The Minnesota Chapter of Prevent Child Abuse America and Circle of Parents National

The Pause

Newsletter

September/October 2014

Featured Articles

Hello Friends,
Did you have your fill of on-a-stick foods? Are you ready to get back into the non-summer routine? We hope the school year gets off to a great start for your families!

Visit our website for details!

MCCC/PCAMN Website

Cohort 2 is Underway!
Next month the 31 members of our second cohort of ACEs and Resilience Trainers will meet and train for 2 days, as part one of three trainings, to become certified to share this information around the state!

New Training through the African American Babies Project

The African American Babies Project is developing two new training opportunities. Living Room Conversations, will serve adults and Kickin’ It, is designed for youth (aged 16-25). The trainings will prepare attendees to present to community members on Historical Trauma and ACEs

Trainings, Events and Resources

2 excellent articles that support our work!

How Supportive Parenting Protects the Brain

10 Ways to Build Resiliency in your Child

Check it out! The Saint Paul Public Library has a newsletter for parents and caregivers of kids from

birth to kindergarten used to share information about programs in the library and the community. Also included are general tips on how to help young children learn! SPPL Newsletter

Crisis and Trauma Resource Institute is hosting the following public workshops this fall.

**Challenging Behaviors in Youth - Strategies for Intervention**
Minneapolis, MN: October 29, 2014 *(Early deadline - Oct. 8)*
For those who work with youth, managing challenging behaviors that interfere with development, learning or success can be both frustrating and exhausting. This workshop will review challenging behaviors related to aggression, noncompliance and attention-seeking, and will provide a framework for intervening with these behaviors.

**De-escalating Potentially Violent Situations**
Minneapolis, MN: November 19, 2014 *(Early deadline - Oct. 29)*
For those who work in an environment where there is potential for violence, it is important to develop the skills needed to defuse dangerous situations. This workshop is designed to teach people to de-escalate potentially violent situations through assertiveness and interpersonal communication.

**Restorative Justice - Guiding Principles for Communities and Organizations**
Minneapolis, MN: November 20, 2014 *(Early deadline - Oct. 30)*
If you work in a community, school, government or other organizational setting and make decisions about how to respond to harmful actions, this workshop will provide you

We are excited to announce that No Rain and lots of FUN at Parent Leader Picnic!

*Even the weather cooperated last weekend when members of the Parent Leadership for Child Safety and Permanency Team, their families, MCCC Staff and DHS partners met for some summer fun at Como Park in Saint Paul. We asked Parent Leaders to produce a 20 second video for a chance at a raffle prize and got some fun footage - take a look!*

*Our Work in Red Lake Continues to Expand*
In August, Karina Forrest-Perkins presented information on Adverse Childhood Experiences (ACEs) and brain science and staff member, Mary Weaver, shared information on Fetal Alcohol Spectrum Disorders (FASD) at a teacher in-service meeting at Ponemah Elementary School on the Red Lake Reservation. Mary also presented the information at the Red Lake Elementary School. The presentations at both schools were attended by teachers, paraprofessionals, administration, and other education staff who were excited to learn about the effects of trauma on brain development as a means to better serve the students and families they interact with. A total of 85 people attended the two trainings. The discussion on strategies available in the classroom as well as creating a deeper understanding of the behaviors often exhibited by children affected by trauma, whether through life experiences or through organic brain damage, was extremely well-received. Both schools are eager to learn more information and are anticipating future presentations.
with insights for incorporating restorative justice principles into your environment.

The 6th annual **Community Empowerment through Black Men Healing Conference**
September 19 & 20
at Metro State University
Join the Journey!
Click [HERE](#) for details.

**Step up for Kids Day, September 23, 2014!**
Click above to see what’s happening in Minnesota!
This event led by Every Child Matters is a nationwide, non-partisan effort in all 50 states to raise public and policymaker awareness of children and children’s issues.

CDA Graduates from the 2013/14 Program! 36 individuals completed this step in the goal to becoming leads in child care settings. Classes started again last week with 40 students enrolled. To find out more about the process and the importance of the CDA, read the following article!

**Why CDA?** (from [Child Care Exchange](#))
**August 22, 2014**
*Time flies like an arrow. Fruit flies like a banana.*
-Groucho Marx
The Council for Professional Recognition recently published a white paper, "Why CDA? Why Now - A Focus on Competence." Here is an excerpt:

"For the 1.8 million members of the U.S. early care and education workforce, the realities of teaching are paradoxical. On one hand, government entities across the federal, state, and local levels are spending billions of dollars annually to enhance early care and education programs. Yet, many early education staff have relatively low levels of education, with two in 10 having a high school education or less.

"Efforts to advance early care and education must confront this reality by supporting the professional development among its practitioners. In this respect, many efforts have focused on increasing the education requirements of early educators. Today, for example, 66 percent of Head Start teachers now have bachelor’s degrees. In addition, state Quality Rating and Improvement Systems (QRIS) include career lattices that recognize increased education levels…

"Since 1975, the field has relied on the Child Development Associate™ (CDA) National Credentialing Program to form the foundation of professional development. The CDA represents expert consensus about what early educators should know and be able to do in the classroom. For this reason, it plays a significant role across the spectrum of early childhood settings in the United States, from employer-sponsored child care to federal-government based entities such as Head Start and military-sponsored child care programs. The CDA is also included in many state level QRIS systems and a wide range of community-
based services for young children and their families. Given its national stature, the CDA credential is portable across states and school districts nationwide. It is competency-based, multilingual, and adaptable to any setting where young children are enrolled. And, the CDA has stood the test of time - more than 325,000 people have earned the CDA credential, with 20,000 new and 18,000 renewal CDAs awarded in 2013 alone."