

Iowa Community Empowerment Newsletter

April 2008
Volume 9, Issue 2

Questions/Comments:
Shanell Wagler, (515) 281-4537
shanell.wagler@iowa.gov



In this issue:

Cover Article	1
<i>In 2008 Quality Counts at the Statehouse- ECI Day on the Hill Recap</i>	
Updates	2
<i>Empowerment</i>	
<i>Upcoming Events/Activities</i>	
<i>ECHE System Update</i>	
Iowa Empowerment State News	5
<i>IEB Meeting Update</i>	
<i>Nominations Sought for IEB</i>	
Statewide Information	6
<i>EC Public-Private Partnerships</i>	
<i>Workforce Tip</i>	
<i>Iowa AEYC/TEACH Iowa</i>	
<i>Iowa's Healthy Child Development Health Provider Training Initiative</i>	
<i>Prevent Child Abuse Iowa</i>	
Health News	10
<i>HCCI Update</i>	
<i>Family Support Nutrition & Physical Education Training</i>	
<i>Oral Health Bureau News</i>	
<i>Covering Kids & Families</i>	

In 2008 Quality Counts at the Statehouse

On Valentine's Day 2008, in spite of the threat of yet another winter storm, over 300 early childhood advocates brought their unified message to the Statehouse for The Early Care, Health & Education Day on the Hill. Early Childhood Iowa (ECI), an alliance of stakeholders in early care, health and education systems that affect children age 0 to 5 in the state of Iowa, once again this year, organized the event (www.earlychildhoodiowa.org). True to its purpose, which is to support the development and integration of an early care, health and education system for Iowa, this event brought multiple partners to share the message that *Quality Counts* in their specific areas of the system.



Senator Behn speaks with advocates from Boone County



Senator Boettger visits with Connie Gronstal, FAMILY Program, Pottawattamie County



Senator Schmitz visits with Rhonda Boltz, Lee/Van Buren Empowerment

Helen Blank, Director of Leadership and Public Policy at the National Women's Law Center, made a repeat appearance at the ECI Day on the Hill, inspiring participants in the areas of child care and early education. She shared what is going on at the federal level and how Iowa is poised to make a difference, not only within our state but nationally, as well.

New this year was an interactive presentation by Jos Linn, Domestic Outreach Organizer for RESULTS, a Washington, DC-based grassroots advocacy organization working to end hunger and poverty. One of the tasks within his position is to engage volunteer activists to build the political will to end poverty by lobbying Congress, generating media and mobilizing others in their communities. Participants on February 14 were not only given strategies to employ when visiting with policy



Representative Upmeyer visits with local program providers.

makers, but they were also given time to practice these newly acquired skills before engaging

their legislators later in the day.

Once again, the day proved to be a successful opportunity to network with other professionals and educate policymakers on the importance of early care, health and education in our state. Mark your calendars now to attend the 2009 Early Childhood Day on the Hill at the Iowa Statehouse, Thursday, February 12, 2009.



Representative Davitt and Iowa Empowerment Board member Judy McCoy-Davis

Disclaimer:
Many articles in this newsletter are submitted by various entities. The views and opinions contained within may or may not be those of Iowa Community Empowerment.

Update February 2008 – March 2008

Links to Empowerment Web sites:

State Empowerment site:

www.empowerment.state.ia.us

Local Empowerment web sites are also available on the state web site. Go to the Local Areas tab and click on Map.

Adair County

www.adair empowerment.org

Benton County

www.bc empowerment.org

Black Hawk

www.cedarvalleyspromise.org

Buchanan Delaware Fayette

www.bdf empowerment.org

Cass Mills Montgomery

www.boost4families.org

Cedar

www.empowercedarco.org

Cerro Gordo, Hancock, Worth

www.empowermentforthekids.org

Dallas

www.co.dallas.ia.us/Comm_Services/Empowerment.asp

Des Moines/Louisia

www.caringcommunityempowerment.org

Dubuque

www.empowerdubuque.org

Floyd, Chickasaw, Mitchell

www.fm empowerment.com

HAWC (Howard, Allamakee, Winneshiek, Clayton)

www.HAWC-Iowa.com

Hardin

www.empowerhardin.com/

Henry

www.healthymhenrycounty.org

Humboldt, Hamilton, Wright

www.buildingfamilies.net

Jasper

<http://www.jaspercountyempowerment.org/>

Johnson

<http://www.jc empowerment.org>

Linn

www.linncountycommunityempowerment.org

Madison *NEW*

www.madisoncountyhelp.org

Marshall

www.youthandviolence.org

Muscatine

www.muscatineempowerment.org

PAK (Palo Alto, Kossuth)

www.pak empowerment.com

Pocahontas, Calhoun and Webster

www.linking-families.com

Polk

www.hs pa.org

Scott

www.scottcountyempowerment.org

Story

www.storycountyfamily.org

Warren

www.warrenempowerment.org

Washington

www.empowerwashington.org

Woodbury

www.siouxlandship.org

Early Care, Health and Education System Building Activities

- QRS Oversight – Feb 1, Mar 4
- Presentation to Senate Education Committee – Feb 4
- Presentation to Education Appropriations – Feb 5
- Reach Out & Read Collaboration meeting – Feb 5
- ECI – Quality Services & Programs workgroup – Feb 6, Mar 19
- Fiscal Accountability Workgroup – Feb 7, Mar 6
- ECI Stakeholders – Feb 7
- Family Support TA Training for programs going through Credentialing – Feb 11 & 18
- ECI – Governance workgroup – Feb 12
- Empowerment Director’s Meeting – Feb 13
- Empowerment Contacts/Coordinators meeting – Feb 13
- ECI Day on the Hill – Feb 14
- DHS Training Registry meeting – Feb 14
- Family Support Credentialing Educational Forum, Shenandoah – Mar 18
- PCA Iowa – CBCAP Grant Review – Feb 20
- ECI – State Agency Liaison Team – Feb 20
- Supporting Student Success – Feb 20
- Family Support Credentialing Educational Forum, Ames – Feb 21
- State Child Care Advisory Council Executive Committee – Feb 22
- FS Update on Credentialing process to Senator’s Ragan and Schmitz – Feb 25
- PW-PBS Leadership Team – Feb 27 & Mar 26
- Family Support Credentialing Educational Forum, Odebolt – Feb 27
- ECI – Professional Development Steering Committee – Feb 29
- Family Support Credentialing Educational Forum, Albia – Feb 29
- 1st Years 1st Administrative Rules Hearing – March 4
- 1st Years 1st Committee – March 4
- Early Childhood Diversity Retreat – Mar 5
- ECI Co-Chairs – Mar 6
- ECI – Public Engagement workgroup – Mar 6
- Family Support Credentialing Educational Forum, Coralville – Mar 10
- Family Support Credentialing Educational Forum, Osceola – Mar 11
- Ethics for the EC Helping Professional, Indianola – Mar 12
- Iowa Head Start Association meeting – Mar 12
- State Child Care Advisory Council – Mar 13
- Family Support Educational Forum, Jefferson – Mar 13
- Empowerment Coordinator’s Training, Module 1 – Mar 13, Mar 20
- EC Comprehensive Systems Grant meeting, Baltimore – Mar 13-14
- Legislative meetings regarding FY09 Empowerment funding – Mar 17
- Family Support TA meeting with provider in Jefferson, Keokuk – Mar 18
- Evaluation Strategies meeting, Smart Start/BUILD, North Carolina – Mar 18-20
- DHS Training Registry Prototype meeting – Mar 20
- Family Support Food & Nutrition meeting – Mar 20
- Family Support Core Competencies and Standards workgroup – Mar 20
- Early ACCESS Council – Mar 21
- Family Support Credentialing TA visit, Emmetsburg – Mar 24
- Family Support meeting with Department of Ed – Mar 25
- Class of 2008 Peer Review Training – Mar 26-27
- Family Support Credentialing Educational Forum, Marshalltown – Mar 28
- Child Care Conference, Chariton, Closing Speaker – Mar 29
- National PAT Conference, St Louis – Mar 31 – April 1
- SW Regional Empowerment Coordinators meeting – Mar 31
- NE Iowa Regional Empowerment Coordinators meeting – Mar 31

Upcoming Events Calendar at a Glance

Prevent Child Abuse Iowa Conference

April 21-22, 2008
Sheraton Conference Center
West Des Moines
www.pcaiowa.org

Empowerment Coordinators Training Series

Remaining Sessions:

Module 2 – April 10 & 17
Module 3 – May 8 & 15
Module 4 – June 12 & 19

http://www.empowerment.state.ia.us/common/pdf/registration_form.pdf

Empowerment Coordinators/Contacts Meeting

May 21, 2008
Rising Sun Church of Christ
Pleasant Hill

Early Childhood Iowa Stakeholders

June 10, 2008
Urbandale Public Library
Urbandale
www.earlychildhoodiowa.org

Iowa Community Action Association Annual Conference “Charting a Course for Real Change”

June 23-25, 2008
Embassy Suites
Des Moines

Site Visits/Technical Assistance Activities

- Jones County – Family Support meeting – Feb 8
- Wayne County board meeting – Feb 11
- Madison County board meeting – Feb 12, Mar 11
- Corner Counties – TA with Coordinator – Feb 19
- Warren County FS Outcomes meeting – Feb 19
- Warren County board meeting – Feb 21
- Story County Family Support TA to board – Feb 21
- Poweshiek County – Feb 22
- Marion County – Results-based Accountability Training – Feb 25
- Jones, Benton, Iowa Counties Conference Call – Feb 25
- Building Families & Linking Families & Communities Conversation – Feb 27
- Pottawattamie County – Redesignation prep with board – Feb 27
- Ida County – Results-based Accountability Training – Mar 6
- Jefferson, Keokuk board – Family Support Credentialing Educational Forum – Mar 18
- Poweshiek – Results-based Accountability Training – Mar 18
- Tama – Results-based Accountability Training – Mar 18
- ADLM – Results-based Accountability Training – Mar 25
- Cass, Mills, Montgomery, Board Development/Redesignation Prep/Conflicts of Interest issues – Mar 31

Annual Report Reviews

- Scott County – Feb 12
- Woodbury – Feb 15
- HAWC – Feb 18
- Emmet – Feb 25
- Buchanan, Delaware, Fayette – Feb 26
- Pottawattamie – Feb 27
- Kossuth, Palo Alto – Feb 28
- Boone – Feb 28
- Clinton, Jackson – March 3
- Lee, Van Buren – Mar 6
- Taylor – Mar 7
- Marshall – Mar 10
- Calhoun, Pocahontas, Webster – Mar 14
- Emmet – Mar 17

Linkages/Outreach Activities

- AEA 11 Summer Symposium Follow-up – Feb 1
- Council Bluffs & Lewis Central 4-Year Old Preschool Site visit – Feb 5
- Early Childhood Curriculum Training Conference – Feb 19-20
- Creative Curriculum Training – Mar 4-6

System Building Updates



I want to be ready for kindergarten. How can the kindergarten be ready for me?

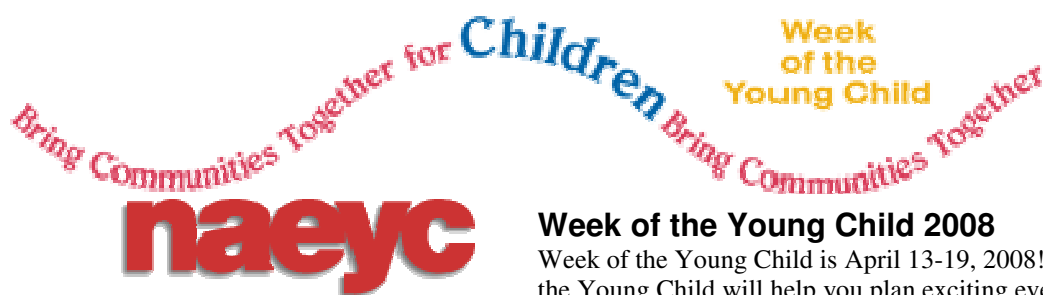
Getting School Ready in Iowa

Early Childhood Iowa (ECI) – Quality Services and Program component group is pleased to announce the release of the *Getting School Ready in Iowa* document. This is a guide for families and early care, health, and education providers caring for children who will be attending kindergarten in Iowa. This guide includes the following areas of focus relating to quality early childhood experiences:

- Social and Emotional Development
- Building Social and Emotional Development
- Language and Early Literacy Development
- Building Language and Early Literacy Development
- Math Development
- Building Math Development
- Physical Development
- Welcoming, Honoring, and Connecting
- State and Community Resources

The *Getting School Ready in Iowa* guide can be ordered through the Healthy Families Line at ISU Extension. To order the document, call 1-800-369-2229.

The guide can also be accessed on the ECI Web site at: http://www.state.ia.us/earlychildhood/whats_new/index.html or on the ECI Parent Web site at: <http://www.state.ia.us/earlychildhood/Parents/>.



Week of the Young Child 2008

Week of the Young Child is April 13-19, 2008! Tools and information for Week of the Young Child will help you plan exciting events to celebrate children and raise awareness of their needs. Check out these resources and start planning ways to *bring your community together for children!*

<http://www.naeyc.org/about/woyc>



Iowa Empowerment Board News

The Iowa Empowerment Board meeting scheduled for March 14, 2008 was cancelled. In May, the meeting will coincide with a site visit hosted jointly by Union County Empowerment and FACT Empowerment, serving Adair County.

On Thursday evening May 15, there will be a reception honoring legislators, local board members, and program providers at the Supertel Reception Hall in Creston. The evening will include a time of networking, as well as a presentation recognizing those that have achieved accreditation and ratings in the Iowa Voluntary Quality Rating System.

On Friday morning, the Iowa Empowerment Board will hear from the family support programs supported within the two local Community Empowerment Areas. The Iowa Empowerment Board meeting will follow from 11:00 AM – 2:00 PM at the Henry A. Wallace Country Life Center, 2773 290th Street, Greenfield, Iowa (northeast of Orient).

Nominations Sought For Iowa Empowerment Board



The Iowa Empowerment Board consists of sixteen citizen members, six state agency directors, and six members of the general assembly. The state Empowerment Board currently is seeking candidates for citizen members. Citizen members are appointed by Governor Chester J. Culver and confirmed by the Iowa Senate. Interested candidates must complete a gubernatorial appointment resume in addition to seeking a letter of recommendation from their local empowerment board. The gubernatorial appointment resume can be found at <http://openup.iowa.gov/boards/>.

Citizen member selections are reflective of the state's congressional districts to ensure representation from across the state. An equally important criterion is that appointments reflect the ethnic, cultural, social, and economic diversity of our state. We encourage candidates from diverse populations to apply.

You can also find the job responsibilities of an Iowa Empowerment Board member on our web site at the following link, http://www.empowerment.state.ia.us/Common/pdf/ieb_responsibilities.pdf/

Please contact the Office of Empowerment if you need more information.

Early Childhood Public-Private Partnerships

Beth Jones, Early Childhood Business Community Liaison



Bi-Monthly Tip on Engaging Business Partners

Know Your Audience

Like all your fundraising efforts, success in the corporate arena begins with an inward look at your organization. It is important to examine your organization's goals and resources to determine the most efficient and effective way to engage the companies in your fundraising efforts. Common factors to consider when identifying resources and benefits include:

Alignment – How do early childhood issues fit with the corporation's needs, missions and products or services?

Cost – What are the costs associated with the company's involvement?

Ease – Is donating money or materials going to be easy to implement? How much money are you specifically asking for and for what reason?

Timing - What else is on the company's calendar? Does your ask work with the company's fiscal calendar/spending cycle?

Benefits – How will the corporation benefit from its contribution?

Conduct an inventory of the benefits that your organization can offer a business. Being recognized as a good corporate citizen is important, but often not enough. Be creative and offer other tangible benefits.

Look for the next bi-monthly tip on engaging business partners, Target Prospects in the June newsletter!



Submitted by Kristi Judkins,
Business Service Representative
Iowa Workforce Development

Notice: This information is designed for general educational purposes only and is not intended, nor should it be construed as or relied upon, as legal advice. Please consult your legal counsel or other employment advisor for specific legal advice.

Workforce Tip: Guidelines For Successful Interviewing

Employers want to treat job applicants fairly and without prejudice. All employers want to hire the most qualified person for the job. Both goals can be met when the employer is versed in effective techniques for interviewing job applicants. In regard to fairness, it's easy to recite the reasons why fair and effective interviewing can sometimes seem elusive. Laws and regulations, and their interpretation by courts and regulators, are constantly changing.

The revised **Successful Interviewing Guide** provides valuable information to employers and workers on the application and interviewing process.

The Guide provides information on:

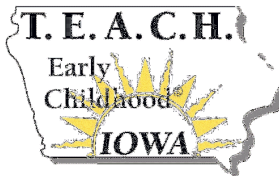
- Writing a Job Description
- Advertising the Job
- Discovering an Applicant's Qualifications
- Avoiding Discrimination During the Hiring Process
- Summary Guide to Application and Pre-Employment Questions
- Sample Employment Application
- Workforce Resources for Employers

The Successful Interviewing Guide was developed by Iowa Workforce Development based on information provided by the Iowa Civil Rights Commission, and the U. S. Equal Employment Opportunity Commission.

Go to <http://www.iowaworkforce.org/sig.htm> to print a copy of this valuable human resource tool.

**Iowa
AEYC/T.E.A.C.H.
Early Childhood®
IOWA**

Barb Merrill, Executive Director,
Iowa AEYC/T.E.A.C.H. Project
Manager
5525 Meredith Drive Suite F, Des
Moines, Iowa 50310
(800) 469-2392
(515) 331-8000
info@iowaaeyc.org



As an Empowerment partner, you can make a difference by helping the early childhood professionals in your area become aware of all the resources available to them. Perhaps the information in this article could be shared at a meeting, through email, or in a newsletter. If you would like a member of the Iowa AEYC or T.E.A.C.H. staff to visit with your group or speak at a conference, call Barb Merrill at (515) 331-8000 (Ext. 11)

T.E.A.C.H. – we’re here to help you reach your educational goals!

T.E.A.C.H. Early Childhood® IOWA (Teacher Education and Compensation Helps) continues to assist childcare providers throughout the state to increase their professional development through sponsored scholarships. Several scholarship models (or choices) exist for child development home providers, child care teachers, directors, and preschool teachers. T.E.A.C.H. is administered by the Iowa Association for the Education of Young Children.

T.E.A.C.H. is a scholarship program that consists of four components:

- 1) **Education:** The program offer participants 9-20 college credit hours per year toward an Early Childhood degree, depending on the contract model.
- 2) **Scholarship:** The program offers counseling and financial support to pay for college courses, books, travel, and paid time away from work, depending on the contract model.
- 3) **Compensation:** Recipients earn a raise or bonus after successful completion of a year of education.
- 4) **Commitment:** Recipients agree to continue service as a child care professional in their current early care and education setting.

Currently, scholarships are available for CDA (Child Development Associate) credentials, diplomas, Associate degrees in Early Childhood Education , and Bachelor degrees in Early Childhood, Bachelor Degrees in Elementary Education WITH an Early Childhood Endorsement designated, or an Early Childhood Endorsement.

Providers and programs sponsoring staff through T.E.A.C.H. can immediately see results! Increased knowledge in the early care and education setting reflects more qualified staff, greater retention rates, and most importantly the CHILDREN are receiving a higher quality of care, and are more effectively bonding with their teachers. Programs are helping to meet licensing/registration requirements in Iowa, earning points on the Quality Rating System, and achieving some kinds of accreditation standards.

College is expensive these days. Who couldn't use some help paying for it? But T.E.A.C.H. is not just about money, it is more! It is an investment in your workforce that supports and grows staff, center and home programs, as well as the children. T.E.A.C.H. continues to make a positive impact on our child care system as a whole. It is a Win Win Win situation!

Counselors at T.E.A.C.H. are here to provide assistance for interested providers, guiding them each step of the way toward their educational goals. If you are fully employed in a regulated early childhood program, you are likely eligible for our programs. We do not require you to have family financial eligibility.

The following are the TEACH counselors who can help you out:

Call (515) 331-8000 or (800)469-2392
Susan Hayes, T.E.A.C.H. Counselor, DMACC CDA/Associate degree (Ext. 13)
Stacie Steveson, T.E.A.C.H. Counselor, CDA/Associate degree (Ext. 14)
Pam Ellis, T.E.A.C.H. Counselor, Bachelors/Early Childhood Endorsement (Ext. 17)
Karen Thelin, T.E.A.C.H. Counselor, Recruitment (Ext. 18)

You can find more information about T.E.A.C.H. and the Iowa Association for the Education of Young Children by visiting our website at www.iowaaeyc.org. All our applications and reimbursement forms are now on our website for your use.

We'd love to hear from you and help you take the next step toward your educational and professional goal!

Iowa's Healthy Child Development Health Provider Training Initiative

Submitted by Kay DeGarmo, Children's Hospital of Iowa Center for Disabilities and Development

For further information about this initiative, contact Kay at 319-358-6499; kay-degarmo@uiowa.edu



Finding and serving young children who are at risk of developmental, behavioral or social-emotional problems are critical components of our early childhood system. We now have tools that identify children at risk for developmental problems at a very early age and those that identify parents with levels of depression or stress that can impact their children's development. What's more, effective interventions that prevent a problem from becoming a disability or improve the outcome for children with a disability are emerging every year.

The Iowa Healthy Child Development Health Provider Training Initiative recognizes the need to include primary health care providers in the system to identify and link children at risk of developmental problems to needed services. Involving the health care system is essential as it is still the one system that sees nearly all children under the age of 5 years.

Funded jointly by Iowa Community Empowerment and Iowa Medicaid, this initiative provides training and technical assistance to primary health care providers to implement the identification standards, tools, and processes developed under Iowa's ABCD II Healthy Mental Development Initiative. These guidelines and processes have been endorsed by five of Iowa's primary health care provider associations.

The Iowa Healthy Child Development Health Provider Training Initiative has two components:

Component 1: Training Current and Future Primary Health Care Providers

The initiative trains current and future primary health care providers on:

- The Healthy Development of the Young Child and the Need for Practice Change
- Conducting Development Surveillance On All Children as Part of the Well-Child Exam
- Screening of Children and Parents Who Are At Risk
- Conducting a Full Evaluation and Developing a Treatment Plan
- Developing Community Systems for Referral and Treatment of Children and Parents

This component has two goals. The first is to infuse this training into every college that prepares pediatricians, family physicians, pediatric and family nurse practitioners, and physician assistants in Iowa. Currently, physicians are being trained at one medical school and negotiations are underway to introduce the training in Iowa's second medical school. One out of three of Iowa's nurse practitioner training programs has already implemented the training and a second will soon be starting. Plans are also underway to incorporate such training into both of Iowa's physician assistant programs.

The second component goal is to recruit and train every current primary health care practice in Iowa. The initiative is partnering with all 5 of Iowa's primary health care associations and the Iowa Department of Public Health 1st Five Initiative to achieve this goal. To date, training has been provided at each health care association's annual meeting. Partnering with the Iowa Chapter of the American Academy of Pediatrics, a peer mentor network is being developed. Peer mentors are currently being recruited and trained in all regions across the state. Partnering with the 1st Five Initiative, the initiative is training practices in each of their sites.

Component 2: Training Providers to Diagnosis and Treat Young Children with Social-Emotional Problems

This component is being implemented in two phases. In the first phase, providers are being trained to identify and diagnose social-emotional problems in young children using the nationally recognized Zero to Three DC:0-3R system. The initiative subsidizes regional workshops making the training available to Iowa providers at a minimal cost. The Des Moines Child Guidance Center has partnered with the initiative in this endeavor. To date, 4 workshops have been conducted and 2 more are planned this year.

Beginning next year, the initiative will move into phase two. In phase two, the initiative plans to support training workshops that focus on conducting intervention services.



Prevent Child Abuse Iowa

Next: Part 5, Victims, Perpetrators, and Reporting

For more information, please visit:

- *Darkness to Light's "7 Steps to Protecting Our Children"*
<http://www.darkness2light.org/7steps/>
- *The National Center for Missing and Exploited Children's "Child Protection Resources for Child Care Providers"*
http://www.missingkids.com/misingkids/servlet/PageServlet?LanguageCountry=en_US&PageId=2801
- *GuideOne Insurances' "Sample Child/Youth Protection Policy"*
https://www.guideone.com/SafetyResources/Shared/sm_childprotect_sample.pdf
- *Stop It Now!'s "Let's Talk: Speaking up to prevent child sexual abuse"*
<http://www.stopitnow.org/downloads/LetsTalk.pdf>

Preventing Child Sexual Abuse Part 4: Policies and Communities

Written by Amber Russell and Christy Thies, Prevent Child Abuse Iowa

Speak Up!

You are already making an important contribution to your community by becoming educated about the issue of child sexual abuse. The next step is to share your knowledge with others. Child sexual abuse exists in a culture of silence and secrets. By breaking the silence about sexual abuse, you have the potential to prevent a child from being abused, to support current and past victims of abuse, and possibly to reach the ears of a potential abuser who just needs a little push to seek help.

Here is some information you can share with members of your community about sexual abuse:

- We all think it won't happen to us, but sexual abuse is not a rare issue; it affects 1 in 4 girls and 1 in 6 boys. Chances are you know someone who has been abused.
- Teaching children about sexual abuse is like teaching any other safety rules. (*See Part 3 of this series*)
- Talk to your children and be approachable; if a child seems afraid of a person or place don't ignore her fears, ask why.
- "Stranger danger" education is not enough; most sexual abuse is committed by someone the child knows.
- Visit your children when they are in the care of an adult or older youth (limit uninterrupted alone time).

Share Positive Messages

Finding positive messages about bodies and sexuality is a struggle for people in all communities. Advertisers use sexualized images of men and women (and children!) to sell goods and services, sexual assaults and bullying are pervasive in our schools, and prevention efforts often place the burden of change on the victims (e.g. don't dress like that, don't walk alone, avoid that person). To help our children navigate what some have called a "sexually toxic" society, we as caring adults must 1) model respectful and responsible relationships for our children, 2) monitor what our children see on TV and the Internet, and 3) teach our children to challenge the messages about sexuality and body image assaulting them. We must encourage children's emotional, intellectual, spiritual, and physical health to help dissipate the negative impact of the media on their self esteem.

Challenge people in your family, neighborhood, and community to empower children, to teach children the skills to navigate this world, and to model positive relationships. Remind the people in your community that sexual abusers exploit children's lack of self esteem and their need for attention and affection.

Promote Safe Policies

Insist that the programs serving youth in your community have policies in place to reduce the risk of sexual abuse. Such policies include: 1) limiting one child/one adult situations, 2) completing background checks on staff and volunteers serving youth, 3) providing training to staff and volunteers about sexual abuse and prevention, 4) properly supervising older youth who work with children, and 5) having policies in place for responding to disclosures of sexual abuse. Don't be afraid to let people know you have talked with your child about sexual abuse.

Furthermore, pay attention to the laws and governmental policies affecting children. Advocate for responsible laws designed to keep children safe from sexual abuse. To join Prevent Child Abuse Iowa's e-mail advocacy network and receive updates about the Iowa Legislature's actions to protect children, please contact Steve Scott, Executive Director, at sscott@pcaiowa.org.

Healthy Child Care Iowa (HCCI)



Sally Clausen, ARNP, BSN
Healthy Child Care Iowa
Iowa Department of Public Health
sclausen@idph.state.ia.us

The U.S. government is charged with protecting the public from unreasonable risks of serious injury or death from consumer products, foods, and medicines.

You can find information on recalled products on the Consumer Product Safety Commission web site: <http://www.cpsc.gov> or on the Food and Drug Administration website: <http://www.fda.gov/opacom/7/alerts.html>.

Healthy Child Care Iowa maintains a list of products that have a warning or have been recalled in the last six months.

To view recalled product information, first select a product category from the following list.

- [Beds, Cribs, and Bedding](#) no new listings
- [Child Clothing, Shoes, and Accessories](#) 1 new listing
- [Equipment \(including infant supplies/equipment\)](#) 2 new listings
- [Food, Drug, Medicine hazards and recalls](#) no new listing specific to early childhood
- [Furniture Related to Child Care and Early Education](#) 2 new listings
- [Toys and Play Related Items](#) 9 new listings

Family Support Nutrition and Physical Activity Training

Healthy food choices and daily physical activity may increase learning potential, optimize health status and decrease obesity in children. Many times families do not have the skills and knowledge to make the most healthful choices. Individuals providing family support have the opportunity to influence positive changes to support a healthy lifestyle.

The Early Childhood Workgroup of Iowans Fit for Life identified nutrition and physical activity training for family support providers as a priority in fiscal year 2008. As a result, over 200 family support professionals, representing Parents as Teachers, Healthy Families America, Early/Head Start, Child and Adult Care Food Program and Child Care Resource and Referral, received nutrition and physical activity training for pregnant mothers and young children. General sessions include the topics of My Pyramid, Nutrition, Feeding Behaviors and Physical Activity Recommendations for 0-5 year olds, and Family Meals. Hands-on breakout stations address nutrition and oral health, physical activity, healthy snacks and recipe modification/label reading.

Trainings have been conducted in Norwalk, Atlantic, Storm Lake and Waterloo. A fifth training will be offered in Ottumwa on June 6, 2008.

The training sessions are a collaboration of the Iowa Department of Public Health-Bureaus of Nutrition and Health Promotion and Local Public Health Services and Iowa State University Extension. For information regarding the upcoming training, contact Sherry Smith at 1-800-532-1579.



News from IDPH Oral Health Bureau



Dr. Bob Russell,
IDPH Dental Director



I-Smile Coordinators Participate in a Day on the Hill Event

Three I-Smile Coordinators participated in the Early Childhood Day on the Hill Event in February. Trisha Willenborg from Hawkeye Area Community Action Program, Inc., Amy Goetsch from Black Hawk County Health Department, and Eileen Tosh from Johnson County Public Health, each had the opportunity to speak one on one with their local representatives and other stakeholders regarding oral health care for children in Iowa.

The I-Smile Coordinators agreed that it was a great experience to be able to speak out on behalf of the families they work with in addition to informing legislators about the important role they play in assuring that children receive access to dental care. All I-Smile Coordinators have been encouraged to contact policy makers to educate them about the I-Smile project and the overall importance of families having established dental homes.



Trisha Willenborg with
Representative Tyler Olsen
(D) Linn County

Amy Goetsch with
Representative Bob Kressig
(D) Black Hawk County



Covering Kids & Families has finalized their 2008 Winter Report. The report proposes the following legislative recommendations to the Iowa Legislature:

1. Support policies that increase enrollment in Iowa's Medicaid and *hawk-i* programs;
2. Assure Iowa SCHIP (*hawk-i* and Medicaid Expansion) funding; and
3. Support efforts to reach and retain the additional uninsured children in Iowa.

The 2008 Winter Report was distributed to Iowa legislators at the statehouse in February. The report, as well as other outreach and policy materials can be found in the Marketing Guide on the Covering Kids & Families Web site at the following link: http://www.idph.state.ia.us/coveringkids/marketing_guide.asp.

Cover the Uninsured Week 2008 will be taking place April 27 – May 3, 2008. On April 29th during this week, the Health Care Coverage for Kids Coalition, in conjunction with Healthy Polk 2010 will host a town hall meeting focusing on *Access to Health Care for all Children in Polk County*. The event will take place from 7:00 – 8:30 p.m. in the Willow Room of the Des Moines Botanical Center. Covering Kids & Families is encouraging everyone who is interested in access to quality health care for Iowa children to attend.

Please contact Jenny Hodges, CKF Project Assistant, at jhodges@idph.state.ia.us with questions regarding the event.

Iowa's Early Childhood Vision: Every child, beginning at birth, will be healthy and successful.