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PROTECTING OUR CHILDREN

HEART OF ILLINOIS SAFE FROM THE START

A MESSAGE FROM SARA....

WITH THE HOLIDAYS APPROACHING, I FIND MYSELF REFLECTING ON MY FAMILY'S TRADITIONS AND MY INTERNAL STRUGGLE AS A WORKING MOM. THE THEME FOR THIS NEWSLETTER IS "PARENT AND CHILD TOGETHER TIME". YOU MAY BE LIKE ME; STRUGGLING TO FIT EVERYTHING INTO YOUR DAY, AND STILL FINDING TIME TO CONNECT WITH YOUR CHILDREN. WHILE I STILL DREAM OF A 30 HOUR DAY, I'M BEGINNING TO LEARN THAT HOW I CHOOSE TO SPEND MY FAMILY TIME IS WHAT MATTERS. WITH CAREFUL PLANNING AND TAKING TIME TO "NOT SWEAT THE SMALL STUFF", I WILL BE ABLE TO CARRY OUT THOSE HOLIDAY FAMILY TRADITIONS I CHERISH.

SEASON'S GREETINGS,

Sara Dillefeld
Heart of Illinois Safe From the Start
Program Administrator



FY'11 ISSUE 1

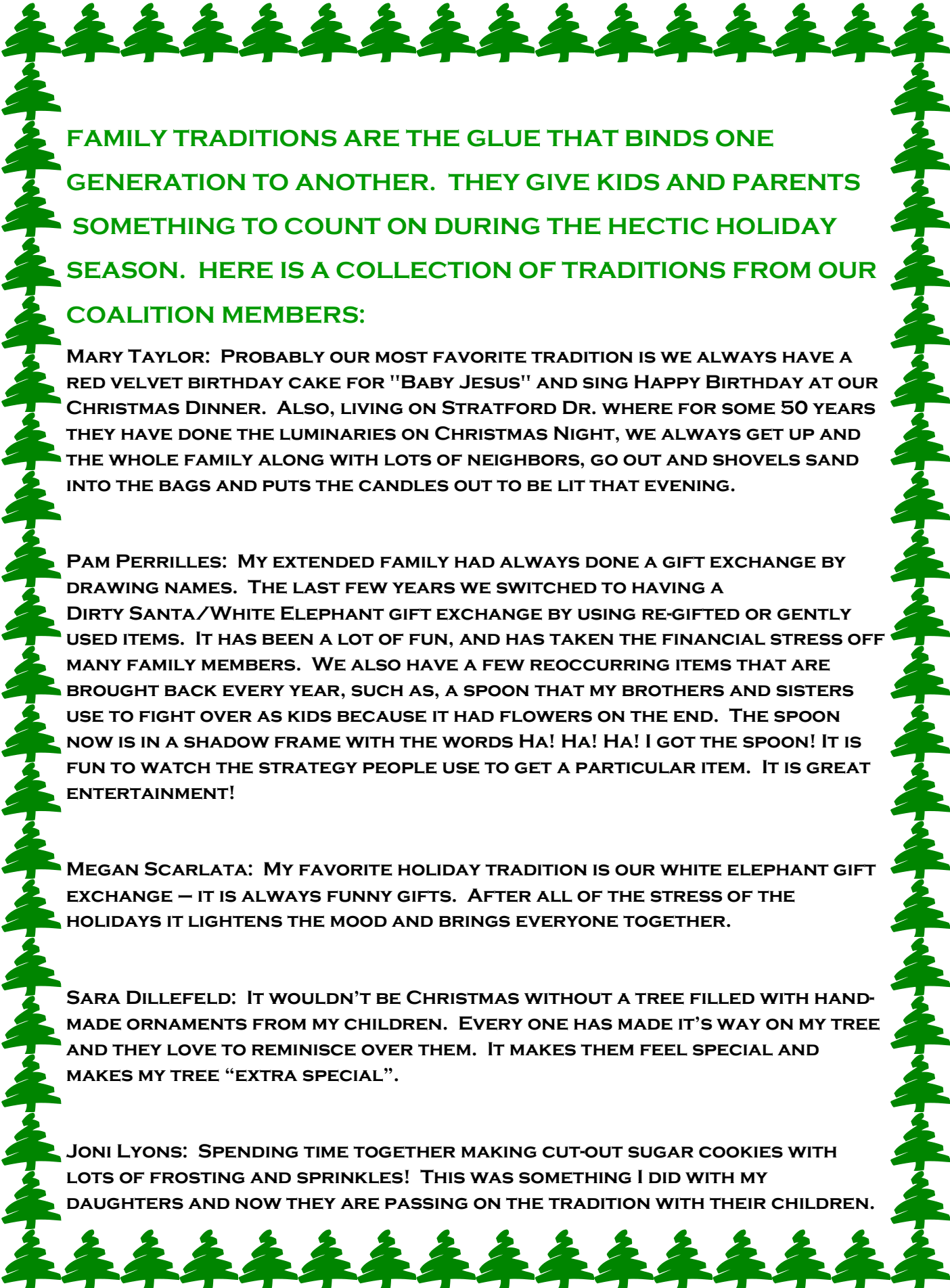
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THE HOLIDAY SEASON IS OFTEN STRESSFUL. THIS IS EVEN MORE TRUE FOR FAMILIES WHO HAVE EXPERIENCED TRAUMA. FAMILIES ALREADY EXPERIENCING STRESS, NOW MAY HAVE TO ADD THE WORRIES OF PAYING FOR GIFTS, KIDS HOME FROM SCHOOL, VISITS WITH FAMILY MEMBERS, THE GRIEF AND LOSS OF A FAMILY MEMBER, AND UNPLEASANT MEMORIES FROM HOLIDAYS PAST. CHILDREN IN THESE HOMES MAY HAVE DIFFICULTY WITH TRANSITIONS OR CHANGES IN ROUTINE. WE MAY NEED TO SUGGEST TO THE FAMILIES WE WORK WITH TO BE MINDFUL OF KEEPING A SCHEDULE AND NOT OVER STIMULATING THE CHILDREN. LET'S KEEP IN MIND THE FOLLOWING TIPS:

- ~ PLAN AHEAD.
- ~ COMMUNICATE.
- ~ KEEP YOUR EXPECTATIONS IN CHECK.
- ~ REMEMBER QUALITY FAMILY TIME: READ BOOKS TOGETHER, PUT TOGETHER A PUZZLE, BAKE COOKIES, PLAY IN THE SNOW.



FAMILY TRADITIONS ARE THE GLUE THAT BINDS ONE GENERATION TO ANOTHER. THEY GIVE KIDS AND PARENTS SOMETHING TO COUNT ON DURING THE HECTIC HOLIDAY SEASON. HERE IS A COLLECTION OF TRADITIONS FROM OUR COALITION MEMBERS:

MARY TAYLOR: PROBABLY OUR MOST FAVORITE TRADITION IS WE ALWAYS HAVE A RED VELVET BIRTHDAY CAKE FOR "BABY JESUS" AND SING HAPPY BIRTHDAY AT OUR CHRISTMAS DINNER. ALSO, LIVING ON STRATFORD DR. WHERE FOR SOME 50 YEARS THEY HAVE DONE THE LUMINARIES ON CHRISTMAS NIGHT, WE ALWAYS GET UP AND THE WHOLE FAMILY ALONG WITH LOTS OF NEIGHBORS, GO OUT AND SHOVELS SAND INTO THE BAGS AND PUTS THE CANDLES OUT TO BE LIT THAT EVENING.

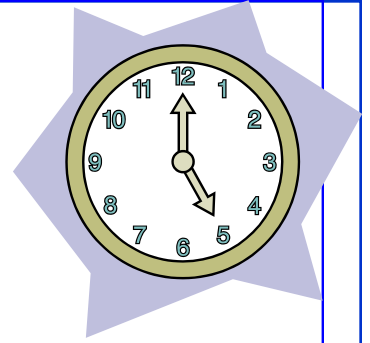
PAM PERRILLES: MY EXTENDED FAMILY HAD ALWAYS DONE A GIFT EXCHANGE BY DRAWING NAMES. THE LAST FEW YEARS WE SWITCHED TO HAVING A DIRTY SANTA/WHITE ELEPHANT GIFT EXCHANGE BY USING RE-GIFTED OR GENTLY USED ITEMS. IT HAS BEEN A LOT OF FUN, AND HAS TAKEN THE FINANCIAL STRESS OFF MANY FAMILY MEMBERS. WE ALSO HAVE A FEW REOCCURRING ITEMS THAT ARE BROUGHT BACK EVERY YEAR, SUCH AS, A SPOON THAT MY BROTHERS AND SISTERS USE TO FIGHT OVER AS KIDS BECAUSE IT HAD FLOWERS ON THE END. THE SPOON NOW IS IN A SHADOW FRAME WITH THE WORDS HA! HA! HA! I GOT THE SPOON! IT IS FUN TO WATCH THE STRATEGY PEOPLE USE TO GET A PARTICULAR ITEM. IT IS GREAT ENTERTAINMENT!

MEGAN SCARLATA: MY FAVORITE HOLIDAY TRADITION IS OUR WHITE ELEPHANT GIFT EXCHANGE – IT IS ALWAYS FUNNY GIFTS. AFTER ALL OF THE STRESS OF THE HOLIDAYS IT LIGHTENS THE MOOD AND BRINGS EVERYONE TOGETHER.

SARA DILLEFELD: IT WOULDN'T BE CHRISTMAS WITHOUT A TREE FILLED WITH HAND-MADE ORNAMENTS FROM MY CHILDREN. EVERY ONE HAS MADE IT'S WAY ON MY TREE AND THEY LOVE TO REMINISCE OVER THEM. IT MAKES THEM FEEL SPECIAL AND MAKES MY TREE "EXTRA SPECIAL".

JONI LYONS: SPENDING TIME TOGETHER MAKING CUT-OUT SUGAR COOKIES WITH LOTS OF FROSTING AND SPRINKLES! THIS WAS SOMETHING I DID WITH MY DAUGHTERS AND NOW THEY ARE PASSING ON THE TRADITION WITH THEIR CHILDREN.

Giving Your Children the Gift of Time



A Collection of special Parent/Child Activities for
this Holiday Season, by Joni Lyons

Here Is The Chimney

Here is the chimney
(Make fist, enclose thumb)
Here is the top.
(Palm of hand on top of fist)
Open the lid.
(Remove hand quickly)
And out Santa will pop.
(Pop up thumb)

The Lights on the Tree

Sung to: "The Wheels on the Bus"
The lights on the tree go blink, blink,
blink,
Blink, blink, blink, blink, blink, blink.
The lights on the tree go blink, blink,
blink
All Christmas Day.

Ring the Bells

Sung to: "Row, row, row your boat"
Ring, ring, ring the bells,
Ring them loud and clear
To say to people everywhere
That Christmas time is here.

Where Is Santa

Sung to: "Where is Thumbkin"
Where is Santa? Where is Santa?
Here I am! Here I am!
Merry, merry Christmas
Merry, merry Christmas
Ho Ho Ho! Ho Ho Ho!

Santa Cookies

Ingredients:

- * Nutter Butter cookies
- * white chocolate chips
- * mini chocolate chips
- * red sugar
- * red cinnamon candy or red M&M's
- * mini marshmallows cut in halves or quarters

Directions:

1. Melt white chocolate chips
2. Dip Nutter Butter into chocolate a little more than 1/2 up to make the beard. Let it dry.
3. Dip top in about two lines (grid on N.B.) and then roll into red sugar across the top but not all the way.
4. Immediately attach marshmallow to the melted choc. on the hat.
5. Using melted white choc. as glue, dip mini choc. chip in and attach to cookie as eyes.
6. Repeat for nose with cinn. Candy or M&M



One of Joni's favorite websites to create activities for parents and children to do together is dltk-kids.com. It was created by a mom with two children. There are new ideas added every year. Check it out and have fun!

COMMUNITY EVENTS



Festival of Trees
~Expo Gardens~
1501 W. Northstar Rd.

Friday, December 3
10 a.m. - 8 p.m.
Family Concert by The Corn Widens 5 p.m. - 8 p.m.

Saturday, December 4
10 a.m. - 8 p.m.
Kids' DJ Party with Santa featuring Julie K. 5:30 p.m. - 8 p.m.

Sunday, December 5
10 a.m. - 5 p.m.
Family Lunch 11 a.m. - 1 p.m.

Admission
Adults: \$5
Children & Seniors: \$3
Children (2 & Under): Free!

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Spot On Energy, Heartland Bank and Trust, S.W. Kewanee Club, Home Nursery, State Bank of Spves, Apple's Bakery, Polo Lindey, Honda/Acura Federal Companies



The 2010 Jingle Bell Run/Walk® is a fun and festive way to kick off your holidays by helping others! Wear a holiday themed costume. Tie jingle bells to your shoelaces. Run or walk a 5 kilometer route with your team members and celebrate the season by giving.

This year's run/walk will take place at the RiverPlex in downtown Peoria on Saturday, December 4, with registration beginning at 8 a.m. and the run/walk beginning at 10 a.m. Fees are \$25 until December 1st, or \$30 after that or the day of the event. For more information, visit www.jinglebellpeoria.com.

Support the Crisis Nursery.... Let your kids shop at their annual Holiday Store.

Children (12 and under) are able to shop for their mom, dad, sisters, brothers, grandparents, teachers, friends, etc. with the help of a personal shopper while mom and dad wait outside the store.

Northwoods Mall hours: Dec. 3rd-21st **Monday-Friday 4–8 p.m.**

Saturdays, 10 a.m–8 p.m. Sundays, Noon– 5 p.m.

Shoppes at Grand Prairie hours: **Saturdays, Dec. 4, 11 & 18: Noon - 8 p.m.**

Sundays, Dec. 5, 12, & 19: Noon - 5 p.m.

Developmental Patterns in Exposure to Violence

Source: OJJDP, National Survey of Children's Exposure to Violence

David Finkelhor, Heather Turner, Richard Ormrod, Sherry Hamby, and Kristen Kracke

Victimization in Infancy

Most common victimizations during this period:

- Assault by a sibling
- Assault with no weapon or injury
- Witnessing family assault

Victimization in the Toddler Years (Ages 2 to 5)

Most common victimizations during this period:

- Assault by a sibling
- Assault with no weapon or injury
- Bullying (physical)
- Witnessing family assault

Victimization in Middle Childhood (Ages 6 to 9)

Peak risk period for:

- Assault by a sibling
- Assault with no weapon or injury
- Bullying (physical)
- Emotional bullying/teasing

Victimization in Preteens and Early Adolescence (Ages 10 to 13)

Peak risk period for:

- Assault with weapon
- Sexual harassment (same rate ages 10 to 17)
- Kidnapping
- Witnessing family assault
- Witnessing intimate partner (interparental) violence

Victimization in Later Adolescence (Ages 14 to 17)

Peak risk period for:

- Assault with injury
- Assault by peer (nonsibling)
- Genital assault
- Dating violence
- Sexual victimizations of all types
- Sexual assault
- Sexual harassment (same rate ages 10 to 17)
- Flashing or sexual exposure
- Unwanted online sexual solicitation
- Any maltreatment
- Physical abuse
- Psychological or emotional abuse
- Witnessing community assault
- Exposure to shooting
- School threat of bomb or attack

Introducing the 2nd Video in the Stories For Children that Grownups

Can Watch: *A Clingy Thing*

We will be viewing this short video at the Coalition meeting on January 18th. Copies will be available.

**Congratulations Sara ...
for being named one of
Peoria's Top Leaders
40 under Forty !!!**



Please help us welcome our newest Coalition Members:

- ◆ Angela Story (Methodist Behavioral Health)
- ◆ Shannon Stanfill (DCFS)



Thank You to all who helped with our Keeping Kids Safe Fall Festival. 130 people enjoyed an evening of fun and learned important safety messages. We had \$0 for this event, and due to donations from many coalition partners, we had a successful event. THANK YOU!!!

HEART OF ILLINOIS

SAFE
THE



FROM
START

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WWW.HOISAFEFROMTHESTART.ORG

PROVIDING SUPPORT,
EDUCATION, AND COUNSELING
TO CHILDREN EXPOSED TO



DO YOU KNOW A CHILD WHO IS EXPERIENCING NEGATIVE EFFECTS FROM EXPOSURE TO VIOLENCE? REFER THEM TO OUR PROGRAM FOR FREE COUNSELING SERVICES.

CALL 686-5229 FOR MORE INFORMATION OR CHECK OUT OUR WEBSITE AT WWW.HOISAFEFROMTHESTART.ORG TO DOWNLOAD A REFERRAL FORM.

Current Coalition Members: Peoria Sheriff's Office, Tazewell County Health Dept/ AOK, Peoria City/ County Health Dept, Bradley University, Peoria County Bright Futures, the Center for Prevention of Abuse, Children's Home/ Good Beginnings and Caregiver Connections, Family Violence Coordinating Council, Methodist, PCCEO, Catholic Charities, Salvation Army, Child Care Connection, Peoria Police Dept, Child Advocacy Centers of Peoria and Tazewell Counties, Boys and Girls Club, Child and Family Connections, Tazewell/Woodford County Head Start, Mental Health Assoc, DCFS, Red Cross, CASA of Peoria County, Rogy's, Counseling and Family Services, Resource Link @ OSF Children's Hospital,

Following are some book ideas for you to read with your children during the Holidays:

[Christmas Treasury](#) by Jan Brett (non-religious) This is a collection of seven of her classics including, [The Mitten](#), and [The Hat](#).

[The First Christmas](#) by Tomie dePaola (religious)

[The Sweet Smell of Christmas](#) by Patricia Searry

[Carl's Christmas](#) by Alexandra Day

