April is National Child Abuse Prevention Month

April is approaching fast, and with it comes our statewide Pinwheels for Prevention® Campaign and we would like YOU to join our efforts in raising awareness for child abuse prevention.

Planning a Pinwheel Event? Join our calls! Do you want to host your own Pinwheel event? PCANV hosts a series of planning calls to help communities plan their events and access resources. Please join us!

February 20 at 11:00am and March 20 at 11:00am.
Call-in Information for All Calls: (641) 715-3273 Pin: 141093#

LAST CALL TO ORDER PINWHEELS! This is our last call for taking orders for pinwheels so make sure you order soon as we have a limited number to distribute.

2018 Pinwheel Order Survey

We're Excited to Announce the Release of our 2016-2017 Annual Report
Click below to access the report and learn about the milestones PCANV has met over the last year. You will learn about our involvement with national awareness campaigns, our statewide collaborations with community partners, as well as our efforts to maintain and develop a statewide network of agencies and individuals who are all concerned about and willing to work hard to prevent child maltreatment.

Click HERE To Read!

PCA America News and National Highlights

CDC Releases New Milestone Tracker

Milestones matter! Track your child’s milestones from age 2 months to 5 years with CDC’s easy-to-use illustrated checklists; get tips from CDC for encouraging your child’s development; and find out what to do if you are ever concerned about how your child is developing.

From birth to age 5, your child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Photos and videos in app illustrate each milestone and make tracking them easy and fun!

FEATURES

- Add a Child - enter personalized information about your child or multiple children
- Milestone Tracker - track your child’s developmental progress by looking for important milestones using an interactive, illustrated checklist
- Milestone Photos and Videos - know what each milestone looks like so that you can better identify them in your own child
- Tips and Activities - support your child’s development at every age
- When to Act Early - know when it’s time to "act early" and talk with your child’s doctor about developmental concerns
- Appointments - keep track of your child’s doctors’ appointments and get reminders about recommended developmental screenings
- Milestone Summary - get a summary of your child’s milestones to view, and share with or email to your child’s doctor and other important care providers

Adapted from Centers for Disease Control and Prevention. For more information, CLICK HERE

Tuesday, February 6
11:30 - 3:30 PM

Virtual Live Web Stream Only $20

REGISTER HERE: https://www.brownpapertickets.com/event/3233324

Alaska Children’s Trust is excited to partner with the NW Children’s Fund to host a conversation about the impact of early childhood trauma and how best to support a child’s recovery, with practical interventions and concrete tools for healing.
Featuring Keynote Speaker: Dr. Chandra Gosh Ippen
Associate Director, Child Trauma Research Program/University of California, San Francisco. A leading expert in complex childhood trauma and its impact on very young children.

Sponsors: Alaska Children’s Trust, Empire Health Foundation, NW Children’s Fund

Family Activities and Events

Southern Nevada Family Events

2018 Hot Air Balloon Festival
Feb. 23, 2018 - Feb. 25, 2018
Petrack Park
150 State Highway 160
Pahrump, NV 89048
More Information Here

Family Love Story Time & Crafts
Feb. 10, 2018 11:00am-12:00pm
Enterprise Library - Story Room
25 E. Shelbourne Ave.
Las Vegas, Nv 89123
More Information Here

Las Vegas Pet EXPO
Feb 10th, 10:00am-5:00pm
Feb 11th, 11:00am-4:00pm
World Market Center Pavilion
475 S Grand Central Pkwy
Las Vegas, NV 89106
More Information Here

Northern Nevada Family Events

Reno-Tahoe – Bay Area
Snow play!
Old fashioned family fun off I-80
Donner Summit Sno Park
Soda Springs’ Tube Down
Boreals’ Playland
Tahoe-Donner Snowplay
More Information Here

“Hands On! Second Saturdays”
Feb. 10th 10:00am-6:00pm
Nevada Museum of Art in Reno
160 W Liberty St, Reno, NV 89501
More Information Here

Rock Painting Valentine’s Edition
Feb. 7th @ 5:30pm
Carson Catalina Apartments
700 Hot Springs Rd.
Carson City, NV 89706
More Information Here

Want to be in the know for future family fun??
MORE family friendly events are on our website! Click here to view more events in your area!

VALENTINE’S DAY CRAFTS
DRY ERASE FRAME:

Frame (Any style or size), Patterned or colored paper, Letter Stickers, Permanent Marker, Dry Erase Pen, Buttons (optional), Glue Gun (optional)

Instructions:
1. Cut your paper to fit in your frame.
2. Place your letter stickers on the paper to spell out “I love you because,” making sure to leave space on either side to accommodate for natural cropping from the frame.
3. Using a permanent marker or other pen, add the dots after because… and a “fill in the blank” line below your message.
4. Place decorated paper in frame and replace the backing.
5. Add embellishments to your frame, if desired. I added 4 buttons with a dot of hot glue.
6. Display your Valentine’s Day craft with a dry erase pen to fill in your “I love you because…” message.

The message wipes away easily from the glass with a dry napkin. If you have trouble wiping it off, simply add a tiny squirt of window cleaner or water to a paper towel to wipe clean.

Tips for Parents!

February is National Teen Dating Violence Awareness Month (TDVAM)

Each year, nearly 1.5 million high school students nationwide experience physical abuse from a dating partner. At a rate far higher than other forms of youth violence, teen dating violence impacts 1 in 3 adolescents in the United States through physical, sexual, emotional and verbal abuse.

Teen Dating Violence Awareness Month is a national effort to raise awareness about dating violence, promote programs that support young people, and encourage communities to prevent this form of abuse with the goal of decreasing the prevalence of dating violence.

WARNING SIGNS Although there are many signs to pay attention to in a relationship, look for these common warning signs of dating abuse:

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling, put-downs, or explosive temper
- Isolation from family and friends
- Making false accusations and constant mood swings towards you
- Physically inflicting pain or hurt in any way
- Possessiveness and telling someone what to do
- Repeatedly pressuring someone to have sex

Adapted from Break the Cycle, for more information: click HERE.

The American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate to vigorous physical activity every day.

Physical inactivity is a major risk factor for developing coronary artery disease. It also increases the risk of stroke and such other major cardiovascular risk factors as obesity, high blood pressure, low HDL (“good”) cholesterol and diabetes.
How do I promote physical activity in my child?

- Physical activity should be increased by reducing sedentary time (e.g., watching television, playing computer video games or talking on the phone).
- Physical activity should be fun for children and adolescents.
- Parents should try to be role models for active lifestyles and provide children with opportunities for increased physical activity.

Adapted from American Heart Association, to learn more, [Click HERE!](#)
Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"

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