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CHILD ABUSE & NEGLECT
Prevention Board

Newsletter

ISSUE DECEMBER 2024

WI Child Abuse and Neglect Prevention Board Updates

Providing you with the latest news and updates from the Child Abuse and Neglect Prevention Board



As 2024 is coming to a close, we reflect back on a year of growth and look to the next couple of years. During the year, we visited several of the Family Resource Centers and other community-based agencies. We held listening sessions to hear about what is going well and where there are opportunities. Thank you for your partnership and your work to strengthen families.

From the Field

Annually, the Prevention Board creates a Community Investment Plan reflecting its policy, program, professional development, and public awareness priorities. Throughout 2024, the Prevention Board has cultivated and maintained meaningful relationships with various Wisconsin entities to promote evidence-informed, family strengthening practices which strive to develop innovative programs that support parents and caregivers. We are excited to share some of these accomplishments and outcomes. Through the Prevention Board's

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community-based agencies to serve and strengthen families directly through programming. Around \$6 million was provided to various entities across the state to provide parent education, parent supports, and a myriad of services which aim to strengthen protective factors in families.

Across the continuum of services provided with Prevention Board funds, 17,064 families received at least one service. Services provided by Prevention Board grantees included evidence-based parent education programs, Parent Cafés, play groups, community-based events, Protective Factors education, community resource navigation services, with 3,065 families also receiving concrete supports.

Funding within the Prevention Board's community-based prevention investments were also leveraged to provide family service staff, childcare employees, and other family-serving professionals with professional development and training to strengthen their provision of services to families. Family Resource Centers and other family-serving agencies partnered with 136 Wisconsin childcare agencies to provide training and professional development to 573 childcare staff.

The Prevention Board continues to support and celebrate the achievements of the family-serving agencies we work with and applaud their service and commitment to strengthening Wisconsin families. To review all of Prevention Board's state fiscal year 2024 investments and families served, view the [report](#).

Research:

Parental knowledge and caregiving behaviors go hand in hand and are particularly impactful during the first weeks and months of a baby's life. Social experiences and language interactions during the first year are critical in fostering infant brain growth and language learning. A recent study looked at how parental knowledge of early cognitive and language development, shortly after the birth of their baby, predicts higher quality caregiving behaviors with infants at nine months.

Researchers recruited 468 parents of one week old infants whose families were of low socio-economic (SES) status at the one-week well-child visit to their

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The study found that parents with higher educational attainment (ranging from less than an 8th grade education to four years of college) had a greater knowledge of brain and language development in infancy at their child's one week visit. Parents who possessed greater knowledge at the one-week visit were found to be more adept at fostering quality interactions and stimulating cognitive and social-emotional growth when their baby reached nine-months.

Why is this important? The study postulates that providing parents with essential information and knowledge very early in a new baby's life could reduce disparities in infants' cognitive and language development. While quality programs designed to provide anticipatory guidance to parents during pediatric visits exist, this study suggests that most of them do not begin early enough. Parents and infants, especially those of lower SES, could benefit from anticipatory guidance and education right from the onset of well care visits or even during prenatal visits.

Leung, C.Y. and Suskind, D.L., What Parents Know Matters: Parental Knowledge at Birth Predicts Caregiving Behaviors at 9 Months. *Journal of Pediatrics*. 2020 June:221:72-80.

Celebrate Children Foundation

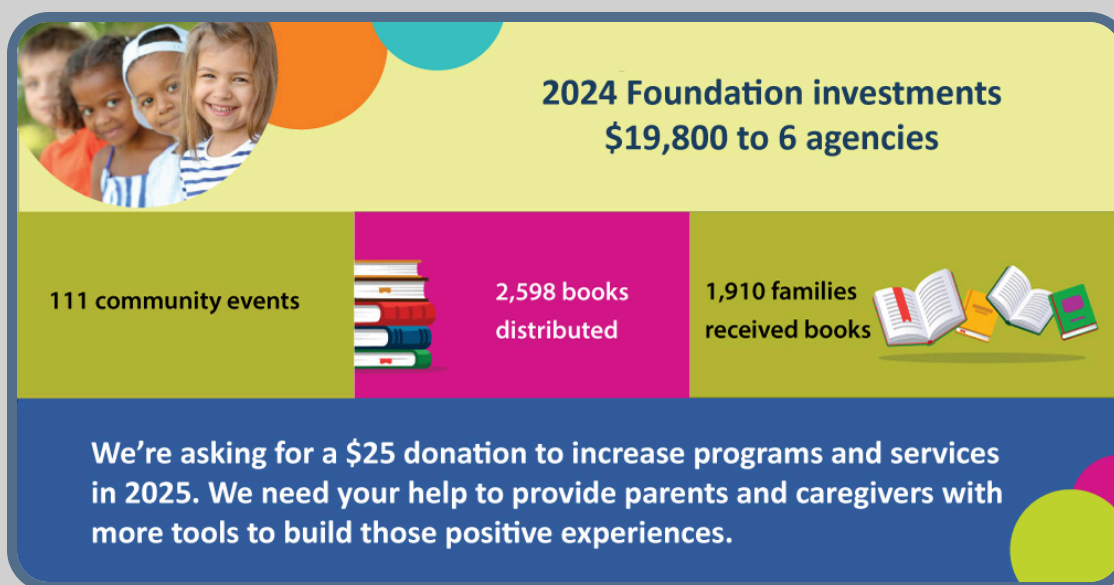
The Celebrate Children Foundation(Foundation) offered a grant opportunity focused on strengthening Wisconsin families through books and concrete supports. This competitive grant opportunity will provide funding to agencies for two objectives:

- Building brains and bonds with books: Research has shown that having books in the home can boost child literacy. In addition to increasing literacy, when caregivers read to children it boosts the caregiver-child connection, builds protective factors, and helps foster healthy child development.
- Concrete supports: Research has shown economic and concrete supports help families address basic needs and create safer environments for children to thrive. There is also emerging evidence that the effects of economic and concrete supports reduce the risk for child maltreatment.

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Congratulations to the 9 agencies awarded the funding: Bay View Community Center, Childcaring, Children's Service Society of Wisconsin (Children's), Family & Childcare Resources of NEW, Indianhead Community Action Agency, Lakeland Family Resource Center, Inc., Northwest Connection Family Resources, Tree House Child and Family Center Inc., and United Way of Sheboygan County.

Year End Campaign



2024 Foundation investments
\$19,800 to 6 agencies

111 community events

2,598 books distributed

1,910 families received books

We're asking for a \$25 donation to increase programs and services in 2025. We need your help to provide parents and caregivers with more tools to build those positive experiences.

Resources:

Early Childhood Feelings Thermometer and Tips for Parents– New Tools from OCMH

Challenging behaviors and big feelings in young children are being increasing reported by child care providers as well as parents. The Wisconsin Office of Children's Mental Health (OCMH) has two tools that can help calm those big feelings and redirect behaviors.

The [Early Childhood Feelings Thermometer](#) is geared to child care providers and early childhood educators, and "[Help for Parents in Calming Big Feelings in Young Children](#)" is ideal for parents. Both are visual aids to use with young children, ages 0 to 5, to help them begin naming emotions and calm challenging behaviors.

The thermometer tools feature five zones. They start at green – the calm zone – listing feelings and behaviors associated with that zone and go up to red –

feelings is an important step. Offering them choices like jumping jacks, belly breathing, wiggle dancing, or drawing can make a difference in the body as well as helping to shift moods and learning to manage their emotions.

The thermometers and additional complimentary tools are available on OCMH's website:

- [Early Childhood Feelings Thermometer](#) – for [more information](#) and available in [Spanish](#) and [Hmong](#).
- [Early Childhood Feelings Thermometer Gauge](#) – a simplified gauge with emoji faces ranging from happy to mad which the child can point to and communicate how they are feeling. Available in [Spanish](#) and [Hmong](#).
- [How to Use the Early Childhood Feelings Thermometer](#). Available in [Spanish](#) and [Hmong](#).
- [Help for Parents in Calming Big Feelings in Young Children](#).
- [Feelings Thermometer](#) – OCMH's original Feeling Thermometer and ideal for older children and adults. For [more information](#) and other 11 languages.
- Magnets of the feelings thermometer can also be purchased on the [document sales website](#).

The Early Childhood Feelings Thermometer was initially distributed to childcare facilities, and child care providers supported the need for a parent version of the tool. One said: "A majority of our parents do not know what to do when their child acts these ways at home, and they struggle with how to help them. So, at home they get tablets, TV, whatever they want to calm them down, instead of the parent actually helping them to calm down." OCMH hopes the new "Help for Parents in Calming Big Feelings in Young Children" tool will help parents by offering suggestions of activities that help calm young children and redirect behaviors.

▶▶▶ Ask the child to identify the emotion using a face and/or word below.

CHILD'S EMOTIONS AND BEHAVIORS		HOW CAN YOU HELP THIS CHILD?	
	<p>MAD, ANGRY, EXPLOSIVE</p> <p>▶ Screaming, crying, hitting, biting, pushing</p>	<ul style="list-style-type: none"> • Roll up in a ball • Exercise: push the wall, jumping jacks 	<ul style="list-style-type: none"> • Listen to calming music • Squeeze a stuffed animal or pillow
	<p>UPSET, FRUSTRATED, OPPOSITIONAL</p> <p>▶ Shutdown, refusing, arguing, complaining</p>	<ul style="list-style-type: none"> • Breathe: belly breathing, square breathing • Exercise: jumping jacks, push the wall 	<ul style="list-style-type: none"> • Squeeze a squishy ball or toy • Draw, color, or count out loud
	<p>SCARED, ANXIOUS, UNSETTLED, TENSE</p> <p>▶ Clingy, avoiding, crying, worrying, nervous</p>	<ul style="list-style-type: none"> • Breathe: take a deep breath in through the nose and then slowly blow out a pretend candle • Assign a teacher helper task 	<ul style="list-style-type: none"> • Draw a silly picture • Listen to music • Do a wiggle dance, pretend to shake it off • Hug a stuffed animal or blanket
	<p>SAD, BORED</p> <p>▶ Withdrawn, crying, low interest, low energy</p>	<ul style="list-style-type: none"> • Assign a teacher helper task • Draw or color • Build with blocks 	<ul style="list-style-type: none"> • Look at a book • Walk around the room • Play with another child or a caregiver
	<p>HAPPY, CALM, CONTENT</p> <p>▶ Engaged, calm, smiling</p>	<ul style="list-style-type: none"> • Sing or listen to songs • Draw or color • Skip 	<ul style="list-style-type: none"> • Play with toys • Help a friend • Try something new


Wisconsin Office of Children's Mental Health
children.wi.gov

FREE Online Parenting Courses!

Through funding from the Department of Children and Families, Children's Wisconsin is offering **FREE** online Triple P parenting courses to all Wisconsin parents/caregivers! Over 4,755 individuals have benefited from these free parenting supports, which have courses covering the following topic areas:

- Triple P Baby
- Triple P for parents of children 0-12
- Triple P Teen
- Triple P Fear-less (for children experiencing anxiety)

To learn more or to request access to the free online program visit [here](#)

Funding Opportunities:

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The Prevention Board is excited to announce three open funding opportunities: the Family Resource Center of Quality Grant, the Supplementary Primary Prevention Grant, and the Tribal Child Maltreatment Primary Prevention Grant. To learn more about these opportunities and how to apply, visit our [website](#). You can also sign up to receive funding notifications.



[Contact us](#)

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