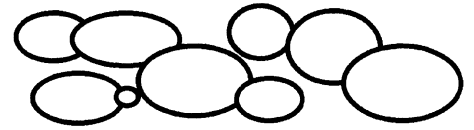


STEPPING Stones



Parent & Community Based
Education for Healthy Living



WINTER 2007

CARE (Community Assessment Referral & Education) ~ (586) 541-0033 ~ www.careofmacomb.com

Teaching Children About \$\$\$

Parents overlook a most important area when educating their children/teens. Teaching them about money matters gives them the preparation they need to face the world. EVERYTHING has a financial aspect to it – money and how to earn it; money and how to spend it; credit; budgeting, and saving all impact lifestyle. Many experts believe that parents should start early giving children information on how the real world responds to money.

\$ Impulse shopping should be avoided. Try not to buy any of the tempting items lined up along the checkout counter.

\$ Have children check the prices – what is the difference between the name brand Cheerios and the generic brand? Does the taste of the higher price item make it worth the increased cost?

\$ Help children see that the “prizes” packed in food items are often junk and do not hold up over time.

\$ Give young children \$1.00 to spend at the dollar store. What can they get for it?

\$ Teach older children about credit. Loan them money and charge them an interest rate as part of the repayment plan.

\$ Turn coupon-clipping into a fun activity. Allow your children to help you clip the coupons and maybe let them have the money that you have saved by using three coupons. They could save the money or spend it on a treat.

\$ Have older children pay 50% toward the cost of a desired item.

\$ Let teens experience a missed event because they have not managed their money. Do not foot the bill for an evening at the movies if they have already spent their allowance.

Teach youth how to write a check, balance a check book, look at a bank account on line, read a credit statement, understand about investment programs such as money markets and mutual funds. Let them see how interest grows.



Educating about money is just as important as teaching children about safety, drugs and sex. Don't let kids out into the world without the knowledge necessary to plan and live a comfortable lifestyle.

Young Women's Lives

CARE will facilitate an ongoing 12-week program for girls ages 13-16 who are experiencing difficulty with relationships, school commitments and other social situations.

The curriculum was developed by Hazelden and addresses class-based violence, disruptive behaviors and gender and race issues.

The workshop begins on January 9 and will run on Tuesday nights from 6:00 - 7:30pm until March 27, 2007

Ongoing classes begin in January 2007.



*****CARE'S WINTER CLEANING*****

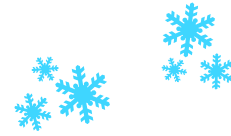
If you would like to continue receiving **Stepping Stones**, or to be added to our emailing list, please contact Christyn Taylor at 586-541-0033 Ext. 212 or ctaylor@careofmacomb.com

Avoiding Power Struggles As Toddlers Turn Two

- ◆ **Allow time** for your child to leave one activity before you expect him to do something else.
- ◆ **Slow down**, limit scheduling.
- ◆ **Don't give too much information.** Tell your child ten or fifteen minutes before company comes or before you go somewhere. They need to know that is going to happen, but won't understand a rained-out picnic.
- ◆ Use the word **"let's"** - *Let's put away the toys or rake the yard, etc.* Avoid asking *"Shall we?"* or saying *"You."* Expect that you will do most of the work and accept their help with thanks.
- ◆ Use **repetition** and a **sense of place and order** as your allies. Children love repetition of stories and daily patterns. Many also need to have things in their places. "Books here! Toys here! Your toothbrush here!"
- ◆ Try **diversion** as long as it works. "Let's go do this!" Use **removal** (from the situation) when it doesn't.
- ◆ Accept your child's need for the **familiar**. A toddler needs his blanket, his pacifier, his thumb, his mom, his dad, and his special toys when struggling with "first adolescence." It is a scary time for them.
- ◆ **Ignore** the misbehaviors that are not very important to you.
- ◆ **Avoid** giving your child too many choices.
- ◆ **Keep limits to a minimum.** Then enforce them.
- ◆ **Be careful** when you or your child are tired.
- ◆ **Don't take your child's attacks on you personally.** Realize that there are times when your child will not be cooperative.

*Delores Fletcher, M.A. Family Information Services,
March 2005 - Minneapolis, MN*

**Lutheran Child & Family Services
provides programs and services to
teen parents. Call 586-558-4798
for more information.**



Report Says Parents Often Miss Youth Drinking, Drug Use

Only half of parents of children who drink know what their kids are up to, and similar numbers overlook their children's use of tobacco and marijuana, according to researchers at Washington University in St. Louis.

CBC News reports September 24 that interviews of 600 adolescents and their parents found that 54 percent of the youths used alcohol, 44 percent smoked, and 23 percent used marijuana. But when asked about their kids' use of these substances, only 50 percent of the parents of users knew their children drank, 55 percent knew about their smoking and 47 percent knew their children has used marijuana.

The research appears in the October 2006 issue of the journal *Alcoholism: Clinical & Experimental Research*.

Free or Low Cost Health Care for Youth

New Haven Medical Center houses an Adolescent Health Program, funded by the Michigan Department of Community Health. This funding provides free or low cost health care for youth ages 10-21 living in Michigan. No income or residency requirements apply.

They offer a broad range of low-cost, confidential medical and counseling services. Those under age 18 require a signed consent form from a parent or guardian.

What services are offered?

Well & acute visits, first aid & x-rays, sports physicals (\$24), family planning, STD diagnosis, STD treatment, HIV testing, pregnancy tests, prenatal care enrollment, Medicaid enrollment, and chronic condition care.

**For more information contact
Jennifer Eick, Adolescent Health Coordinator
at 586-749-5173 ext. 237.**

WE NEED YOU!

Every child needs and deserves a safe, nurturing and stable family. However, when life in the family home becomes unsafe and it is determined that foster care is the safest option, that shouldn't mean the child is removed from his or her neighborhood, friends, school, or religious and cultural ties. Yet, many times this is exactly what happens. After the trauma of being removed from their home, the child loses everything else that is important to them as well.

If you know about the needs of children, we hope that you will consider becoming a foster parent.

Staff from Family to Family and the Department of Human Services will help you become a licensed foster home. You can become an important part of the team that helps children who need to have a safe place to live. You will be providing help to a child in your neighborhood; a child who needs someone to provide guidance and affection.

The Department of Human Services provides payments to foster care parents for the support of children in their care.

If you think you might be interested in becoming a foster parent, please call Monique Hayes at 586-758-1253 for more information about foster care and future training schedules.



A child in your neighborhood is depending on you to make that call.

National Family Week is November 19-25, 2006!

National Family Week provides everyone opportunities to honor the connections that support and strengthen families and their communities.

Make Connections Count!
www.nationalfamilyweek.org

925 Designs Silver Collection is proud to partner with CARE

As a supporter of CARE, 925 Designs have established a promotional code for you to use when shopping on their website, www.925designs.com, or in their showroom in Macomb Township, and as a result, a portion of the sales will be donated to CARE.

The showroom is at 16788 21 Mile Road in Macomb Township ~ 586-226-9494.

The promotional code is CR803.

Thank You For Your Support!

Aging Out

Did you ever think that at 18 you would be too old to belong to a family? In Michigan, foster youth stop receiving aid when they turn 18. This means that it is a good possibility that at age 18 many youth must leave their foster home and fend for themselves. They can become homeless, end up sleeping on a friend's couch or must return to their original home – the one that they were removed from because of abuse or neglect.

More than 49% of those children who aged out in 2002 and 2003 were homeless at some point during their first three years on their own. The facts show that 25.4% were homeless immediately after aging out.



In Macomb County, the Department of Human Services has formed the SPIRIT Youth Board, a group of aged out youth who are working hard to let the community know that they, and others like them, need help. They are looking for "door openers." Caring adults are door openers. They can help youth find low cost appropriate places to live. They offer job and educational opportunities. They assist youth in acquiring low cost transportation or medical care.

Can you be a door opener? Call Katherine Marceau at 586-307-8220 for more information.



Calendar of Events

Please check our website - www.careofmacomb.com - for updates on workshop dates and upcoming events!

NOVEMBER

28th
"One Voice Can Make a Difference" Ministerial Conference at Cross Lutheran Church in Clinton Township

DECEMBER

Happy Holidays!

National Drunk & Drugged Driving (3D) Prevention Month
www.3dmonth.org

JANUARY

National Mentoring Month
www.whomentoredyou.org

FEBRUARY

National Parent Leadership Month
www.parenthood.com

MARCH

National Parenting Awareness Month

3rd
CARE's 12th Annual Parenting Conference "Building a House of Hearts" at the Macomb Intermediate School District

APRIL

National Donate Life Month
www.organdonor.gov

MAY

National Foster Care Month

20th
CARE's 5th Annual Tea & Luncheon Fundraiser Featuring Stacy DuFord at the Sterling Inn Banquet & Conference Center in Sterling Heights

24th
4th Annual Summer Safety Fest for Head Start Families and Safety Patrol Students at Metro Beach

EXCITING DETAILS COMING SOON!!

We will soon be unveiling plans for:

CARE's 30th Anniversary Celebration

It's sure to be 2007's Event of the Year!

Hot Links

www.discoveryschool.com
www.edpub.org
www.leapsnbounds.org
www.macombcountymi.gov
www.macombresources.info
www.michigan.gov
www.nofas.org

A Great Big Thanks!

We thank the following CARE Supporters:

<i>Barbara J. Browe</i>	<i>Fran Salvatore</i>
<i>Don Dinkmeyer, Jr.</i>	<i>Tia Hurchalla</i>
<i>Patrick McLogan</i>	<i>Judy Southerland</i>
<i>Nancy Fay</i>	<i>Nancy Donahue</i>
<i>John Pokowski</i>	<i>Kathy Sarosik</i>
<i>Fraser Lions Club</i>	<i>Jan Garbarino</i>
<i>State Rep. Fred Miller</i>	<i>Kathy Rager</i>
<i>Sheri Crell</i>	<i>Rebecca O'Grady</i>
<i>Paula Kircos</i>	<i>Donna Belli</i>
<i>Rev. R. Blondell</i>	<i>Jan Wilson</i>
<i>Sharon Ranke</i>	<i>Clintondale High School Marching Band</i>
<i>Jacks & Jacks, Inc.</i>	

CARE Receives Recognition

- ◆ Macomb County Fetal Alcohol Resources Education & Support (MCFARES), a coalition supported by CARE, was recognized by the State of Michigan through Resolution 301, designating September 9 as Fetal Alcohol Spectrum Disorder Awareness Day in Michigan.
- ◆ Kathy Rager, Executive Director, received an award from the Macomb Intermediate School District for service to schools.



Don't forget CARE's Children's Programs when you plan your end of the year giving!
Please help us help the kids!

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use. Federal, state and local funding has been provided through Macomb County Mental Health/Office of Substance Abuse to support project costs.

Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE Recipient Rights Advisor, 31900 Utica Road, MI 48026, (586) 541-0033 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.

CHECK OUT OUR WEBSITE
www.careofmacomb.com



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