

# EveryChild Community Education Options



**A safe,  
healthy  
childhood  
starts here.**



# ADVERSE CHILDHOOD EXPERIENCES

**Target Audience:  
Professionals**

**Length: 1-4 hours**



The ACE (Adverse Childhood Experiences) study confirms with scientific evidence that adversity during development increases the risk of physical, mental, and behavioral problems later in life. The ACE study, and other research using the study's framework, have taught us that ACEs are the leading cause of health and social problems in our nation - the most powerful determinate of the public's health. Toxic stress during childhood can impact brain development and brain interaction with body systems, leading to problems throughout the course of an individual's life. But, childhood times are also windows of opportunity for building resilience - after all, the developing brain is sensitive to all kinds of experiences. Learn about these patterns of brain development, the ACE study, our opportunities for ACE prevention, and how protective systems promote resilience in children, families, and our community. This curriculum was written by Dr. Rob Anda, co-principal researcher for the ACE Study.

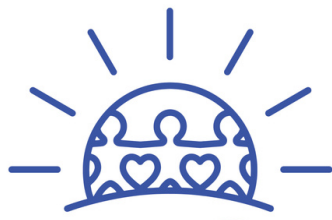
We all face tough times. Ongoing stress from tough times can lead to poor health and other challenges as the brain adapts to survive. Yet, research is not showing us what we can do to change these outcomes. Connections Matter highlights the importance that building caring connections with the children, families, and adults in our lives has on developing healthy brains, supportive relationships, and thriving communities. This evidence-based, interactive presentation describes how stress impacts the brain and why relationships improve individual and community well-being. Attendees will leave with specific ideas for the actions they can take in their professional and personal lives, and will end the session by identifying their next steps. Together, we can engage more people in creating environments that strengthen families from the start and give children and adults with a history of trauma an opportunity to heal.

# CONNECTIONS MATTER

**Target Audience:  
Professionals,  
Caregivers,  
Community Members**

**Length: 1 hour,  
2-hours, or 4-hours**





**EveryChild**  
A safe, healthy childhood starts here



*Mission:*

EveryChild leads community efforts to eliminate child abuse and neglect by strengthening child and families through treatment, education, and prevention



*Vision:*

All children in our community will be raised in a safe, nurturing family environment.



# SHAKEN BABY SYNDROME/ SIDS

*Target Audience:  
Caregivers,  
Community Members*

*Length: 1.5-2 hours  
(Approx. 1 hour/each)*

Shaken Baby Syndrome (SBS) is a preventable tragedy. This presentation offers participants a definition of SBS, how to recognize the signs, symptoms, and long term effects of SBS, what causes/triggers shaking, and how to cope with crying babies.

Sudden Infant Death Syndrome (SIDS) is the leading cause of death of infants 1-12 months of age. Participants will learn the definition and behaviors that increase the risk of SIDS, appropriate safe sleep habits, and resources to reduce the risk of SIDS.

# OVERVIEW OF THE CHILD PROTECTION CENTER

*Target Audience:  
Professionals*

*Length: 30 minutes*

This presentation provides an overview of the investigative process, including what happens after a child abuse report is made and the role of a Child Advocacy Center in Iowa.



# OVERVIEW OF EVERYCHILD AND CHILD ABUSE IN OUR COMMUNITY

*Target Audience:  
Professionals,  
Caregivers, Community  
Members*

*Length: 30 minutes*

This short presentation provides an overview of EveryChild from our creation in 1977 to the services we provide today. We will discuss our public health model to approach prevention and dedication to collaboration and responding to community need. You will also learn about the prevalence of abuse and neglect in our community to begin understanding where you can make a difference.



# CHILD ABUSE RECOGNITION & PREVENTION

*Target Audience:  
Professionals, Caregivers,  
Community Members*

*Length: 1-1.5 hours*

This training provides a general overview of child abuse prevention for community members. Participants will learn what to look for, how to respond, what EveryChild is doing to combat the issue in our community, and how you can help.





# PARENTING CLASSES

**Target Audience:**  
*Caregivers, Community Members*

**Length: 60 minutes per topic**

Parenting classes for caregivers of young children. Join us to learn about how to play with your child, appropriate and effective discipline, child safety, and a variety of other topics. Classes can be adjusted to meet your needs.



## PARENT CLASS TOPICS:

- Peaceful Parenting
- Family & Community Violence
- Kids, Media, & Technology
  - Social Media & Internet Safety
  - Cyberbullying
- Play: Brains, Bodies, & Bonding
- Rituals & Traditions
- Managing Family Stress
- Healthy Foundations
- Managing Strong Emotions
- Managing Behaviors
- A Chaos-Free Home
- Safe Spaces



# PARENTING THE LOVE & LOGIC WAY

**Target Audience:**  
*Caregivers, Community Members*

**Length: 1.5-2 hours each**

Parenting the Love & Logic way focuses on building and maintaining caring and respectful relationships with your kids. This 6-week curriculum gives parents a variety of simple and effective strategies to help with daily challenges such as putting an end to arguing and talking back, teaching responsibility, setting limits, how to avoid power struggles, guiding kids to solve and own their problems, and teaching kids how to complete chores.



## Parent Class Overview:

- Peaceful Parenting: Parents will recognize discipline as a process. They will be able to identify their child's needs, understand the goals of misbehavior and the different between natural and logical consequences.
  - Family & Community Violence: Parent will understand the basic effects of trauma on children, recognize how domestic and community violence affect children, and identify ways to prevent exposure to violence and build resiliency.
  - Kids, Media, & Technology: Parents will learn and understand the effects of too much media exposure on kids, how to determine if something is educational and appropriate for their child to engage with, and how to manage family media usage.
  - Play: Brains, Bodies, & Bonding: Parents learn the importance of unstructured playtime for their kids, how to incorporate developmentally appropriate play into their day.
  - Rituals & Traditions: Parents identify the connections between traditions and values, ways to build resiliency through rituals, and how to start their own rituals and traditions.
  - Managing Family Stress: Parent will learn what stress is, what causes stress for them and their kids, and how to take care of themselves mentally and physically.
  - Healthy Foundations: Parent will share their hopes and fears as a parents, learn their basic needs of their kids at each life stage, and be able to engage with them through developmentally appropriate play and bonding activities.
  - Managing Strong Emotions: Parent learn how to help their children recognize and understand their big feelings. They will be given strategies to help with managing feelings and how to handle strong reactions.
  - Managing Behaviors: Parent will identify household rules to set for their families, recognize why children misbehave, and how to be consistent with their rules, consequences, and warnings.
  - A Chaos-Free Home: Parent will describe their current routines, establish more nurturing routines, increase their understanding of why routines are important and tools to help their children be more regulated and independent throughout the day.
  - Safe Spaces: Parent will demonstrate ways to keep their children safe. From baby-proofing their spaces to teaching about body and personal safety, their will practice how to communicate those skills to their kids and other safe adults in their child's lives.
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# CAR SEAT SAFETY

*Target Audience:  
Professionals, Caregivers,  
Community Members*

*Length: 1-2 hours*

Car seat safety is an important topic for parents and caregivers. With this presentation participants will learn why car seats and seat belts save lives, the different types of seats, how to determine which seat is right for your child, and how to tell others the importance of buckling up. We will discuss the Iowa and Illinois laws for using car seats and seat belts.

# MANAGING STRESS FOR FAMILIES AND PROVIDERS

*Target Audience:  
Professionals, Caregivers,  
Community Members*

*Length: 1-2 hours*

Understanding the neurobiology of stress and how it impacts the way we parent/teach/provide services can benefit those we serve and ourselves. Attendees will leave with a tool-kit of skills to manage stress effectively to keep themselves healthy and keep children safe in their care.

# PARENTING THROUGH CHILDHOOD STRESS

*Target Audience: Caregivers,  
Community Members*

*Length: 1 hour*

Parenting is messy, complicated, and sometimes just plain hard. This training will help you understand and discuss what stress and trauma can look like in our kids, and how that can change their development, behaviors, thoughts, and emotions. You will also be able to recognize how kids and adults experience shame and vulnerability, and the importance of talking about it and responding. Lastly, you will learn what we can do about childhood stress as parents and community members to make the road easier and support one another.





# MINIMAL FACTS INTERVIEWING

*Target Audience:  
Professionals,  
Caregivers, Community  
Members*

*Length: 1 hour*

Children disclose abuse and neglect to various adults. This training provides information on how to ask children for more information (who, what, when) about their disclosure, without overstepping into an investigator role (law enforcement, DHS) or overwhelming the child. This training highlights some statistics on child abuse and neglect, the importance of gathering minimal facts, how to ask those important questions, things to avoid during a child's disclosure, and how to report the abuse and neglect. You will also learn about the services offered at the Mississippi Valley Child Protection Center.

# PROTECTING OUR CHILDREN: ADVICE FROM CHILD MOLESTERS

*Target Audience:  
Professionals,  
Caregivers, Community  
Members*

*Length: 1.5-2 hours*

In 2014, we began a wonderful partnership with Davenport Police Department, Bettendorf Police Department, Scott County Sheriff's Office, Scott County Attorney's Office, and Family Resources to offer a community training to keep children safe.

This training includes video interviews with child molesters and provides specific tips about ways community members can keep ALL children safe. This program was developed in Oregon by Cory Jewell Jensen after many years of interviews with predators in jail and after extensive research about the issue of sex abuse.



# STEWARDS OF CHILDREN

*Target Audience:  
Professionals,  
Caregivers, Community  
Members*

*Length: 2 hours*

Child abuse prevention starts with ADULTS. It is our job to keep children safe. The only way to do this is to ensure that adults are knowledgeable and aware of how to keep children safe. National and local data indicates that up to 20% of children will experience sexual abuse before the age of 18. However, we know that child abuse is 100% preventable, and preventative efforts have already caused the national rate of child sex abuse to decrease over the last decade. We have invested in the efforts to educate our own community and provide the nationally recognized, research-based Stewards of Children curriculum. Stewards of Children is a workshop designed to teach all adults specific ways to protect children from sexual abuse. It includes survivor stories, expert guidance, and group discussion to teach five practical applicable steps for protecting children.

# HEALTHY SEXUAL DEVELOPMENT IN EARLY CHILDHOOD

*Target Audience: Caregivers, Community Members*

*Length: 1.5-2 hours*

Understanding sexual development in your preschooler is key to keeping your child safe and healthy. Come learn what healthy sexual development looks like for your preschooler, including your child's behaviors and understanding of the body. Discuss how to teach your child about body safety and safe touching, and learn how to approach this topic in the classroom.

\*\*There are parent and educator versions of this presentation available!



## AN OVER-SEXUALIZED CHILDHOOD

*Target Audience: Caregivers, Community Members*

*Length: 1 hour*

What are kids being exposed to when they are seeing as many as 5,000 ads per day? With this presentation we dive into how mass media is targeting our children to be overtly sexualized from a young age. Using 'So Sexy, So Soon' by Diane Levin as our guide, we talk about the strategies used in advertising, music, movies, games, fashion, and social media to make our children want to look and act older than they are.



## SECOND STEP: CHILD PROTECTION UNIT

*Target Audience: Professionals, Caregivers, Community Members*

*Length: 1 hour*

The Second Step: Child Protection unit is a program designed to teach preschool children about personal and body safety. Children learn how to keep themselves safe in the car, when crossing the street, and if they are in dangerous and exploitative situations. Parents, caregivers, providers, and teachers work together to teach rules, give information, and provide encouragement to children to help protect themselves.





## RETRAUMATIZATION

**Target Audience:  
Professionals, Community  
Members**

**Length: 1-2 hours**

Identify and understand how individuals are re-traumatized - often within the systems through which they are attempting to gain assistance. Learn how to reduce re-traumatization without your organization, how to help alleviate symptoms of re-traumatization in through around you, and how to view your work through a trauma-informed lens.



## SENSORY UNDERSTANDING

**Target Audience: Professionals**

**Length: 1-2 hours**

This presentation helps us understand how our brain processes senses, and how those senses can be affected by toxic stress and traumatic events, and then learn simple strategies for teaching those in sensory overload to self-calm based on which sense is being triggered. Specific examples for each of the senses help you to apply specific interventions within your setting.



## SOCIAL AND EMOTIONAL LEARNING

**Target Audience:  
Professionals, Caregivers,  
Community Members**

**Length: 30-60 minutes**

In this presentations, participants will learn the ins and outs of social and emotional learning. Starting with learning to recognize and understand children's emotions from birth through the teenage year to helping them start, practice, and achieve emotional regulation through activities and exercises you can do at home or in the classroom.



## STRENGTHS-BASED PRACTICE

**Target Audience: Community  
Member, Professionals**

**Length: 1-4 hours**

Identify and understand the different between a traditional problem-solving approach in therapeutic settings and a strengths-based one. Develop skills in using strengths-based vs. deficit-focused language and learn how to empower families through a strengths-based approach.



# VICARIOUS TRAUMA

*Target Audience:  
Professionals, Caregivers,  
Community Members*

*Length: 1-2 hours*

We know that if we do not take care of ourselves, we cannot effectively take care of others. This presentation will help you develop an awareness of how your work transforms you and the impact work has on your life, as well as being able to identify and understand the signs, and develop personalized strategies to reduce the risk of burnout, compassion fatigue, and vicarious trauma.

## DOCUMENTARIES AND MOVIE VIEWINGS WITH DISCUSSION

*Target audiences: Professionals, Caregivers, Community Members*

*Length: 1 1/2 hours/each*

### PAPER TIGERS

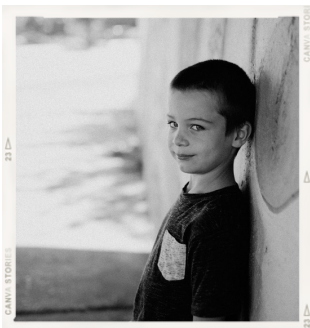
This documentary looks at the effects of childhood trauma on youth living in Walla Walla, WA and how the community transformed it's culture to respond. Follow the lives of six students as they navigate stressful life events with the support of teachers, administrators, counselors, health professionals. This film shows how having caring connections can improve the health and well-being of children, adults, and the overall community.

### RESILIENCE

This documentary dives into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress. You will see how toxic stress triggers hormones that severely impact the brains and bodies of children, putting them at greater risk for disease, homelessness, incarceration, and even early death. This documentary is follow by a 30-minute discussion with the audience.

### BROKEN PLACES

This documentary explores why some children are severely damaged by early adversity while other are able to thrive. Revisit abused and neglected children profiled decades ago and see how early trauma shaped their adult lives. Some are seen in mental institutions, correctional facilities, a few died prematurely, while others managed to overcome trauma and stress and are now healthy, self-sufficient adults.





Most sessions can be adjusted to fit your agency's needs.

Note that some trainings may have an associated cost.

For more information or to schedule a training, please contact us at:



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