

Network News

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KOOL-AID COOL DOWN

SPOTLIGHT ON POLK COUNTY ACTIVITY

The Polk County Child Abuse Prevention Council (CAPC) launched a new campaign this summer called the "Kool-Aid Cool Down Project." With generous donations from Wal-Mart and individuals from the Polk County Child Abuse Prevention Council, over 600 packets of Kool-Aid were given out to children in various summer programs throughout Polk County.

On each Kool-Aid Packet was the following message to encourage and remind parents and caregivers ways to 'cool down' during the busy and stressful summer months.



6 Steps to "COOL DOWN"

1. Take a deep breath. And another. Then remember that you are the adult.
2. Close your eyes and imagine you are hearing what your child is about to hear.
3. Press your lips together and count to 10. Or better yet, 20.

4. Phone a friend.

5. Turn on some music; maybe even sing along.
6. Drink a glass of cold water. We asked families to enjoy a refreshing glass of Kool-Aid with their family.

The CAPC is grateful for the support that Wal-Mart was able to give in helping promote homes and families where children are valued and loved.

Members of the CAPC Kool-Aid Cool Down Sub-committee were Karen Brekken, Kirsten Fagerlund, D'Anne Johnson, Tara Miller, Janet Muldoon and Sarah Reese.

WIN A FREE OUTDOOR GAME SET OR CAR WASH KIT

Parents and adult role models have a tremendous influence on a child's life.

Your constant and caring involvement can help inspire children to make healthy, drug-free choices.

Polk County Public Health would like to
THANK YOU
by giving away
FREE outdoor game sets and car wash kits.

To register, answer the 2 questions below by 1 of 3 ways- call, email or return this slip to Polk County Public Health as specified to the right.

1. NAME

2. PHONE NUMBER

Deadline is Friday, August 22.

**CALL: 218.281.3385
ext.2232**

or

**EMAIL: sreese@
pcphealth.org**

or

**RETURN TO:
Polk County Public Health
721 S. Minnesota St.
Crookston, MN 56716**

Parent Community Network
PO Box 403
Crookston, MN 56716

WHO IS THIS KID? WHY DOES MY TEEN DO THAT?

The Partnership for a Drug-Free America launches an online effort to help parents grasp teen behavior and connect with their kids.

New Study Shows Parents Need the Most Help Talking About Drugs and Alcohol as Kids Enter Teen Years

NEW YORK, NY,— For every parent of a teenager who has ever wondered “who is this kid?” a new web destination, launched today by the Partnership for a Drug-Free America, aims to make answering the question a little bit easier.

Designed to help parents navigate the confusing, often frustrating teen years, “A Parent’s Guide to the Teen Brain” translates recent

scientific findings that shed light on how brain development shapes teens’ behavior and personalities into easy-to-understand tips and tools for parents.



The live site is at www.drugfree.org/teenbrain.

“A Parent’s Guide to the Teen Brain” explains how the human brain takes 25 years to fully develop, with the *prefrontal cortex* (green area above) —responsible for complex judgment and decision-making— maturing last.

Through video, humorous

interactive segments, role-playing and advice from experts, parents learn how adolescent brain development explains the “normal” teen behaviors that often confound parents—impulsiveness, rebellion, high emotions and risk-taking—and how to use this new information to connect with their teens.

“Parenting teens is very challenging, but understanding what’s going on inside their brains can make it easier to communicate and help teenagers make better decisions,” said Ken Winters, senior scientist at the Treatment Research Institute and professor, University of Minnesota Medical School.



SPOTLIGHT ON RESOURCES



Website of the Month

www.drugfree.org/teenbrain



Book of the Month

*Go to your room!
Consequences that Teach*

By Shari Steelsmith, 2000



Parents Helping Parents

A support group for parents/caregivers with children of all ages. The group meets weekly to discuss the joys and frustrations of parenting. It is confidential, free, open to the public and there is free childcare provided.

All are welcome.

When: Tuesdays from 6:30pm - 8:00pm.

Where: Community Family Service Center (Formerly Carmen School), Crookston, MN

Questions? 218.281.1343

WHO IS THIS KID, cont.

“The areas of the brain responsible for physical coordination, emotion and motivation mature sooner during adolescence compared to the front region of the brain that is primarily associated with controlling impulses and exercising judgment.



This may be why teens are drawn to skateboarding and video games, and it also may help explain why they yell and slam doors.

The teenage brain may be more hard-wired to take risks than the mature brain.

Parents need to understand that the teenage years is not an optimal time for the best decision making. “

“As teens hit the years where they are most at risk for drug and alcohol use, parents report feeling a loss of power and a growing need for help and support,” said Kevin Spading, Project

Director of the Minnesota Prevention Resource Center. “It’s natural for parents to be frustrated by teens’ behavior, but it must not discourage them from monitoring their behavior and from talking about these important issues, not only with their teens, but also with the parents of their children’s friends.

This new web site is meant to encourage parents to learn what’s really going on inside a teen’s mind, and how to step in to help teens make good decisions they’re not ready to make on their own, whether its about drugs and alcohol, friends, sex or any other issue teens face today.”



“As a mother of 3 kids, with one son entering middle school, connecting with him is my greatest priority. In my role as a coach certified for parents, I often encourage other parents

to learn how adolescent brain development impacts behavior, especially in the tween and teen years,” said Tara Paterson, ACPI™ Certified Coach of Parents of Intuitives and author of *Raising Intuitive Children* (New Page Books, '09).



“Fostering an open and loving relationship with our children – regardless of how difficult it is – is of the utmost importance. Parents have much greater influence than they realize, and if they establish strong, open communication early, the challenging transitional years can be easier to navigate.”

The Partnership for a Drug-Free America is a nonprofit organization that unites parents, renowned scientists and communications professionals to help families raise healthy children.

**[www.drugfree.org/
teenbrain](http://www.drugfree.org/teenbrain)**

WHAT'S ALL THE HYPE ABOUT ENERGY DRINKS?

The use of energy drinks in today's society, and for teen's in particular, are a current craze. So what should we know about energy drinks?



1 . ONE ENERGY DRINK PER DAY IS NOT DANGEROUS, BUT ENERGY DRINKS AS WITH OTHER CAFFEINATED BEVERAGES MUST BE USED IN MODERATION.

Energy drinks contain large, possibly dangerous amounts of caffeine when drank in excess. The problem is that not all caffeine contained in these drinks is "called" caffeine. Other types of caffeine are guaranine, mateine, and theine therefore

one may not realize how much caffeine they are really consuming.

2 . THE MAIN INGREDIENT IN ALL ENERGY DRINKS IS SUGAR, COMMONLY CALLED CARBOHYDRATES. SUGAR IS THE ENERGY SOURCE ALL OF OUR CELLS IN OUR BODY USE TO FUNCTION.

Energy drinks contain many different types of sugars which give us sudden blasts of energy. Many teens are choosing to consume 3+ energy drinks in one sitting. This excess of sugar enters the blood stream and provides a "blast" of energy where the person/athlete feels good and performs well. Once that sugar is burned up, lasting anywhere from 45 minutes



to 4 hours, there is a sugar crash. The person/athlete's reflexes slow, they may feel dizzy, muscle power decreases and their performance falls off.



3 . IT HAS BECOME MORE AND MORE POPULAR TO MIX ENERGY DRINKS WITH ALCOHOL OR OTHER DRUGS. THIS COMBINATION CAN EITHER INCREASE THE LENGTH OF TIME THE INFLUENCE IS FELT OR MASK THEIR SYMPTOMS.

For example, someone consuming alcohol may not feel "drunk" so they continue to drink in excess, possibly leading to alcohol poisoning.

POSITIVE PARENTING TIPS



I will spend time together each day with each child talking and learning about their day.

I will listen carefully to what my children say.

I will take time to enter their world, ask them questions, know

their friends, and know what is important in their lives.

I will tell them often what I like about them and the strengths I see.

I will praise and appreciate them more than I criticize them.

SUPER~WELL-done~AWESOME

I will not take my own frustrations out on my child(ren).

I will say "I LOVE YOU" at least once a day.

I will take time to teach my children moral values.

I will set a good example myself.

FAMILY ACTIVITIES

FALL WREATH

Materials:

- ~Fall or family photos
- (for fall photos- old magazines work great)
- ~Cut shapes
- ~Paper plates
- ~Glue
- ~Scissors



~BE CREATIVE~

Instructions:

- ~ Cut a 3-4 inch circle out of the middle of the paper plate.
- ~Glue cut shapes and fall/family photos to the plate.
- ~Glue on leaves, flowers or any other small objects for variety.

PLANT IN THE SHOE

Materials:

- ~Old shoe
- ~Potting soil
- ~Plants or seeds

Instructions:

- ~Fill shoe with potting soil.
- ~Make a small hole and then place the plant or seeds into.
- ~Cover with soil and water.



CONTENT INFORMATION FOR MOVIES

Below is a website link to a wonderful website for parents.

It lists popular/current movies and gives practical information on content.

They don't "review" the movie and tell you if they recommend it or not, *but they list very detailed content information regarding such things as violence, language, nudity, sexual*

content, etc. so you as parents or adult role models can make decisions on what to let children see or not see.

It's a very cool website--- check it out!!

www.kids-in-mind.com

This message is sponsored and paid for by the Polk County Collaborative through a Drug Free Communities grant from the Office of National Drug Control Policy.

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PO Box 403
Crookston, MN 56716
218-281-3385 x. 2232

www.theminorleague.org



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