



# FAMILY TIMES

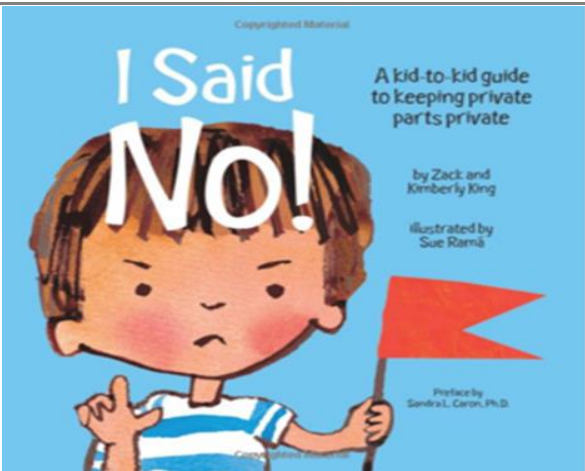
## BACK TO SCHOOL TIPS AND INFORMATION



Preparing for a new school year.



### REVIEW OF THE BOOK, I SAID NO!



With children returning to school, it is important to prepare them with structured routines, sleep schedules, discussing the work that will take place at school, and body safety. Body Safety, what a strange thing to think about in preparing for school. The statistics are currently 1 in 4 girls and 1 in 13 boys in the United States experience child sexual abuse.\* With this information it is important to educate ourselves and children on body safety.



In preparing to read to your child:

- Position yourself so both you and the child are comfortable. Sit side by side so the child can see the pictures.
- Setting- create a mood of fun and anticipation. This will help keep the child engaged.
- During the reading, take breaks to discuss what was read, ask questions, have child recap what was read.

Parents may sometimes have trouble discussing topics that make them uncomfortable. Prepare yourself for this topic by reading the book before you get started.

## Family Communication

### CONSENT - WORDS

MATTER!	
	
No!	Yes!
No Way!	Ok
I don't think so	Certainly
I don't want to	Absolutely
Nope	I'm sure
Not now	You bet
Not today	Thumbs up
Not really	(with a yes)
Thumbs down	I Said Yes
I'm not sure	I will
Maybe	I want to
I'm not in the mood	Happy to
I Said No!	I would love to
(no answer)	

*Tip:* After reading take the time to discuss what are Red Flags and Green Flags. Encourage your child to talk about different kinds of touches they can give and receive.

- Provide scenarios

Example:

Are high fives with friends a Red Flag or Green Flag?

Your doctor giving you a checkup with your Mom/ Dad there Red Flag or Green Flag?

Babysitter/ Relative tries to touch you under your clothes Red Flag or Green Flag?

Press to watch video  
Author reads, I Said No! →

*Tip:* After discussing Red Flags- Unsafe Touches and Green Flags- Safe Touches, help your child make connections between the Red Flag and saying, NO! Ask questions to encourage your child to think about how they would handle the situation, who they would tell, and how to get away.

Example:

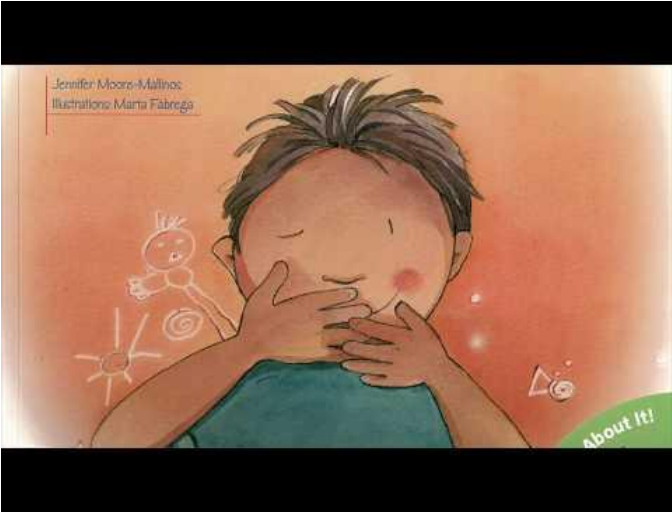
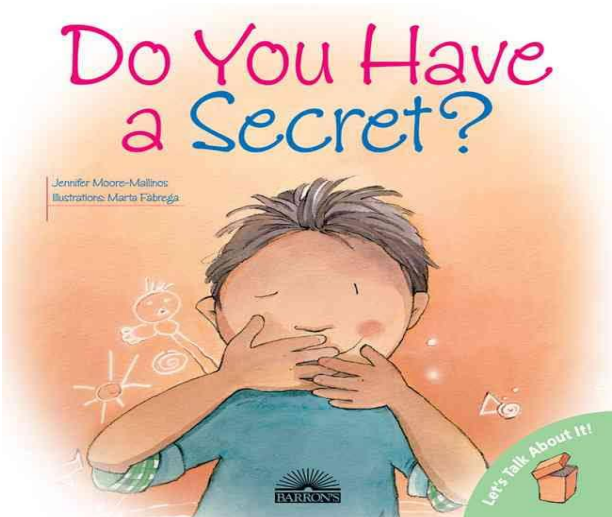
If someone touches you or makes you uncomfortable, feel bad, feel sad, or upset, what should you say?





BOOKS & TIPS

Press to watch video below, Do You Have a Secret?



TIPS:

IT IS IMPORTANT TO ENCOURAGE CHILDREN TO TELL THEIR PARENTS OR A TRUSTED ADULT IF THEY HAVE ENCOUNTERED ANY RED FLAGS. THE BOOK, DO YOU HAVE A SECRET?, DISCUSSES THE DIFFERENCE BETWEEN FUN SECRETS AND SECRETS THAT ARE HARMFUL.

IDENTIFICATION KIT

**WHAT TO DO**

If your child is missing from home, search through

- » closets
- » piles of laundry
- » in and under beds
- » inside large appliances
- » vehicles—including trunks
- » and anywhere else that a child may crawl or hide

Immediately call your local law-enforcement agency and provide them with your up-to-date Child ID Kit.

After you have reported your child missing to law enforcement, call the National Center for Missing & Exploited Children® at 1-800-THE-LOST® (1-800-843-5678).

If your computer is equipped with a microphone and speakers, you may talk to one of our Hotline operators via [www.missingkids.com](http://www.missingkids.com) online.

**HOW TO USE THIS KIT**

When recovering a missing child, the most important tools for law enforcement are an up-to-date, quality photograph and descriptive information. Complete this Child ID Kit by attaching a recent photograph of your child and listing all identifying and medical information. Update the photograph and information every 6 months, and keep the Kit in a secure, accessible location.

Learn more about this child ID kit at [www.missingkids.com/childid](http://www.missingkids.com/childid)

**NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN**

The National Center for Missing & Exploited Children  
Charles B. Wang International Children's Building  
559 Prince Street • Alexandria, VA 22304-3276  
[www.missingkids.com](http://www.missingkids.com) • 1-800-THE-LOST

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**PERSONAL INFORMATION**

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

State/Province/Region: \_\_\_\_\_ Country: \_\_\_\_\_

**PHYSICAL CHARACTERISTICS**

Sex: Female ☐ Male ☐

Race/Ethnicity: \_\_\_\_\_

Hair Color: \_\_\_\_\_

Eye Color: \_\_\_\_\_

Height	Weight	Date

**DISTINGUISHING CHARACTERISTICS**

My child wears or has:

Glasses ☐ Contacts ☐ Braces ☐ Birthmarks ☐ Piercings ☐ Tattoos ☐

Special Needs: \_\_\_\_\_

Other: \_\_\_\_\_

**MEDICAL INFORMATION**

Physician's Name: \_\_\_\_\_

Office #: \_\_\_\_\_

Allergies/Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

Blood Type: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_

Cell #: \_\_\_\_\_

Home #: \_\_\_\_\_

Work #: \_\_\_\_\_

**FINGERPRINTS**

Fingerprints are critical to a complete child identification record and should be taken by trained individuals, such as law-enforcement personnel.

Left Thumb	Left Index	Left Middle	Left Ring	Left Pinky
Right Thumb	Right Index	Right Middle	Right Ring	Right Pinky

[Child ID Kit wc FEMA 508.pdf](#)

Keeping children safe- It is important to speak to children about the dangers of strangers. Strangers are the people you don't know outside and online. Parents should remember to cover the importance of never going anywhere with someone they don't know. Never meeting up with people from the internet they don't know, even if it sounds like fun. Social Media is popular with young and older children. Help keep them safe with monitoring who they are speaking to. Predators can lure kids with questions like "Can you help me find my puppy?" or befriending them online with fake accounts. Once the relationship is established this individual can more easily groom/ manipulate the child.

- Copy & Paste Link

Tip Remind your child that they should tell an adult if someone asks them for personal information. They should tell an adult if someone exposes themselves, asks them to expose their selves or makes them feel nervous. Reassure the child it's OK to tell you even if the person made them promise not to or has threatened them. Being proactive is a good way to keep children safe. Not knowing where your child is can easily be one of the toughest things to go through. In reporting a missing child the police will ask for a recent picture of your child and details about them. Having a child ID Kit can help save time. It is advised to keep an updated photo every 6 months and to keep the kit in a secure location.

PARENT/CHILD  
ASSISTANCE  
PROGRAMS

- Community Center Of Northern Westchester**  
84 Bedford Road Katonah, NY 10536  
(914) 232-6572
- Eastchester Comm. Action Program (CAP)**  
142-144 Main St., Tuckahoe, NY, 10707  
(914) 337-7768
- Mount Vernon Comm. Action Group (CAG)**  
60 South 3rd Avenue, Suite 101,  
Mount Vernon, NY, 10550 (914) 664-8680

There are several Westchester County agencies in the region and the services offered by each location will vary. The centers may give donated used or new household items, toys, clothes, professional attire and more to low income residents. Students can be given free school uniforms, books, educational supplies, backpacks and more.

SELF CARE CHECKUP



SELF-CARE IS PART OF SELF-LOVE. YOU TAKING CARE OF YOU ALLOWS YOU TO TAKE CARE OF OTHERS. BELOW IS AN ACTIVITY TO HELP YOU ENHANCE YOUR WELL-BEING AND MAINTAIN GOOD MENTAL HEALTH.

SELF-CARE LOOKS DIFFERENT FOR EVERY INDIVIDUAL.

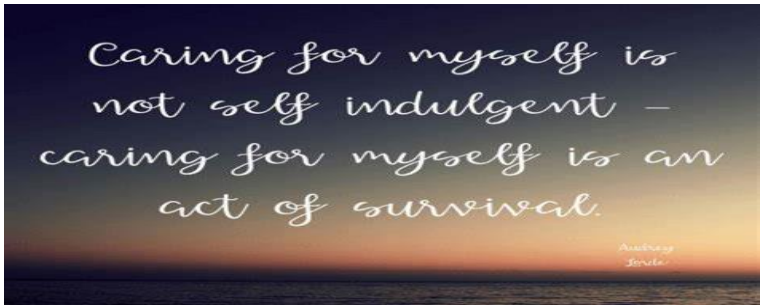
Fill out below and see where more attention is needed to ensure you are meeting your self-care needs. Rate each of the self-care categories, then write what you have to do in order to meet your needs.

Self-Care Areas	Rating	What can I do to meet this need?
Quality time with Family		
Time Alone		
Opportunities to engage in pleasurable activities		
Friendships		
Relaxation and Peace		
Emotional Health		
Physical Health		

Self-Care Areas	Rating	What can I do to meet this need?
Organization and Structure		
Being Challenged		
Feeling Valued and Loved		

Self Care Bank	
<input type="checkbox"/> Going for a Walk	<input type="checkbox"/> Having a Snack
<input type="checkbox"/> Meditating	<input type="checkbox"/> Taking a Drink of Water
<input type="checkbox"/> Listening to Music	<input type="checkbox"/> Starting a new course
<input type="checkbox"/> Decluttering your Closet	<input type="checkbox"/> Reading a book about a hobby you want to try
<input type="checkbox"/> Watching your favorite television show	<input type="checkbox"/> Having coffee with a good friend
<input type="checkbox"/> Doing Yoga	<input type="checkbox"/> Calling a friend
Other:	

- Reflection Quiestions:
1. What patterns do you notice from your responses?
2. What can you do to aid with self care?
3. What steps can you take to avoid burning out?



DAILY AFFIRMATIONS TO YOURSELF:

I am perfectly imperfect. I don’t have to rush my self-love or healing process.

We received a communication regarding last month's newsletter, “This book was very helpful and useful to me as a parent as I tackle this topic with my young child. My first grader's favorite part was memorizing when to say, "No, No!" I appreciate the "what ifs" as well, I used examples from our day-to-day people so he can relate. I feel confident he will use what he has taken away from the book with “red flags”. I was able to connect with both my children and start a conversation on trust and turning to me for all things. This is a great book to help start the discussion on these difficult topics. I recommend this book to all parents. - Alexandra



www.wihd.org  
CCuesta@wihd.org  
Christine Cuesta  
Victim Advocate

Source:  
Fast Facts: Preventing Child Sexual Abuse |Violence Prevention|Injury Center|CDC  
https://positive.b-cdn.net/wp-content/uploads/2021/05/Self-Care-Check-In.pdf

Disclaimer: Our primary purpose is to provide you with information and not meant to treat or cure trauma. This information is not meant as a SUBSTITUTE for therapy. It is recommended that you seek the advice of a therapist/ health care professional as needed.