

# Royal Throne

April is National Child Abuse Prevention Month



April 2015

Now that it is warming up—Green Tip: Close windows while driving at high speeds to reduce aerodynamic drag. ~www.go-green.ae

**New Opportunities along with community partners and volunteers work together throughout the year to prevent child abuse.**

## 20 ways You can help prevent child abuse:

1. Be a good example.
2. Be a friend to a parent.
3. Reach out to neighbors or relatives with children.
4. Praise and encourage the children you know.
5. Take action...don't wait for someone else to do it!
6. Organize safety systems for your neighborhood.
7. Volunteer.
8. Set up an after-school-hours program in a safe environment.
9. Form a Carpenters Guild.
10. Host a baby shower.
11. Start a Resource Room.
12. Work in a day-care center.
13. Be a mentor.
14. Learn more about child abuse and child abuse prevention.
15. Become a foster parent.
16. Help a foster child get a good start.
17. Get involved with the child welfare board in your county.
18. Understand which children are most likely to be abused.
19. Learn to recognize the signs of abuse.
20. Report suspected child abuse and neglect.

~[www.childrensadvocacycenter.org](http://www.childrensadvocacycenter.org)

## Adverse Childhood Experiences (ACE) Study

The Adverse Childhood Experiences Study examined the relationship between adverse childhood experiences (ACEs) and later behaviors and health outcomes. It was the largest study looking at short- and long-term impacts of childhood trauma ever done. The study found that adults with ACEs are more likely to abuse alcohol and other drugs, attempt suicide, have depression, smoke, be overweight, have high number of sexual partners, get an STD and/or have certain diseases including heart disease, hepatitis and jaundice.

ACEs often last a lifetime... But they don't have to.

*Healing Can Occur—The cycle can be broken—*

*Safe, stable, nurturing relationships heal parent and child!*

Learn more at [www.iowaaces360.org](http://www.iowaaces360.org).

## Be a Mentor!

Mentoring a child through a New Opportunities Mentoring Program is fun and rewarding for children and adults. Mentoring creates a special bond and can help build self esteem, develop strong values, and provide a fun and nurturing environment.

**Contact Christy Jenkins for more information:** 712-792-9266 or [cjenkins@newopp.org](mailto:cjenkins@newopp.org)

## Attend a Parenting Class!

New Opportunities offers Love and Logic Parenting Classes offering parents the skills to:

- avoid un-winnable power struggles and arguments;
- Stay calm when kids do incredibly upsetting things;
  - Set enforceable limits;
  - Avoid enabling and begin empowering;
- Help kids learn from mistakes instead of repeating them and
- Raise kids who are family members not dictators.

**Contact Christy Jenkins for information on the next Love and Logic class near you!**

## Thank You TO Our Volunteers!

**New Opportunities amazing volunteers volunteered a total of 16,706 hours in 2014 throughout our 7-county service area!**

**Thank You!**

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**Give our volunteers an extra high-five during National Volunteer Week, April 12—18, 2015!**

**Surround yourself with the dreamers and the doers, the believers and the thinkers, but most of all, surround yourself with those who see greatness within you, even when you don't see it yourself. ~ Steve Jobs**