Prevent Child Abuse Nevada Newsletter

In This Issue
SAVE THE DATE: Child Safety Conference
Upcoming Pinwheel Events
Featured Article
Heart Healthy Activities
Legislative News

Join Our Groups!
NICRP Newsletter
Join Our Mailing List

Quick Links
Partner With Us
Volunteer
Children's Week 2013
More On Us

Valentine's Day Edition February 2014

Heart Healthy Activities for Valentine's Day

Activities for Kids and Families
One of the great things about Valentine's Day is that it coincides with American Heart Month. This can be a great way to distract your child from all the chocolate and do some healthy heart Valentine activities instead! Here are a few ways to spend some time with your little Valentine and make your day a little sweeter.

1. **Make some healthy heart Valentine snacks** with your child. At first, they might be disappointed not to be eating cupcakes, chocolate and red fruit punch, but presentation can go a long way in making up for a sweet tooth. Talk about healthy heart-shaped and Valentine-colored options like strawberries, heart-shaped muffins and a healthier pink drink like Sparkling Cranberry Punch.

2. **Take the opportunity to teach your child a little about his heart and the circulatory system**, One important thing to stress is how aerobic exercise strengthens the heart. Even younger kids are able
3. **Make your own stethoscope.** With a couple of funnels, a little duct tape and a paper towel tube, you can make a rudimentary stethoscope that your child can use to listen to his heart. Once you've made it ask him to listen to his heart and count how many beats per minute he hears.

4. **Throw a "happy heart" dance party.** If you have a Wii and one of the [Just Dance games](https://www.justdancegames.com), it's a great time to get the whole family up and moving. Of course, even without a Wii, you can still play dance music and boogie down.

Talk to your child about how dancing is aerobic exercise that will strengthen his heart as well as raising his spirits. To provide your point, have him listen to his heart again after he dances and take note of how much faster it's beating (which means it's working harder).

5. **Modify your Valentine's Day cards to get your child up and moving.** Purchase an inexpensive box of cards and instead of writing a message on each one, write an exercise for your child to try. As he reads them, ask him to perform the exercise. You might, for example, want to write down some [simple stretching exercises](https://www.simplemost.com/home) or some other [easy exercises you can do together](https://www.babycenter.com/0_easy-exercises-you-can-do-together-2858121).  

6. **Play healthy heart hopscotch.** Whether you live in a warm climate or a cold one, you can play this twist on the [classic playground game](https://www.babycenter.com/0_classic-playground-games-282307). Simply replace the squares with hearts and you're ready to go. If it's too cold to play outside, with a little masking tape and some open space, you can [play indoor hopscotch](https://www.babycenter.com/0_play-indoor-hopscotch-282307) instead.

7. **Organize a Valentine's Day scavenger hunt.** This game gives you an opportunity not only to get your child moving throughout the house, but also to help him learn a little more about the people he loves. Provide your child with a list of items or clues leading him to find things that are important to each person in your household. You can include clues like:

   **Find something that is your sister's favorite color.**
   **Bring back your brother's favorite food.**
   **This used to be your favorite book when you were younger.**
   **Find Daddy's favorite song on his music player.**  

8. **Make a Valentine's Day heart craft.** These activities are a little slower in pace than the other heart healthy Valentine's Day activities. Despite that, they're not only a good way to slow down at the end of the day, but a good way to show your child that even though his heart plays an important role in keeping him healthy, other types of hearts can play an important role in making other people happy.

---

*Adopted from About.com's article [Heart Healthy Valentine's Day Activities for Kids](https://www.about.com/od/valentinesdayfun/ad/keyvalentineactivities.htm)*

---

**Legislative News on Children and Families**

**Federal Updates**

---

https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=1116203654912&format=html&print=true
for Children of Alcoholics (NACOA) will be observing its Children of Alcoholics (COA) Week from February 9-15, 2014. COA Week "celebrates the recovery of the many thousands of children (of all ages) who have received the help they needed to recover from the pain and losses suffered in their childhood, and it offers hope to those still suffering from the adverse impact of parental alcohol and drug addiction". (SAMHSA)

According to the NACOA,

- it is estimated that one in four children in the United States under age 18 is hurt by family alcohol abuse or alcoholism, and that countless others are affected by parental drug use.
- there is strong scientific evidence that alcoholism runs in families with children of alcoholics being 2 to 4 times more likely to develop alcoholism than children of non-alcoholics.
- young children of alcoholics exhibit symptoms of depression and anxiety to a greater extent than children of non-alcoholics; and incur increasing health care costs and experience more life problems over the lifespan.
- young children of alcohol or drug dependent parents often have difficulty in school and are more likely to be truant, drop out of school, repeat

In summary, the following recent Congressional Appropriation changes to the Social Services Block Grant (SSBG) and the Promoting Safe and Stable Families (PSSF) have been made:

SSBG and PSSF will in fact still be cut by sequestration, that means child welfare services will be reduced further in addition to these cuts.

Reductions include:

- CAPTA to $25.3 million (-1.2 m)
- CBCAP to $39.7 million (-1.7 m)
- Child welfare services $268 million (-11 m)
- Promoting Safe and Stable Families $345 in mandatory (they exempted from on-going mandatory cuts) but cut discretionery by $3 million to $59 million

Positives include:

- keeps SSBG at $1.7 million exempting from mandatory cuts
- $3 million for court teams and infants and toddlers in child welfare

The link below provides updated legislative news on children and families.

The focus of the *Capitol View on Kids* newsletter is on the following:

- Unemployment insurance,
- the Affordable Care Act,
- Victims of Sexual Trafficking and Transition Planning for Your in Care
- Appropriation Work

**Capitol View on Kids**

**Nevada Updates**
grades, or be referred to a school counselor or psychologist.

- children of addicted parents, with interest and support from family, friends, health professionals, teachers, clergy, and others, can avoid the negative effects of familial alcoholism and drug dependence.

For more information you can go to http://www.nacoa.org/ or www.coaweek.org.

The Legislative Committee on Child Welfare and Juvenile Justice had their first meeting of the year on Thu, Jan 30th. To keep up-to-date on any upcoming meetings, review previous meeting minutes or to sign up to receive committee information please click on the link below:

Legislative Committee on Child Welfare and Juvenile Justice

---

Prevent Child Abuse Nevada
Nevada Institute for Children's Research and Policy
University of Las Vegas, Nevada
4505 S. Maryland Parkway, Box 453030
Las Vegas, NV 89154-3030
Phone: 702.895.5053  Fax: 702.895.2657
preventchildabusenevada.org

---

Forward email

SafeUnsubscribe

This email was sent to tara.phebus@unlv.edu by amanda.haboush@unlv.edu. Update Profile/Email Address | Rapid removal with SafeUnsubscribe™ | Privacy Policy.

Trusted Email from Constant Contact

Try it FREE today.

NICRP | 4505 S. Maryland Parkway | Box 453030 | Las Vegas | NV | 89154