In This Issue

PCANV Statewide Videoconference Notes
Nevada Vaccination
World Breastfeeding Week
PCA Resources
Back to School Tips
Step Up for Kids 2014
National News

Join Our Groups!

Facebook
LinkedIn
Twitter

NICRP Newsletter
Join Our Mailing List

Quick Links

Partner With Us
Volunteer
More On Us
Statewide Events Calendar

Couldn't Make it to

August 2014

Back to School Without a Hitch - Tips for Parents

Starting the new school year can be a time of great excitement... and anxiety. Help calm your child’s fears (and your own) with these tips.

Meet the new teacher
For kids, one of the biggest back-to-school fears is “Will I like my new teacher?” Breaking the ice early on is one of the best ways to calm everyone’s fears. Take advantage of your school’s open house or back-to-school night. Some teachers welcome phone calls or e-mails - another great opportunity to get to know each other before the year begins.

If personal contact with the teacher isn’t possible, try locating the teacher’s picture on a school website or in a yearbook, so your child can put a name with a face. If your child’s teacher sends a welcome letter, be sure to read the letter together.

Tour the school
If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground.

With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.
the Statewide Meeting?

Check out the meeting notes below:

Videoconference #1 Notes
Videoconference #2 Notes

Save the Date!
Our next statewide meeting will be on:
Thu, Dec 11 from 9am to 10am

Back to School Vaccination Resources

School is almost back in session, are your children's vaccinations up to date? Any child entering a new Nevada school district (transfers and children of age entering the school district) are required to have up to date shots. Take a look at the links below for more information regarding what vaccinations your children need to have before entering school in Nevada.

Nevada Vaccination Requirements

Nevada Vaccination Laws

Click on your area's link to find information on what state resources are available to get your children vaccinated.

Southern Nevada Health District

Washoe County District Health Department

Carson City Health and Human

Connect with friends
A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

Tool up
Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.
School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before - such as colored pencils or a protractor - so he will be comfortable using them in class.

Avoid last-minute drilling
While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigor of school begins. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

Ease into the routine
Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

Adapted from PBS Parents

Every Child Matters 2014

StepUp for kids

Each year "Step Up for Kids" brings together thousands of people nationwide to show widespread support for investments in children and families. These non-partisan events across the nation raise awareness among voters and political candidates about issues American children face, among them access to early care and learning, after-school programs, poverty, child abuse and neglect and access to quality health care. The idea of the initiative is to educate those in attendance about these serious challenges and how it is important that our community and our government continue to invest in children.

Southern Nevada:
When: Monday, September 22, 2014
Breastfeeding has been shown to have many health benefits for both the breastfeeding mother and her child. Breastfeeding has been associated with reduced risk of cancer, diabetes, and postpartum depression in mothers, and reduced risk of ear infections, gastrointestinal issues, allergies, SIDS, obesity, and diabetes in children.

Starting in 2007, the CDC has issued a Breastfeeding Report Card that provides both national and state level data. According to the 2013 report card, Nevada is 2.6 percentage points ABOVE the national average (76.5%) for babies who have ever been breastfed, and Nevada is slightly above the national average for exclusive breastfeeding at 6 months (US = 16.4%; NV = 18.6%) but below the national average at 3 months (US = 37.7%; NV = 33.9%).

See more info on the state of breastfeeding and health of

**National Update**

The Department of Health and Human Services (HHS) just released the widely anticipated Funding Opportunity Announcement (FOA) for grants to expand Early Head Start (EHS) or form Early Head Start-Child Care Partnerships.

These grants came about because, in the wake of the President’s early learning initiative, the early care and education community advocated for the needs of infants and toddlers, and Congress responded with $500 million in total funding from Fiscal Year 2014 appropriations. These grants not only will expand resources for early care and learning for infants and toddlers. They also will provide an exciting opportunity for the field to engage in creative thinking and doing around high-quality services for vulnerable young children across settings.

The Department has a centralized website for all things related to the grants, including how to apply and FAQ’s.

Here is a first look at some things to note:

**High-Quality Services:** All entities applying must provide high-quality, comprehensive, and continuous early care and education for infants and toddlers in centers and/or family child care homes. Eligible entities include public entities, such as states, and private non-profit or for-profit entities, including community- or faith-based organizations. Organizations that seek to build a birth-to-five continuum of services will receive priority. All applicants must describe transition plans for the children as they leave EHS programs.

**Funding and Award Levels:** While $500 million was appropriated, the FOA says HHS may fund up to $650 million. This level leaves room to draw on applications submitted through this current process should additional funding be provided for FY 2015, as requested by the Administration’s budget. The award ceiling for individual grants is slightly under $55 million, but the average award is expected to be $1.5 million.

**Funding Allocations:** The available funds will be allocated by formula among the states. These allocation levels are simply the total amount for grants to be awarded in individual states. They do NOT mean that the funds flow automatically to states. Even if a state agency is applying for funds, other eligible entities within the state should not hesitate to apply as well.
children entering kindergarten by clicking here: NICRP 2013-2014 Kindergarten Health Survey

US Congress Voice Support for Home Visiting

The U.S. Congress has extended through March 2015 a federal program supporting voluntary, evidence-based home visiting services. Iowa's Senators Chuck Grassley and Tom Harkin were critical to Congress' actions. The Senators provided statements for PCA Iowa's annual conference expressing their support for home visiting services.

Watch their comments here:
Senator Harkin
Senator Grassley

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. For more information or to request hard copies (subject to availability) you may contact us at 702-895-5053 or by emailing us at preventchildabusenevada@unlv.edu.

• **Ages of Children:** The appropriations language specified that the grants can be used for serving children from birth through age 3. In practice, however, only family child care programs will be able to use these grant funds to serve 3-year-olds. Center-based programs can only apply to serve children from birth through age 2. Determining a simple way to incorporate 3-year-olds in center-based programs, where Head Start standards are very different from those governing EHS programs, proved elusive at this stage of the process.

• **Types of Proposals:** Potential grantees can submit proposals for one of three different approaches to increase the number of children in spaces meeting EHS standards. The first is a pure partnership approach, in which all funded EHS slots would be offered through child care partnerships. The second would be a pure expansion of an existing EHS program or the creation of a new one. The third would be a mixture of the first two. Pure partnership applications get extra review points and top priority. Mixed approaches with at least 50 percent of children served through partnerships get a high priority, but no extra points.

• **Child Care Subsidies:** Partnership applications must demonstrate that at least 25 percent of EHS-eligible children served in slots funded by the grant will have child care subsidies. Programs that can raise that proportion to 40 percent will get bonus points. HHS recommends, but does not require, that applicants propose providing at least 72 slots to adequately support staffing and infrastructure needs.

• **Priority Communities:** Proposed programs in Promise Zones or high-poverty Zip codes will receive additional points.

• **Start-up Costs:** Funds for activities such as facility renovations, classroom supply purchases, licensing, etc., to help programs get off the ground can be requested and would be separate from the base operational budget to serve children.

• **Matching Funds:** Grantees must provide 20 percent of the total cost of the project, in accordance with Head Start requirements.

The FOA includes resources to help develop proposals as well as a method by which to ask HHS questions.

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