



April is Child Abuse Prevention Month

The first step in helping abused or neglected children is learning to recognize the signs of child abuse and neglect. The presence of a single sign does not mean that child maltreatment is occurring in a family, but a closer look at the situation may be warranted when these signs appear repeatedly or in a combination.

What is physical abuse? Physical abuse is non-accidental injury (ranging from minor bruises to severe fractures or death) as a result of punching, beating, kicking, biting, shaking, throwing, stabbing, choking, hitting, burning, or otherwise harming a child, that is inflicted by a parent, caregiver, or other person who has responsibility for the child. Such injury is considered abuse regardless of whether the caregiver intended to hurt the child.

Signs of physical abuse

Child has unexplained burns, bites, bruises, broken bones, or black eyes, has fading bruises or other marks noticeable after an absence from school, seems frightened of the parents and protests or cries when it is time to go home, shrinks at the approach

adults, reports injury by a parent or another adult caregiver, abuses animals or pets.

What is neglect? Neglect is the failure of a parent, guardian, or other caregiver to provide for a child's basic needs. Neglect may be: physical, (e.g., failure to provide necessary food or shelter, or lack of appropriate supervision), medical (e.g., failure to provide necessary medical or mental health treatment), educational (e.g., failure to educate a child or attend to special education needs, emotional (e.g., inattention to a child's emotional needs, failure to provide psychological care, or permitting the child to use alcohol or other drugs).

Signs of neglect

Child is frequently absent from school, begs or steals food or money, lacks needed medical or dental care, immunizations, or glasses, is consistently dirty and has severe body odor, lacks sufficient clothing for weather, abuses alcohol or other drugs, states that there is no one at home to provide care.

What is sexual abuse? Sexual abuse includes activities by

a parent or caregivers such as fondling a child's genitals, penetration, incest, rape, sodomy, indecent exposure, and exploitation through prostitution or the production of pornographic materials.

Signs of sexual abuse

The child has difficulty walking or sitting, suddenly refuses to change for gym or to participate in physical activities, reports nightmares or bedwetting, experiences a sudden change in appetite, demonstrates bizarre, sophisticated, or unusual sexual knowledge or behavior, becomes pregnant or contracts a venereal disease, particularly if under age 14, runs away, reports sexual abuse by a parent or another adult caregiver, attaches very quickly to strangers or new adults in their environment.

What is emotional abuse?

Emotional abuse is a pattern of behavior that impairs a child's emotional development or sense of self-worth. This may include constant criticism, threats, or rejection, as well as withholding love, support, or guidance. Emotional abuse

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Early Learning Committee Newsletter

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New Mexico Childhood Obesity 2013 Update

To better understand and address the problem of childhood obesity, the New Mexico Department of Health (NMDOH) established a surveillance system in 2010 using Body Mass Index (BMI) percentile to measure the prevalence of childhood obesity over time, identify at-risk populations, and assess the progress of prevention efforts across the State. In the Fall of 2013, BMI data was collected on 7,731 kindergarten and third grade students in 59 randomly-selected public elementary schools throughout New Mexico; 84.3% of selected schools participated. Data was analyzed by grade, gender, and race/ethnicity and results have been weighted to appropriately represent the kindergarten and third grade New Mexico public school populations.

Key Findings

- There has been a decrease in obesity prevalence among third grade students (from 22.6% in 2010 to 19.9% in 2013), corresponding to an 11.9% change over four years.
- A similar downward trend occurs when obesity and overweight prevalence are combined (from 38.7% in 2010 to 34.8% in 2013), corresponding to a 10.3% change. This decline is not seen in kindergarten students.
- In 2013, American Indian third grade students continued to have the highest prevalence of childhood obesity compared to their Hispanic and White counterparts. However, American Indian third graders have seen a 19.4% decrease in obesity prevalence over four years (from 36.6% in 2010 to 29.5% in 2013.). This decline is not seen in Hispanic third graders.
- Despite the decrease in obesity prevalence among third grade students over four years, 19.9% of third graders were obese in 2013 compared to 13.2% when students

sampled from the same general birth group were in kindergarten in 2010. This increase underscores the need to address and prevent excessive weight gain and encourage healthy lifestyles at an early age.

From 2010 to 2013, American Indian third graders experienced a large decrease in obesity rates. Over four years, rates have dropped from 36.6% to 29.5%, corresponding to a 19.4% change. Even American Indian kindergarten students have seen a 15.3% decrease in obesity prevalence, going from 25.5% to 21.6% over four years. Despite the downward trend, American Indian students still have the highest rates among all racial/ethnic groups.

The Department of Health believes that one of the contributing causes for why New Mexico is seeing a decrease in obesity is an innovative program called Healthy Kids New Mexico. The program creates healthy environments and programs to give kids what they need to play well, eat well, learn well, and live healthy and full lives.

Since 1980, obesity prevalence among children and adolescents has almost tripled, according to the Center of Disease Control and Prevention. Childhood obesity increases the risk of Type 2 Diabetes, high cholesterol and high blood pressure and other precursors to heart disease. Children who adopt healthy habits early may reduce their likelihood of developing chronic diseases as adults.

"Genuine solutions to address the challenging and complex problems of childhood obesity require the concerted efforts of community and state partners. That is why Healthy Kids New Mexico is successful. It draws in more than 400 partners from the state level to school districts and municipalities to help make the healthier choice, the easier choice," said Secretary of Health Retta Ward,

MPH.

The Department recommends the following tips to encourage healthy lifestyles:

- Prepare more meals as a family. Eat at least five fruits and vegetables a day and drink plenty of water to quench thirst.
- Downsize portions.
- Get at least one hour of physical activity a day.
- Limit screen time and encourage alternate forms of entertainment.
- Ask your doctor or school nurse if your child is overweight or obese.

For healthy eating tips and to see a full breakdown of childhood obesity numbers visit www.healthykidsnm.org.

Egg Coloring Activity



Tiwa Babies is hosting an Easter Egg Coloring Activity!

Come join us on
Thursday, April 17, 2014
2:00pm-4:00pm
TP Community Center

Egg coloring, planting activities, games, prizes, and snacks!



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is almost always present when other types of maltreatment are identified.

Signs of Emotional Maltreatment

Child shows extremes in behavior, such as overly compliant or demanding behavior, extreme passivity, or aggression, is either inappropriately adult or inappropriately infantile, is delayed in physical or emotional development, has attempted suicide, reports a lack of attachment to the parent.

Other forms of neglect include abandonment and substance abuse.

What is abandonment? Abandonment is now defined in many States as a form of neglect. In general, a child is considered to be abandoned when the parent's identity or whereabouts are

unknown, the child has been left alone in circumstances where the child suffers serious harm, or the parent has failed to maintain contact with the child or provide reasonable support for a specific period of time,

What is substance abuse? Circumstances that are considered abuse or neglect include prenatal exposure of a child to harm due to the mother's use of illegal drug or other substance, selling, distributing, or giving illegal drugs or alcohol to child, and use of controlled substance by a caregiver that impairs the caregiver's ability to adequately care for the child.

What to do if you suspect abuse and/or neglect

If you do suspect a child is being harmed, reporting your suspicions may protect him

or her and get help for the family.

Any concerned person can report suspicions of child abuse or neglect. Reporting your concerns is not making an accusation; rather, it is a request for an investigation and assessment to determine if help is needed.

If you know of or suspect a child is being abused or neglected here in Taos Pueblo, please contact Taos Pueblo Social Service at the Health and Community Services 230 Rotten Tree Rd. (575) 758-7824. All reports are confidential and you can choose to remain anonymous.

For more information regarding abuse and neglect visit <https://www.childwelfare.gov/pubs/factsheet/whatican.cfm>

Information and facts for this article were obtained from the Child Welfare Information Gateway.

Easter Crafts and



Materials:

Construction paper, glue, mini marshmallows, yarn, small cotton ball, eyes or marker, scissor.

Directions:

Draw outline of bunny with glue, have your child place the marshmallows on the glue, Cut 4 one inch pieces of yarn for whiskers. Glue eyes or draw with marker. Glue cotton ball for nose and yarn for whiskers.



Salt Dough Easter Egg Ornaments

What you'll need:

2 cups flour, 1 cup salt, 1 cup water, egg shaped cookie cutter, paint and paint brush, mod podge, and ribbon.

Directions: Mix the flour, salt, and water, until dough forms. Roll dough out to about 1/4 " thick and cut out egg shape. Poke hole in the top of each egg. Place on cookie sheets and bake for 2 hours at 200 degrees. Let cool and then paint. Once paint is dry, coat with the mod podge. Tie a ribbon through the top.

Treats for Toddlers



Bunny Breakfast

What you'll need:

Eggs, bacon, blueberries, and cheese.

Directions:

Cook eggs and bacon. Cut bacon in half and use for bunny ears. Cut cheese into thin strips for whiskers. Add blueberries for eyes. Arrange using above picture as your guide. Enjoy!

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Taos Pueblo's Early Learning Committee was formed under the Tiwa Babies Home Visiting Program in January of 2012. The goal of the committee was to have all the programs involved in early learning at Taos Pueblo come together once a month and discuss program updates, resources, etc, and have a monthly topic discussion on how our programs can work together to provide the best possible outcomes for children and families at Taos Pueblo. Meetings are usually held the third Friday of every month at 9:00am at the Health and Community Services Conference Room. The meetings are open to everyone and we encourage parents, grandparents, tribal leaders, and community members to attend. Our next meeting will be held April 24, 2014 at 12:00pm. Lunch will be provided.

ANNOUNCEMENTS

Applications are now being accepted for the 2014/2015 Head Start scholarship. Two recipients will be awarded \$1,000.00 each (\$500.00 per semester). You must be a former Taos Pueblo Head Start graduate to apply. One scholarship will be given to a high school graduate and one scholarship will be given to a student in a Bachelor's program. Application deadline is April 11, 2014 and applications can be picked up at the Head Start. For more information call 575-758-5819.



Upcoming Events in April

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| <u>Taos Pueblo Head start/My1st School</u> | Final Love and Logic Class | Sewing Class |
| Policy Council Meeting | April 30, 2014 | Monday, April 21, 2014 |
| Monday, April 7, 2014 | 5:30-7:30pm | 5:00-7:00pm |
| 5:30pm-7:30pm | | IHS Conference Room |
| Red Willow Center | <u>Tiwa Babies</u> | <u>Taos Pueblo Fitness Program</u> |
| Parent Teacher Conference Week | Tiwa Babies Music Class | Spring Break Activities for Youth |
| April 7-11, 2014 | Every Tuesday | April 14th- Mountain Biking |
| Dismissal @ 2pm | 10:00am-10:45am | April 15th Frisbee Disc Golf |
| Spring Break Week | My 1st School | April 16th-Field Hockey |
| April 14-18th, 2014 | Easter Egg Coloring Activity | April 17th- Swimming |
| Professional Development Day | Thursday, April 17, 2014 | |
| April 25th, 2014 | 2:00-4:00pm | All activities will take place from 2:00pm to 5:00pm and will meet at the Community Center. Call 575-758-7824 ex 123 for more information. |
| NO SCHOOL | TP Community Center | |