

CHILD DEVELOPMENT AND TEEN PARENTING
IN OREGON

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Self Care...

Who cares for the caregiver? If you are one of the lucky ones, you have a significant other or a best friend you can go to and refuel. But what if that one isn't available? How do you take care of yourself? Too many times we simply don't. It tends to be in our nature to put ourselves last. Educators are notorious for being the type of people who give and give, "for the sake of the kids."

I address this problematic emptiness in my parenting class. We have a name for the place within us where we hold all of our kindness, patience, tolerance and love. We call it our love cup. You know what I'm talking about. It's that spot within you where you go to find care and compassion in order to share it with others. Ideally we empty



and fill it throughout the day. Some days, especially this time of year, we are spread so thin that we don't have time to refill. Watch out for this empty cup. Somehow negativity finds its way into the void and we get grumpy, short tempered, and possibly depressed. As I tell my young parents, this is when abuse happens; in this case, self abuse.

So, how do you counteract this? What types of activities can you do to refill your love cup? For me a nice bowl of ice cream will usually do the job, but often I have to settle for going on

a walk or putting a vase of fresh flowers in my space. Sometimes I need a nap or a play date with one of my daughters. Other times it is a cup of coffee with a good friend who knows what I do, but won't make me talk about it. This time of year I start counting the days until summer. Every morning I change the number on the board and my love cup is filled just a little bit.

Take time for yourself today, especially if your love cup is running low. It doesn't have to take very long or cost any money. Maybe it is just stepping outside in the sunshine to talk to a student instead of staying in your office. Maybe it is digging out your favorite drawing a child gave you once upon a time. Maybe it is buying yourself a special coffee, just because. Maybe it's scheduling that massage you have been longing for. Whatever you choose, choose it with purpose. Care for yourself today, you deserve it!

-Crystal Persi

*Love yourself first, and everything else falls in line.
You really have to love yourself to get anything
done in this world. - Lucille Ball*

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Upcoming Dates of Interest

Parent Education Week - May 20th - 26th

- May 20—26th Oregon Parenting Education Week
- May - June 2012 — Local Teen Parent Consortia Meetings
- May - June 2012—Annual Teen Parent/Child Development Program Survey
- June 22 & 23—SWOCC Retreat By the Lake XIV—Coos Bay
- Nov. 2012—National NAEYC Conference, Atlanta, GA

Crib Re-Purposing

So, you purchased new cribs for your center, now what do you do with all those old cribs? First of all it is vital that you understand that you can not give them away. You can not leave them on the sidewalk hoping someone who needs it will "find" it. Doing this will put you, your program, and your district at great risk. If something happens to a child who is placed in a crib that you "gave" away, you are liable.

Instead, you have a few options:

1. Burn them (be sure you obtain a burn permit and you clear it with your district and the EPA...)
2. Discard the crib sections (rails, end pieces, springs, etc.) in a separate trash receptacle than the hardware (bolts, nuts, screws, etc.)
3. Repurpose the crib parts.

If #3 is the option you choose, there are some great websites to inspire you. Some of these projects could create revenue to reinvest in your program. Check out these web sites for more ideas:

- http://consignmentmommies.com/blog/Consignment_Sale_Advice/post/30_Fabulous_Reuses_amp;_Repurposes_for_Old_or_Recalled_Cribs/
- <http://www.encorebabyregistry.com/blog/repurposed-crib-projects-upcycle-your-old-crib-out-of-the-landfill/>
- <http://alittlelearningfortwo.blogspot.com/2011/08/repurposed-cot.html>
- <http://www.apartmenttherapy.com/look-chalkboards-made-from-cri-84170>

Maybe you have some other ideas that you would like to share. Feel free to send me your ideas at crystal.persi@gmail.com or send them out to the list of programs in the data base on the ODE Website. (<http://www.ode.state.or.us/search/results/?id=269>)

Thanks to Michelle Inskeep of Coos Bay for suggesting this article topic!

Coming Soon!

In the next few months be sure to watch for:

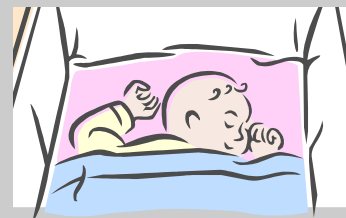
- Teen Parent Consortia meetings in your region
- Annual Survey of high school based programs.
- Deadline for spending all ODE 2011-2012 grant money

Safe Sleep Webinar (from CCR&R website)

Wednesday, May 23, 2012 12:00 PM to 1:30 PM (PST)

We are all committed to helping young infants grow up strong and healthy! This Safe Sleep Webinar highlights recent SIDS research and offers tips for helping infants sleep safely while in child care. The webinar also offers information on crib safety, AAP guidelines for safe sleep and other valuable resources. Join Healthy Child Care America on this webinar for:

- How to establish safe sleep practices
- Definition of SIDS and sleep-related deaths
- Established risk factors and how to reduce them
- Description of current recommendations and Safe Sleep Policy
- CPSC Crib Regulations
- Partners and resources



This webinar is free and will be recorded and posted to the HCCA Web site for those who cannot participate in the live webinar. To register [click here](#).

Featured Program— North Medford High Teen Parenting

For this month’s featured program we need to travel to the Rogue Valley of Oregon. North Medford High School is the only Teen Parent program in the valley and serves the needs of all students in the Medford school district as well as transfer students from other area schools. Debbie Johnson is Coordinator for this program that serves approximately 120 teen parents each year. Debbie is also the director of their state certified child development center that provides care for roughly 80 children of teen parents as well as 20 community children.

It all began in 1991 when the Medford School district established two programs for young parents in their district. During the budget cut cycle of 2005 the program at South Medford High school was closed and the district combined services with the North Campus.

Debbie has been with the Teen Parent program since 1994. She states, “My personal goal is to make every student feel valued and connected. I believe that meaningful relationships will create a positive environment and lead to student success.” She seems to have this down pretty well because as a part of her program she offers numerous on-site services including weekly DHS Self Sufficiency and Job Council visits, appointments with the Health Department nurse 3 days a week, on site Healthy Start visits, and a weekly mental health group. Talk about being connected!

I recently had the opportunity to talk to one of Debbie’s students. When I asked how things were going in the

Medford program she said, “It is awesome! Debbie has so much energy and has been so great at helping me to get connected. I chose to stay in Medford instead of coming home to mom because I am doing so well with the program’s help.”

In addition to these great services, the North Medford High School Teen Parent Program is a comprehensive high school program. Students attend the tradition high school classes while their children are in the on-site child development center. They can graduate with a regular diploma or participate in the GED program that is on campus. For their parenting class they use the ODE Par-

enthood Ed Curriculum. Additionally they offer prenatal coursework along with hands-on lab based parenting experiences. Young Parents who graduate from North Medford High have the possibility of earning 13 Rouge Community College Credits through 8 different courses.

I don’t know about all of you, but I can’t wait to see this program in action. It has so many components that various programs around the state are striving to establish. Is anyone up for a field trip to Medford? If so you need to do it quickly if you want to see the facilitator of it all. Debbie is retiring in July. Luckily the program will continue in her legacy. Debbie, thank you for all you have done for the young parents of the Rogue Valley.



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 ☆ “Concepts that come to mind in working with teen parents are being non-judgmental, positive, inspiring and supportive.”
 ☆ - Debbie Johnson
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enthood Ed Curriculum. Additionally they offer prenatal coursework along with hands-on lab based parenting experiences. Young Parents who graduate from North Medford High have the possibility of earning 13 Rouge Community College Credits through 8 different courses.

ALERT!

Whooping Cough (Pertussis) has reached epidemic levels in Washington state. Oregon has had 150 cases so far this year, compared to 84 at this time last year. Pertussis is highly contagious and especially dangerous to infants and under immunized children. It has very mild symptoms during the first week of infection. This leads to a rapid, sometimes deadly spread of a disease that can be prevented through immunizations.

DTaP is a regular part of all child immunization cycles with doses at 2, 4, and 6 months and boosters at 12-18 months and 4-6 years. The problem is that over time the immunity to Pertussis decreases. The Health Department is recommending that **EVERYONE** over the age of 11 receive the adult version of this immunization called Tdap, especially families with infants and child care providers.

For more information please contact your local health department or follow this link to a fact sheet about Pertussis. <http://public.health.oregon.gov/DiseasesConditions/DiseasesAZ/pertussis/Documents/pertfacts.pdf>

Retreat by the Lake XIV

A Slough of Workshops

On our Southern Oregon Coast

June 22nd--23rd 2012



Workshops will include:

I Am Moving, I Am Learning (IMIL)

From Garden to Table ~ Early Sprouts

Breast Feeding and Beyond; Nutrition for Infants & Toddlers

Everything ORO

Motivational Interviewing

Nature & Children

Eco Healthy

Oregon Kids Healthy & Safe

Reflexology/Relaxation in the Workplace

Six potential Set 2 trainings.

For More Information Follow this Link:

<http://www.socc.edu/careconnections/pgs/bm~doc/retreat-save-the-date-2012.pdf>

Please
return your
annual Teen
Parenting/
Child
Development
survey as
soon as
possible.
Thanks!

Oregon Parenting Education Week

May 20th—26th

Special Events Happening at Western
Oregon State University and will be
streamed to the web on:

Monday 21st @ 3 pm

Wednesday 23rd @ 2 pm

Friday 25th @ 12 noon

<http://health.oregonstate.edu/hallie-ford/oregon-parenting-education-week>

2012 NAEYC Annual Conference & Expo

November 7—10, 2012

Atlanta, Georgia

“Developmentally appropriate Practice in the 21st Century”

<http://www.naeyc.org/conference/>

FYI: You may want to talk to the Perkins Coordinator for your region, you may be able to pay for this trip with Perkins Funds if you have and approved program of study.

KEY CONTACT INFORMATION -

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