



WYCRP Family Newsletter

That's a Wrap 2015!

As we begin a new year, it is always nice to look back, see where we were, how much we have grown and who has helped us in our journey. 2015 was an exciting year filled with many adventures and achievements, many of which we could not have reached without families and community partners just like you!

During 2015, the WYCRP Parents as Teachers Affiliate program was able to serve a total of 98 families with more than 900 home visits and 14 group connections across the 4 participating communities.

During home visits with families, Parent Educators were also able to distribute family summer bags as well as winter bags to each participating family. These bags contained educational items as well as fun and functional items for the

family to utilize during the summer months.

In addition to the seasonal bags, the program was able to distribute holiday gift bags with cookie mix and decorating items to families.

We also have continued to distribute welcome bags to our families upon their enrollment into the program as a way to say thank you for joining us.

Staff members in Sweetwater, (Teresa Weyer and Cami Trezell) and Albany (Shawn Hartley and Charli Dzedzic) counties worked tirelessly to organize community baby showers. These showers were truly a community effort and our staff did a phenomenal job of bringing a great group of people and organizations together for the benefit of families and children in each area. Each shower had an average of 100 participants.

In the midst of all of the families being served, our staff also attended the Parents as Teachers National Conference which was held in Dallas this year. This yearly conference is a great opportunity for our staff to advance their skill and learn from other Parent Educators in an effort to better serve each and every family in our program.

While 2015 truly was a wonderful year, we are very excited to see what 2016 has in store for our program, our staff and for our families.

We are truly honored to have you be a part of our journey and humbled to be a part of yours.

Thank you for all of your support and for your continued support of the WYCRP, Parents as Teachers Affiliate Program.

Screen Time for Kids

Kids these days are plugged in to everything. It seems as if we are all just flooded with screens of some sort at work, school and home. There is talk and debates everywhere you turn about how much time a child should be allowed each and every day as well as what should be counted as "quality" content for the times in which screen time is allowed.

The American Academy of Pediatrics suggests that children 2 years and older should have "no more than 2 hours per day" of screen time and children under 2 should have no screen time. This includes, TV, computer, video games, phone and other electronics. AAP goes on to suggest TV free zones in bedrooms and no screen usage during family meal times in order to allow

more time for kids to bond with family and to foster their imaginations through other activities such as reading. Limiting screen time has also been shown to aid in the fight against obesity.

Start the year off right and be aware of how much time your child is spending in front of the television.

Wyoming Citizen Review Panel-Parents As Teachers Affiliate

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Program Changes!

☺ We are now sending reminder messages the Friday before your appointment! Be sure to let your educator know your preferred method of contact

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Meet the staff— Jennifer Davis, Executive Director

Jennifer Davis is the Executive Director of the Wyoming Citizen Review Panel.

Jennifer started her career in child advocacy as a pediatric physical therapist in 2001 after graduating from Northern Arizona University with her Doctorate in Physical Therapy.

During her years as a therapist it became clear that families needed additional supports which she was unable to offer through her current position.

Through her dedication to prevention of abuse and neglect, she found herself as a member of Wyoming Citizen Review Panel and eventually became the Executive Director in 2012.



Jennifer Davis,
Executive Director

Breakfast You Can Carry

Mornings can be tough for many families. Tired little ones and groggy parents. A healthy breakfast can sometimes seem and feel overwhelming.

Don't stress and don't skip the most important meal of the day! If you have 15 minutes, you have a yummy breakfast you can take with you on the fly. Ham and Cheese Breakfast Quesadillas are yummy and filled with good stuff which you can tweak and customize to fit your families individual tastes.

Ingredients

- 2 flour tortillas
- 1 Tbsp. butter
- 2 hard boiled eggs, diced
- 1/2 cup diced ham
- 1/2 cup grated Swiss cheese
- 1/2 cup grated cheddar cheese

Instructions

- Melt butter over medium heat
- Lay one tortilla in skillet

- Sprinkle on Swiss cheese
- Sprinkle eggs and ham over the cheese along with any other toppings
- Add remaining cheese and top with the 2nd tortilla
- Flip the quesadilla when the tortilla is golden brown
- Remove when done, cut into wedges and enjoy!



Playdough Made Simple

With the holidays past and winter in full swing, continuing to find activities for your little one to do on cold days can be challenging. If you are looking for something fun and educational all rolled into one, look no further. Baking Soda Play Dough is a great way to allow your child to explore their



Baking Soda Play Dough
Recipe from frugalfarm-wife.com

senses and to spend some time just playing together! The dough is quick, easy and inexpensive to make right in your own kitchen!

- 2 cup baking soda
- 1 cup cornstarch
- 1 1/2 cup water
- 1 Tbsp. oil

Mix all ingredients together in a sauce pan over medium heat, stirring constantly.

Remove from heat when the mixture thickens and let it cool until it can be handled.

Separate into the desired portions and color with food coloring by hand mixing or kneading.

Store in a sealed sandwich bag or sealed container.

Healthy Habits for the New Year!

Every year, people resolve to be healthier in the coming year. Gym memberships are everywhere and health food stores burst at the seams.

While these resolutions can lead to a healthy life style, the problem is the continuation of the activities. Many times, while the year begins with great intentions, as time moves on, life tends to get the best of everyone and resolutions go by the wayside.

This year, instead of resolving to give up habits or take up new ones, try setting goals for your family. You could set a goal to drink less soda and more water. Or maybe you want to

spend more time every week getting your family out of the house so set a goal to take a walk to the neighborhood park once a week.

Maybe you have a goal within your home to redecorate or declutter. Your goal could be to organize one room every month.

Setting goals can be nothing more than a mind set which allows for setbacks and extra time should "life" happen.



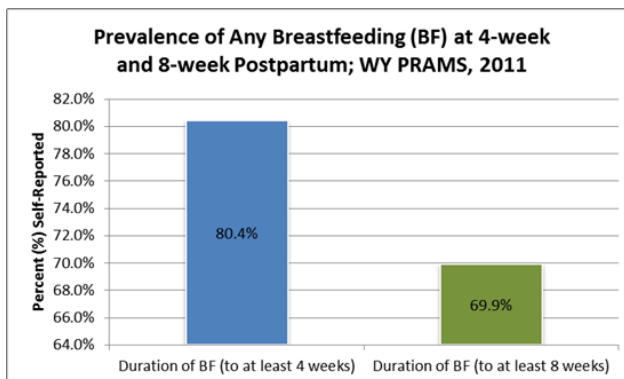
Make a fresh and healthy start for your family in 2016

Goals can also help to shift your mindset into a better place to see positive achievement rather than negative failure.

Whatever the motivation and however you get there, making healthy changes for your family is never a bad thing and there is never a wrong time to start!

What is PRAMS?

PRAMS (Pregnancy Risk Assessment Monitoring System) is a population-based risk factor surveillance system jointly sponsored by the Wyoming Department of Health and the Centers for Disease Control and Prevention (CDC). The purpose of PRAMS is to find out why some babies are both healthy and others are not. To do this, PRAMS asks a sample of Wyoming women who had a live birth infant in the past two to six months, questions about their experience and behaviors before, during, and shortly after pregnancy.



This information gives a preview of information available from PRAMS and how PRAMS can support program development.

Improve Breastfeeding Duration-Of the 90.5% Wyoming moms who reported breastfed in 2011, 80.4% of moms breastfed to at least 4 weeks and 69.9% of moms breastfed to at least 8 weeks.

Fighting Back In The Germ Battle

Flu season might be ending, but that does not mean the spread of illness has left us. As families begin sending children back to school and daycare and parents return to work, the chance of catching an illness returns also.

As you fall back into normal routines with your family, be sure your family is doing all they can to stay healthy!

Wash hands often during the day and make sure you rubbing your hands

together for at least 20 seconds. A great and easy way to ensure you are spending the right amount of time, sing "Twinkle, Twinkle Little Star" while you rub! This will help to track the time you spend and help make sure you are getting rid of those nasty germs!

Beware of door handles



in public places and avoid direct contact when possible.

Be sure you cover your mouth when you cough or sneeze to help those around you stay healthy.

If you or your children are sick and running fevers, stay home if possible to limit the spread of illness in your community and take care of yourself...you deserve it!

January 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1 AC: Guided Hikes @ Curt Gowdy NC: Meat Shoot @ RM Gun Club Holiday Skate @ the Wagon Wheel	2 AC: Laramie Plains Lions Club -Lake Hattie Ice Fishing Derby FC: Ice skating rink opens in City park NC: 100 Years of Toys @ Bish-op Home
3	4	5	6	7 NC: DVA Support Group Paul Taylor Lights Along the Shore	8 FC: 30th Wild West Winter Carnival begins Seemed Like a Good Idea Art Show NC: Death by Design opens SWC: Jeff Brinkman Concert	9 FC: Riverton Museum hosts Tom O'Day reen-actor NC: Historic Bishop Home Tour Winter Market
10	11	12	13 NC: Jalan Crossland @ Central WY Fairgrounds	14 NC: DVA Support Group	15	16 NC: Stuffed Tater Fest SWC: R & R Rodeo
17	18	19	20	21 NC: DVA Support Group Million Dollar Quartet Musical SWC:	22 NC: Rendez-vous & Traders Fair SWC: 2016 Burbot Bash begins CDC Family Days and PAT Group Connection	23 FC: BYU Young Ambassadors NC: Generals & Emperors Bridal Extravaganza
24	25	26	27	28 NC: DVA Support Group Tenors Unlimited	29	30 FC: 2016 Cabin Fever Craft Show & Expo NC: 27th Annual HAWG Ice Fishing Derby Casper Invitational (Figure Skating) K9's for charity
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A Note From the Director

It is the beginning of a new year, so now is a great time to be thinking about the upcoming year and the many changes that your child will be experiencing.

As we look at our little ones, it is not hard to forget how fast time passes. Children under the age of five have many changes in their development. It is important to ensure their success by regularly screening their developmental.

Developmental screening look at all domains of development such as gross motor (big muscle movements), fine motor (small muscle movements), language/speech, cognitive, and social emotional. Children can be screened at a very early age. It is recommended that children receive an annual screening throughout the early years to ensure proper development.

If you notice that your child is experiencing difficulties in any area of development, you can also screen more frequently. Your home visitor or your local child development center can perform a developmental screening for you at no charge. If you have additional questions about screening please contact your home visitor or you can find your local developmental center by going to www.cdsny.org.

Here's to a wonderful year for you and your family!

~Jennifer Davis, Executive Director~

Wyoming Citizen Review Panel

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Name
Address
Address 2
City, State Zip



Community Information and Resources

Are your kids insured?

Check out Kid Care Chip to see if your children qualify for low to no cost health care. To apply or for more information, call 855-294-2127 or visit www.wesystem.wyo.gov

Are you a DV survivor?

You are not alone! The Casper Domestic Violence and Sexual Assault Survivor's support group meets Thursdays from 5:30-6:30. Call 307-235-2814 for more information

Recommend us to a friend!

Please share this email/letter with family and friends to help us expand our mailing list!

We still have openings!

Check out our website for county specific contact information and schedule a visit for your family today!

Do you have an idea?

Do you have an idea or question you would like to see in the newsletter? Submit your questions or ideas to kpierson@wycrp.org or your parent educator today!
