teen and Unplanned Pregnancy confirms that financial literacy plays an important role in teens’ behavior. Among teens who are actively avoiding pregnancy, most of them (80 percent) cite “fear of financial burdens and the responsibility of raising a child” as their primary motivation.

In the work of our nonprofit, Educate Tomorrow’s Parents (ETP), we have found teens to be highly receptive to learning about financial planning. Our Healthy Foundations for Future Families curriculum is conducted in high school health education classrooms to help teens prepare for the parenting stage of life. The curriculum promotes financial literacy with a budgeting exercise for two reasons. First, a source of adequate income is the first step in being able to provide for a child’s basic needs. Second, understanding how much it costs to support a family can motivate teens to postpone parenting and take necessary steps towards career preparation and achieving financial self-sufficiency.

During a workbook exercise with a detailed list of budget items, teens explore what they already know based on their recent purchases, can reference a “minimal survival budget” and are provided additional

information about local costs by an instructor. We emphasize how easy it is to create a budget using basic arithmetic. The bottom-line of the exercise is helping teens calculate how much they would need to earn to afford their desired lifestyle. Although teens are usually dismayed to see how much it will cost to support themselves and a family, the curriculum keeps a positive approach by encouraging them to achieve their goals with planning, strong efforts, and dedication. We then initiate discussions about careers, salaries, and the post-secondary school training and/or education needed to be employed in those careers. Keeping in mind that only a third of young adults in the U.S. earn a college bachelor's degree, it is valuable for teens to know there are many opportunities to build a rewarding career, even without going to college, by enrolling in vocational training after high school.

Teens can be further encouraged to cultivate their financial planning skills by starting to plan and manage the money they earn from their first job, even before they live on their own. With time and practice, they can learn how to manage money well and avoid unhappy surprises. Young adults who are financially literate will be better able to create strong families and care for our next generation of children.



Recap: 31st Annual “Pathways to Prevention” Child Abuse Prevention Conference

The 31st Annual Pathways to Prevention Child Abuse Prevention Conference took place on Friday, June 28th at the University of California—Irvine. The Conference had 200 attendees, including professionals from the County of Orange Social Services Agency (SSA), Orange County Probation Department, Orange County Healthcare Agency, Orange County Department of Education, Court Appointed Special Advocates and other agencies and organizations.

Through engaging plenaries on topics such as “Risk, Compliance and Ethics” and “Overview of Core Practice Model” and comprehensive breakout sessions on topics such as “Substance Use Disorders and the Family”, “First Responders” and “Understanding ACEs”, six Continuing Education Units were made

available to all conference attendees. Exhibitors such as Families and Communities Together, Latino Health Access, Olive Crest and Western Youth Services distributed information on their respective programs and initiatives to better educate the present attendees in the main ballroom.

The conference concluded with an engaging panel discussion between Detective Nasario Solis from the Tustin Police Department, former SSA Division Director, Children and Family Services Gary Taylor Sr., and Director of Hecht Trauma Institute at California Southern University Kevin Connor. Panelists ended the conference with a “call to action” to all attendees to continue to better serve the children and families of Orange County.

Feedback from the conference was very positive and enlightening, with suggestions to include more workshops and cover additional topics, offer trainings specific to elementary, middle and high school educators on parent education, as well as interest in future workshops on mindfulness and vicarious trauma.

Next year, the 32nd Annual Pathways to Prevention Conference is tentatively scheduled for March 2020. If interested in planning for or participating in next year’s conference, please contact gary@theraisefoundation.org. We look forward to seeing you there!



Festival of Children Celebrates and Connects Families

The Festival of Children Foundation (FOCF) “improves the lives of children by strengthening the charities that serve them. By providing training, awareness and financial support we help make our member organizations’ dreams a reality,” explains Sandy Segestrom Daniels, FOCF founder and executive director.

FOCF was formed in 2003 as a 501(c)(3) nonprofit to bring together a national community of child service organizations to collaborate, access resources, share knowledge, focus their efforts and work together to improve the lives of children and families.

Members of the foundation include CHOC Children's, Children's Bureau, OC Child Abuse Prevention Center, The Raise Foundation, Foster Care Auxiliary of Orange County, Court Appointed Special Advocates (CASA) of Orange County, Western Youth Services and many more.

The Festival of Children® is an annual event held each September in honor of National Child Awareness Month. This month-long celebration of childhood showcases more than 75 children's charities and non-profit organizations that offer support, services and volunteer opportunities to the community and raises awareness about the work they do. Through their participation in this event, these organizations are able to reach two million people a year.

In addition to facilitating outreach, the Festival of Children® also provides children and their families with free access to arts, culture and educational opportunities with over 100 activities and performances throughout the month. These include activities like face painting, karate demonstrations, tap dancing, skateboard building, singing and more.

This September, The Festival of Children® will be held every Saturday and Sunday from noon to 4 p.m. at South Coast Plaza in Costa Mesa.

Note: The *foundation* does not require the registered trademark symbol, on their website and promotional materials they only use it in regards to their event titled Festival of Children.



Volunteer Opportunities at Manzanita Park Food Distribution

In conjunction with the Boys and Girls Club of Greater Anaheim-Cypress, Manzanita Park distributes food to families in need every 4th Saturday of the month. This activity represents a great opportunity to give back to others and to witness firsthand the great work being done in the community. Join the Junior

League OC and Marshall B. Ketchum University in assisting the families attending this monthly food distribution.

If interested in volunteering, please visit theraisefoundation.org/food-distribution or email Gary Taylor at gary@theraisefoundation.org for more details on how you can participate.

Details:

Manzanita Park Food Distribution

Location: 1260 N. Riviera St., Anaheim, CA 92801

Date: Every 4th Saturday of the month (Next distribution is on September 28th)

Time: noon to 3 p.m.