

Young Parents in Lafayette County have been finding parenting assistance and support from the Young Parent Support Group for the past eleven years. This support group is provided to young parents in Lafayette County and the surrounding community by the Lafayette County Health Department. Parenting is one of the hardest jobs any of us will attempt to do. It is very important for these young parents to have the opportunity to build their parenting skills and learn about resources available for them. To provide more resources to our young families, the Young Parents Support Group has been placed under the umbrella of the Building Tools for Young Parents.



Through this expansion we are now providing cribs to qualifying families and have received support from The Children's Trust Fund of Missouri. Other areas of support include a monthly newsletter, a room full of gently used baby clothes, an infant care class and infant massage kits to local parenting programs.

Every decision we make as a community should reflect our concern for our children. The experiences they have as children will have a huge impact on the choices they will make later in life. Education and resources we provide to parents during this critical time will only improve the cultural and social environment for the entire community.



This program is sponsored with funds from the Lafayette County Health Department and the Children's Trust Fund. Do you want to be a part? Purchase a Children's Trust Fund License Plate, and the funds raised by the sale of this special plate will benefit local child abuse prevention projects. To order, send \$25 to Prevent Child Abuse Missouri, PO Box 1641, Jefferson City, MO 65102-1641 or call or call 1.888.826.KIDS (5437)



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Building Tools for Young Parents Presents the Parent Chat Newsletter For the Young Parents Support Group

When: **June 14, 2011**
Time: **8:15 a.m. Zoo Trip**
Where: **Lafayette County Health Department**

We are going to the zoo for our June meeting. Parents would have needed to attend the Young Parent Support Group at least three times between July 2010 and June 2011. Please contact Donna to see if you qualify to attend. Those qualifying will need to sign up on a first come basis. Since we are visiting the Zoo, we will not have a regular meeting in the evening.



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Current Events

Expectant Parent Class

If you are expecting, don't miss this opportunity to receive valuable information. Be the best parent you can be. Sign up for the **Expectant Parent Class on June 18, 2011 from 9:00am to 4:00.** The cost for this program is \$20.00 and lunch will be provided. For those qualifying, a scholarship is available.

Nutrition Fetal development Overall safety
 Early newborn care Breast feeding Postpartum
 Relaxation and breathing
 Minimize discomforts of pregnancy

To register or for more information, call 259-4371 to speak to Carolyn.



Cribs

Every child needs a safe place to sleep. If you are pregnant or have a child less than three months of age, you may qualify for a pack and play with a bassinet. Supplies are limited. To see if you qualify, please call 660-259-4371 for more information. This opportunity is available through Missouri Department of Health and Senior Services and the Lafayette County Health Department.



Immunization Clinics:

Every Monday 1-4 pm

Every Wednesday from 8:30 a.m. to 4:00 p.m.

Last Tuesday of each month 8:30-7 pm

Non-Clinic day by appointment only.

Immunization record is required.

June Zoo Trip

We will be visiting the Kansas City Zoo for this month's meeting on June 14. Tickets will be provided to families who have attended the Young Parent Support Group at least three times from July 2010 to June 2011. Families not meeting this criteria will be able to attend but will need to purchase their own tickets. Due to limited space in our parking lot, we will meet in the parking lot across the street at the Dollar General Store. Please meet us there at 8:15 and we will plan to leave at 8:30. Tickets for adults are \$9.00, seniors are \$8.00 and children between 3 - 11 years of age will be \$7.00. Children under the age of three are free. Each family will need to provide their own transportation and bring a lunch which could be taken into the zoo.

Please call 660 259-4371 ext 226 and let Donna know that you plan to attend.

Due to funding, the June 14, 2011 Zoo trip will be the last event and meeting for the Building Tools for Young Parents at the Lafayette County Health Department. However, when some things come to an end, new opportunities arise. Look for the New Direction Initiative coming this fall through Missouri Valley Community Action

Rock'n'Roll Ice Cream

Materials:

- ♥ 3 pound empty coffee can
- ♥ 1 pound empty coffee can
- ♥ 1 Pint of half & half cream
- ♥ 1/2 cup of sugar
- ♥ Rock Salt
- ♥ Ice



1. Be sure empty cans are clean and free of any smell or residue of soap.
2. In small can mix half & half with 1/2 cup of sugar. I usually add a small amount of vanilla. You can also add any frozen fruit you like.
3. Place small can inside big can. Add enough ice to cover small can. Sprinkle about 2 tablespoons of rock salt to ice. *Be sure can lids are secure.*
4. Now comes the fun! Put a sheet or other large covering on the floor. Everyone have a seat on the floor and start rolling the big can to each other. This takes about 10 minutes of time. Look at the ice cream to see if it is hard enough. If it is not, continue to roll a little longer.
5. Eat the ice cream and enjoy!

Moving in New Directions Initiative

Plans are to begin a new initiative in Lafayette County this fall to support families that want to make positive changes in their lives and the lives of their children. The New Directions Model is an intentional way for people to build relationships across class lines to end poverty in their communities. The **reciprocal relationships** built in these groups help **break down the isolation** many low income families experience and **add meaning** to the lives of middle-income individuals and participating families alike.

Only through the development of relationships, changing the mind-set of the community, changing the goals of the system and helping people to become organized will poverty end in the United States.

New Directions also consists of:

- Regularly scheduled Community Leadership meetings
- Quarterly Big View meetings
- Participant Family and Mentor orientations
- Mentor support meetings
- Leadership development
- Asset development features
- Networking and systems change

Regularly scheduled **Community Meetings** provide a time for everyone to share their common interests and concerns. These Community Meetings include a community meal, childcare and programming for the children and youth (as determined by age appropriate activities), community building, family development opportunities, and programming and activities to support the work of New Directions families in moving out of poverty. A New Directions Initiative usually includes a group of 25 circles (recommended maximum). This means that anywhere from 30-75 people could attend a Community Meeting.

Typically, one Community Meeting each quarter is the **Big View Meeting**. The Big View meetings allow Families and Mentors to identify and discuss the **systemic barriers** families are facing. These barriers are addressed by leaders in the community who have influence, power, and impact - changing the mind-set of other community leaders and thus changing the goals of the system. In addition, community members exercise their civic responsibility and voice their concerns and wishes for the future within the political process.

For more information, please contact Melanie Corporon, Missouri Valley Community Action Agency at corporonm@mvcaa.net.

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