Prevent Child Abuse Nevada

Season's Greetings

December 2014 Newsletter

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Snow Globe Craft

Making a snow globe with your child is a great winter craft! This is a simple snow craft that preschoolers absolutely love making and playing with afterwards. All you need is some corn syrup, a bottle and glitter - and we promise it's not as messy as you think it is! Try this great preschool winter craft with your kids today.

What you'll need:

Materials

- Small clear bottle or jar (baby food jars or
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Statewide Events Calendar

Reminder:
PCANV Statewide Videoconference

Our next statewide meeting will be on:
Thu, Dec 11, 2014 9-10AM
View the Agenda

View the Videoconference Locations. Not in your area? Contact us for the call in information.

 Couldn't make it to the last statewide meeting? Check out the meeting notes: Videoconference Notes

Holiday Events and Activities in Nevada

For information on holiday events and activities in:
Northern Nevada click here
Southern Nevada click here

- spice jars work well - they must have a lid)
- Corn syrup
- Glitter
- Popsicle stick or child-safe butter knife
- Water
- *Optional: hot glue gun/hot glue - adults only

How to make your Snow Globe:

1. Place the jar on a paper plate or some newspaper.
2. Fill the jar 1/3 of the way full with corn syrup. The corn syrup helps the glitter stay in suspension longer You will use water to fill the rest of the jar. At this point, only about half of the water you need and then mix the corn syrup and water together until the corn syrup dissolves most of the way. If you fill the jar the whole way full and then have a preschooler stir it, we guarantee a mess! Once the corn syrup is dissolved, top the jar off with water.
3. Sprinkle in some glitter. Use as many colors as you’d like, and as much as you’d like.
4. Put the lid on the jar and shake to watch the snow swirl.

** Here is the optional part. If you'd like, you can hot glue the lid onto the jar. If you do glue the lid on, make sure to use hot glue and not something that will wash away in water (like Elmer's glue) or the water in your globe may turn cloudy as it eats the glue.

Craft tips and pictures taken from http://www.allkidsnetwork.com/
Highlighted Events

Sparks Annual Hometowne Christmas Celebration

Sparks Hometowne Christmas kicks off with the annual tree lighting ceremony on Friday evening, December 5th, from 6:30 p.m. to 7 p.m with Mayor Martini lighting the tree, carolers and other great entertainment. On Saturday, December 6th, the 28th annual Sparks Hometowne Christmas Parade at 1 p.m. Enjoy free hot chocolate from Living Stones Church. Join the Ugly Sweater Fun Run at 10 a.m. on December 6, a benefit for Toys For Tots. For more information, visit http://www.cityofsparks.us/christmasparade

East Ely - Polar Express Departs to the North Pole


Ethel M Chocolate Factory and Cactus Garden - Henderson

Admission is free.

Lights: On Nightly, 5pm to 10pm
Factory & Retail Shop: Open daily 8:30am to 9pm. Closed on Christmas Day
Visits from Santa: 5pm to 9pm
Dates: Nov 13, 2014 - Jan 1, 2015

10 Holiday Tips for the Holidays

Below are 10 Holiday Tips and Resources from USA.gov

1. Buy Safe Toys - If you plan to buy toys for the kids in your life, choose age-appropriate toys and look for labels with safety advice. For young children, avoid toys with small parts, sharp edges, and electric toys that can heat up. Always purchase safety gear in addition to sports-related gifts or ride-on toys, such as bicycles or skateboards.

2. Celebrate on a Budget - The holidays can be expensive, but you don't have to break the bank to celebrate. Take a few minutes to decide how much you can afford to spend on gifts, travel, parties, decorations, and other holiday expenses. Once you've created a spending plan, keep track of your purchases.

3. Give the Gift of Service - Sometimes the greatest gift you can give to others is service. Studies show that reading to a child just three hours a week significantly improves his or her reading skills. If you help out at a local soup kitchen or food bank, you are directly providing meals to hungry individuals.

4. Find Seasonal Employment - Even in a tough economy, businesses need extra help around the holidays. Seasonal employment can help supplement your income and potentially lead to a permanent position.

5. Get through the Holiday Blues - The holidays aren't joyous for everyone. This time of year can bring stress and feelings of loneliness. Exercise, focusing on positive relationships, and doing things that you find rewarding can help with depression.
Performance by local Choirs: 6pm - 8pm, Thurs - Sun.

For more information visit, [http://www.ethelm.com/about_us/current_events.aspx](http://www.ethelm.com/about_us/current_events.aspx)

**Magical Forest at Opportunity Village - Las Vegas**
The Magical Forest is a winter wonderland with millions of sparkling lights, nightly entertainment, great food and endless holiday cheer.

**Open:** November 21, 2014 - January 4, 2015 Sunday - Thursday: 5:30 pm - 9:00 pm  
Friday & Saturday: 5:30 pm - 10:00 pm

For more information, please visit [http://www.opportunityvillage.org/magical-forest/](http://www.opportunityvillage.org/magical-forest/)

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**Nevada Legislative Session Starts Feb 2015!**

**Bill Draft Request List on Children's Issues**

The Children's Advocacy Alliance and Nevada Institute for Children's Research and Policy have begun tracking the **Bill Draft Requests** (BDRs) dealing with children's issues for the upcoming 2015 Nevada Legislative Session. This list will be updated weekly through the Legislative session. The complete list of BDRs is found on the NV State Legislature homepage at [www.leg.state.nv.us](http://www.leg.state.nv.us)

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**FREE INFANT CPR CLASS**

Prevent Child Abuse Nevada and infantcpr.com have come together to form a partnership offering **FREE ONLINE CPR CLASSES** through infantcpr.com.

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6. **Be Safe and Save Money with LED Lighting** - Electricity bills can grow during the holidays if you decorate with strings of lights. Consider switching to LED (light-emitting diode) holiday lights to save energy and money. In addition to the energy and cost savings, LED lights are much cooler than incandescent bulbs, reducing the risk of fires.

7. **Pay Attention to Food Portions and Exercise** - The holidays are a wonderful time to celebrate with family and friends, but celebrations sometimes involve over-indulging in sweet treats and heavy foods. Even if you only gain one or two pounds during the holidays, these gains can add up over the years. The holidays are probably not the ideal time to try to lose weight, but you can take steps to maintain your weight.

8. **Pack for Hassle Free Travel** - You can get through the airport security line faster by traveling with unwrapped gifts and following the "3-1-1 rule" when carrying on liquids. You may have favorite liquid food items (like cranberry sauce or special dips) that you want to share during the holidays, but it's best to put such items in your checked bag or ship them ahead of time.

9. **Reduce Holiday Waste** - The holiday season includes many opportunities to reduce waste, recycle, and reuse items. Did you know that about 40 percent of all battery sales occur during the holiday season? Consider buying rechargeable batteries (and a charger) for electronic gifts to help reduce the amount of harmful materials thrown away. After the holidays, look for ways to recycle your tree instead of sending it to a landfill. If you plan to send greeting cards, consider purchasing ones that are made of recycled paper or sending electronic greetings.

10. **Keep Food Safe** - Holiday buffets are convenient ways to entertain a crowd, but leaving food out for long periods of time can invite bacteria that cause foodborne illness. To keep your holiday foods safe, cook them thoroughly; use shallow containers; never leave them sitting out for more
Great for grandparents, aunts and uncles, babysitters, and of course, parents!

**Contact** the PCANV office by phone or email to sign up

*Please note, this is a skills class ONLY and does not count for accredited CPR Certification.*

## Internet Safety Guide

The Children's Safety Network recently released an Internet Safety Guide. The guide provides links to organizations, programs, publications, and resources focused on Internet safety, as well as information on a variety of subtopics related to the Internet, including: alcohol and drugs, cyberbullying, sexting, social networking, and suicide and self-harm. Click [here](#) to view the guide.

## PCA NV Resources

Prevent Child Abuse Nevada has resources available to parents, educators and our partners.

These resources are available digitally via our website at [www.preventchildabusenevada.org](http://www.preventchildabusenevada.org). For more information or to request hard copies (subject to availability)

than two hours; and keep them at the appropriate temperature.

## Go Blue T-shirt Design Contest

**GO BLUE T-SHIRT DESIGN CONTEST FOR KIDS!**

for Child Abuse Prevention Month

*Submissions Due December 19th*

### Rules:

- Children’s and Youth Artwork Only!
- You must incorporate a pinwheel into the design
- You must make /draw your own pinwheel and cannot use a stock image or the PCANV Pinwheel image.
- You can use markers, crayons, or colored pencils but the drawing must be 2-D (no macaroni, etc.)
- Feel free to use technology for your design, but keep in mind all artwork must be original!
- Design must fit on an 8.5 x11 inch area (either paper or computer)

### Tips:

- Be creative! Think about what makes your childhood a happy one
- Keep in mind our colors are blue and white, and the design will be printed on either a blue or white t-shirt

### One Winner Will Receive:

- Their design printed on t-shirts worn throughout the state on Go BLUE weekend and throughout the entire month
- A t-shirt of their own
- A prize valued at $50.00
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♦ Their name and design on PCA-NV's website and in the statewide newsletter
♦ Recognition at their local community Pinwheels for Prevention event.

Include contestant's name, age and contact information (phone number, email, and address) with submission.
Email to: Preventchildabusenevada@unlv.edu
If you cannot scan and email the artwork, you can mail it to:
Prevent Child Abuse Nevada
4505 S Maryland Parkway Las Vegas, NV 89154-3030

Forward email

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