



STOP
CHILD
ABUSE

Preventing child abuse is everyone's responsibility

by Lorna Schuster
Sunburst staff writer

The Family Advocacy program supports Child Abuse Prevention month by giving Team Holloman tips to prevent, report and be aware of child abuse and neglect.

"Many people think that only licensed health care workers or teachers are responsible for reporting suspected cases of child abuse," said Howard Hill, Family Advocacy outreach manager. "But the Department of Defense decided that if you work for them, you are equally responsible for preventing abuse and neglect."

In 2000, there were 879,000 children in the United States found to be victims of child maltreatment, Hill said. Approximately 1,200 children died of abuse or neglect that same year.

To encourage awareness, the Family Advocacy office encourages people to display blue ribbons on their car antenna or shirt lapel to remind others of child abuse prevention efforts.

Anyone interested in wearing or distributing blue ribbons or getting more information on services offered through Family Advocacy to prevent child abuse and neglect can call the Family Advocacy office at 572-7022.

People can report child abuse by using the following channels:

- Call the Life Skills center at 572-7061
- Contact local law enforcement: police department, social services, county sheriff's department.
- Call the National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453)
- All calls can be anonymous

Indicators of physical abuse are:

- Unexplained bruises, scratches or welts may often be found on the face, torso, back, thighs and buttocks
- Injuries can reflect the pattern of the object used like a spoon, shoe, belt or belt buckle
- A child has an apparent fear of a parent or caretaker
- A child requests or feels deserving of punishment
- A child is afraid to go home and wants to stay longer at school or day care
- Indicators of child neglect:
 - Height and weight are significantly below age level
 - Inappropriate clothing for weather is worn
 - Child is abandoned or left without adequate supervision
 - Untreated illness or injury
 - Poor attendance at school
 - Stealing or begging for food

Family Advocacy teaches basic training to parents

by Lorna Schuster
Sunburst staff writer

The Family Advocacy office provides several classes to Team Holloman parents through the New Parents Support Program.

"April is the month of the military child as well as child abuse awareness month," said Maggie Clark, Family Advocacy nurse and instructor. "It's a good time to highlight the great classes we offer to help parents."

The New Parents Support Program includes classes on prenatal education, basic training for moms and dads, infant and toddler CPR and first aid.

Other classes available teach parenting skills for first time parents who have children less than three years old.

The obstetrics orientation class is highly recommended for women who are pregnant for the first time.

The class teaches new moms about TRICARE and the pediatric benefits available on base.

Information includes fetal growth and development, nutrition, safety, comfort measures, and adjusting to the role of expectant mother.

Fathers are also strongly encouraged to participate, Clark said.

The prenatal classes educate new parents about the physical and emotional changes that occur in the first, second and third trimesters.

"Each trimester class allows

the mother to see the baby and the functions the fetus performs," Clark said. "Visualizing the progress the baby makes as the pregnancy progresses is important for the parents."

The 'fourth trimester' class prepares parents for what to expect during labor and delivery and the life skills needed when the baby comes home."

The NPSP has a class for mothers and a separate class for fathers for when the new addition arrives.

"I recommend the classes on basic training for moms and dads," said Pat Wyckoff-Fish, Family Advocacy Treatment manager. "It's fun to watch dads and moms learn the basics of taking care of the baby."

The basic training for dads course begins with a pop-quiz titled *What do dads need to know?*

The quiz asks fifteen general questions about feeding, sleeping, health and safety.

"Dads learn everything from 'A to Z' on how to take care of the baby," Clark said, "Diaper changing, newborn care, life skills, sleep deprivation, and how to take care of your wife."

During the class, the dads work with dolls to learn how to change diapers and get tips for bath-time and feeding.

The active parenting class includes lessons on age appropriate developmental goals, nutrition and positive discipline techniques for parents with chil-

dren from the ages of 1 to 4 years old.

Two newer classes prepare parents for the ups and downs of the parent infant and parent toddler relationship and help make the transition from pregnancy to parenting a little easier.

Baby Care Basics is centered on parents with babies from six weeks to 12 months. The class helps parents celebrate the milestones like sitting, crawling, walking, talking and more. Bathing, feeding, playing and infant massaging are also discussed in the class.

"Baby Care Basics helps parents find ways to control the emotions that may come up," Wyckoff-Fish said. "Parents learn the difference between 'baby blues' and postpartum depression as well as how to keep the parents' relationship strong and healthy with an added family member."

Toddler Time expands the parenting lessons to include issues with toddlers from 12 months to 3 years old.

"So many changes happen when the bundle of joy arrives. New moms and dads quickly discover how unpredictable, joyful, humbling, satisfying, exhausting and exhilarating parenting can be...all at once," Clark said. "Life with a little one is an exciting time."

The New Parent Support Program schedule is as follows:

- **OB Orientation Class:** 1

p.m. to 4 p.m., 2nd and 4th Tuesday of each month at the community center

- **First Trimester Class:** 1 p.m. to 4 p.m., 1st Thursday of each month at Life Skills, building 518

- **Second Trimester Class:** 1 p.m. to 4 p.m., 2nd Thursday of each month at Life Skills, building 518

- **Third Trimester Class:** 1 p.m. to 4 p.m., 3rd Thursday of each month at Life Skills, building 518

- **Fourth Trimester Class:** 1 p.m. to 4 p.m., 4th Thursday of each month at Life Skills, building 518

- **Basic Training for Moms:** 1 p.m. to 4 p.m., 3rd Tuesday during alternate months at Life Skills, building 518

- **Basic Training for Dads:** 1 p.m. to 4 p.m., 3rd Tuesday during alternate months at Life Skills, building 518

- **Baby Care Basics:** 10 a.m. to 12 a.m., 2nd Wednesday of each month at Life Skills, building 518

- **Toddler Time:** 10 a.m. to 12 a.m., 2nd Wednesday of each month at Life Skills, building 518

- **Infant/child C.P.R. and Infant/toddler First Aid Classes:** Call NPSP for dates and times

To register for classes, call NPSP outreach manager at 572-5678.