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August 2016 Newsletter

PCANV News

Be a Super Hero for Kids Family Event

September 3rd, 11:00am-1:30pm
This event is free, kid-friendly, and open to the public!

Bring the whole family to the Downtown Container Park for a fun-filled Event!
Either come dressed as a super hero or make a costume at the event!

~ Get your face painted!
~ Meet and Greet with real Super Heroes!
~ Go on a Scavenger Hunt!
~ Make a cape and super hero mask!
~ Family costume contests!
Save the Date!
The Child Abuse Prevention and Safety Conference is returning to Southern Nevada in 2017!

Save the Date!
Thursday, June 8th, 2017
Henderson Convention Center

More info coming soon!

National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. *CDC*

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 link below for more information regarding what vaccinations your children need to have before entering school in Nevada.

Nevada Vaccination Laws and Requirements

If you don't have a regular healthcare provider, don't worry. The Nevada Vaccines for Children Program helps provide vaccines to children whose parents or guardians may not be able to afford them. Visit the VFC Provider locator to find a location near you.

Visit Immunize Nevada to find information on what state resources are available to get your children vaccinated. They are part of the Back To School Immunization Campaign and have clinics available statewide for children to receive their vaccines.

Step Up for Kids

Each year "Step Up for Kids" brings thousands together 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 across the country and how it is important that our community and our government continue to invest in children.

Step up for Kids events will be held all across Nevada and we need YOUR help.
Volunteer, have an informational table for your organization, join a planning committee, or be a co-supporter!
If you would like to get involved, click here

Join us in celebrating Nevada Children's Day at the 9th Annual Step Up For Kids in Southern Nevada!
When:
Monday, September 28, 2016
3:00PM-7:30PM
Where:
Las Vegas Springs Preserve
333 S Valley View Blvd
Las Vegas, NV 89107

See the Flyer Here Eng/Span

Celebrate Step Up for Kids in Reno & Carson City!
Where:
Reno - Tool House Pumpkin Patch
Carson City - The Children's Museum of Northern Nevada
*More details coming soon!

*Details on Step Up for Kids Day Events in Elko are COMING SOON!*
The President, The Campaign, and the Politics of Children

"For the past twelve months, we have all been inundated with news about the presidential campaigns. We have heard various speeches and promises made by the men and women vying to become our next president. Now that the party conventions are around the corner, we know who the top two candidates are. What we don't yet know is how issues facing children and families fit into the policy platform of each candidate. But whether Hillary Clinton or Donald Trump wins in November, we hope that they will champion the same policies and programs that we have spent all year fighting for."

Read the complete article Here!

Fun Ideas for Families

Back to School Fairs!

The kids are going back to school soon! Visit one of the below back to school fairs to help them get excited!

Las Vegas:

**B2S Fair & Movie** - Aug 5 - 6:00pm
Centennial Hills Park Amphitheatre,
7101 N. Buffalo Drive at Deer Springs Way.

**B2S Fair & Movie** - Aug 12 - 7:00pm
Durango Hills Community Center/YMCA
3521 N. Durango Drive.

**B2S Fair** - Aug 13 - 10:00am to 2:00pm
Elk Lodge
4100 W Charleston Blvd

**B2S Fair** - Aug 13 - 8:00am-11:00am
Lorenzi Park
3343 W Washington Ave

**COX Back 2 School Fairs** - 10:00am-4:00pm
Aug 6 - Galleria at Sunset
Aug 13 - Meadows Mall
Aug 20 - Boulevard Mall
Aug 27 - Downtown Summerlin Mall

Northern Nevada:

**B2S Health & Safety Fair** - Aug 6 - 10:00am to 2:00pm
Boys & Girls Club Pennington Facility,
1300 Foster Drive, Reno

**B2S Fair** - Aug 8 - 10:00am-4:00pm
Outlets at Legends
1310 Scheels Dr., Sparks

**B2S & Health Fair** - Aug 20 - 10:00am to 1:00pm
Lattin Farms
1955 McLean Road, Fallon

For more info or questions:
Contact Mirzah @ 702-895-1040 or mirzah.trejo@unlv.edu
Or Visit our website!

Parenting Tips for 2016

7 Essential Back 2 School Tips!

New school supplies, haircuts, and special end-of-summer outings all play into the back-to-school routine. Take a look below at a few ways to get this year off to a great start in your house.

1. Set up a bedtime and wake-up routine in advance. If possible, it’s
best to establish bedtimes and wake-up times two weeks in advance of the start of school.

2. Get to know new teachers. Try to find a few minutes before or after school to connect one-on-one with the teachers. At the very least, send an introductory email that includes how you can help during the school year, however big or small.

3. Plan healthy lunches and snacks. When you pack protein-rich snacks and lunches, balanced with fruits, vegetables, and other wholesome items, you ensure that your children will have the energy and brainpower to make it through their school days.

4. Organize clothing. Of course you will need to donate or otherwise get rid of the clothing that your kids have outgrown, but you should also take the time to carefully organize what is left to decide what they may need more of.

5. Update medical records. Make sure teachers and administrators have a complete list of any medical concerns regarding your kids, including allergies. You will also want to be sure that all emergency contacts are up to date.

6. Talk to your kids about bullying. Research shows that one in three kids experiences bullying at some point in their school career-and in the increasingly digital world, the consequences can be extreme. Make sure your kids understand the right way to treat their peers, and when to speak up if they see someone else being bullied. Also make sure they know when to come to you if they feel they are being bullied.

7. Ask your kids about their concerns. The start of school is exciting, but can also bring some anxiety-especially when it comes to the unknown. Take a few minutes to ask your kids what they are most looking forward to during the school year, and what things may be worrying them. By giving them a forum to express their concerns, you can help them work through any worries in advance of school starting and clear up any issues that could lead to a bumpy start to the year.

*adapted from sparkpe.org

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**Door Hanger Craft**

Let the children have a little fun before returning to school! Make a door hanger together so that your child can let everyone know when to use quiet voices so he or she can concentrate on homework when school starts!

**What you will need:**
- 1 piece of cardstock paper
- Craft markers
- Hole punch
- String
- Scissors

**What to do:**
1. Cut a square from the piece of cardstock paper.
2. Write "Shhh... I'm doing my homework!" on one side.
3. With a single hole punch, punch two holes near the top.
4. Cut three pieces of string and carefully string them through one hole, securing it with a double knot.
5. Braid the three pieces of string and then carefully string the pieces through the second hole, securing it with a double knot.

*adapted from SheKnows

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**Policy Updates**

**Nevada Policy Updates**

The Nevada Institute for Children's Research & Policy and the Children's Advocacy Alliance welcome you to join them as they release their 2016 Nevada Children's Report Card and 2017 Legislative Briefing Book!

**Las Vegas**
Tuesday, September 13th, 8am

**Reno**
Wednesday, September 14th, 8am

*Location Information to follow

General Election is on November 8, 2016!
Are you registered to VOTE?

Online voter registration is now available for residents of all Nevada counties. Eligible voters can register to vote and update their voter registration information online, including change of address and party affiliation. A DMV issued Driver's License or ID is required.

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**PCA NV Resources**

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Prevent Child Abuse Nevada has resources and trainings 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 materials or trainings, you may contact us at 702-895-5053 or by emailing us at preventchildabusenevada@unlv.edu.

National Policy Updates

Family First Prevention Services Act

The House and Senate are on a seven-week summer recess, both Chambers will return on September 6 following the Labor Day weekend. The Senate adjourned early for the seven week recess, which was originally scheduled to begin Monday, July 18. Unfortunately, the Family First Prevention Services Act (S. 5654) did not pass the Senate before Congress adjournment despite strong leadership from Senate Finance Committee Chairman Orrin Hatch (R-UT) and Senate Finance Committee Ranking Member Ron Wyden (D-OR). There is strong resolve from Senators Hatch and Wyden, advocates and others to pass H.R. 5456/S. 5654 when the Senate returns in September. Senator Wyden released a statement stating that the Senate "can and must" pass H.R. 5456 and stressed how important this legislation is to vulnerable children and families. There has been tremendous progress made moving this historic reform forward and you can help to shore up support for this important legislation with your Members of Congress during break in district.