



Prevent Child Abuse Nevada™

February 2018 Newsletter



*Be our friend on
Social Media!*



QUICK LINKS:

[PCANV Homepage](#)
[Statewide Resource Map](#)
[Free Community Trainings](#)
[Statewide Events Calendar](#)
[PCA America](#)

PCA Nevada News & Highlights

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.



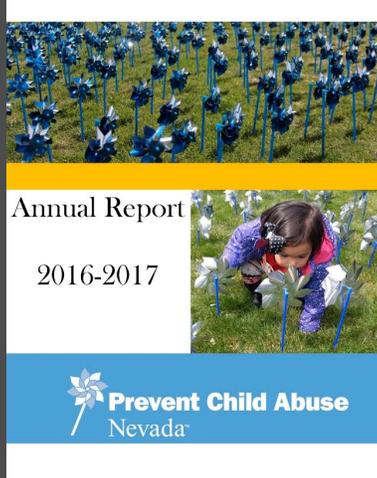
Planning a Pinwheel Event? Join our calls! Do you want to host your own Pinwheel event? PCANV hosts a series of planning calls to help communities plan their events and access resources. Please join us!

February 20 at 11:00am and March 20 at 11:00am.
Call-in Information for All Calls: [\(641\) 715-3273](tel:6417153273) 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



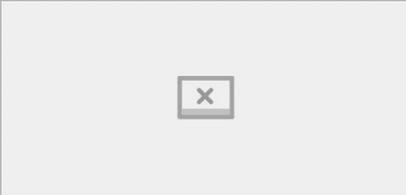
Click below to access the report and learn about the milestones PCANV has met over the last year. You will learn about our involvement with national awareness campaigns, our statewide collaborations with community partners, as well as our efforts to maintain and develop a statewide network of agencies 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](#)

NW Children's Fund
presents the 2018 Forum



NW
CHILDREN'S
FUND

**Infant and Early Childhood Trauma:
Core Concepts and Tools to Build Resilience**

**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!](#)

Updates on Children's Policies

National Policy

The President will deliver his first State of the Union Address on **January, 30, at 9:00 PM ET.**

Continuing Resolution (CR) Update

On Monday, January 22, Congress passed a fourth CR to fund the federal government. With many unresolved issues to iron out before the next deadline, including spending caps and immigration, a fifth CR is possible before Congress can agree on a final spending package to fund the government through the rest of Fiscal Year (FY) 2018, which ends on September 30. If Congress is unable to finalize FY 2018 spending by February 8, it could face consideration of two spending proposals simultaneously this spring, for the second year in a row.



Children's Health Insurance Program (CHIP) Update

On Monday, January 22, CHIP was extended for six years as part of a short-term spending package. The six-year extension is estimated to deliver \$1 billion in savings to the federal government. Should Congress extend CHIP for an additional four years, that savings could reach up to \$6 billion.

Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act

This week the House is expected to pass [S. 534](#), the *Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act*. The bipartisan legislation would create new responsibilities within Olympic training facilities through greater accountability of the national governing body that oversees the development, training and participation of Olympic athletes.

**Prevent Child Abuse Nevada
Nevada Institute for Children's Research
& Policy**
University of Nevada, Las Vegas
4505 S. Maryland Parkway,
Box 453030
Las Vegas, NV 89154-3030

PCANV Resources

Prevent Child Abuse Nevada has resources available for everyone!

Resources are available via our website. Contact us for more information or to request hard copies.

Phone: [702.895.5053](tel:702.895.5053) Fax: [702.895.2657](tel:702.895.2657)
Email: preventchildabusenevada@unlv.edu

www.preventchildabusenevada.org

[Visit our website](#)

[Visit our website](#)

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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