

## Bright Futures: Family Matters

*"Everybody counts, everybody deserves a chance, everybody has a responsible role to play and we all do better when we work together."* Former President Bill Clinton  
<http://en.thinkexist.com/quotes/with/keyword/role/3.html>

### Roles and Role Models ~

From the very beginning, parents and families are important role models for children - what we do, what we don't do, the way we handle daily life. As children grow, other adults often play important roles in our children's growth and development.



"Set a good example for your child. Think about what you say and how you act in front of him. Your child learns social skills and how to deal with stress by listening to and watching you." The SAMHSA (federal Substance Abuse and Mental Health Administration) offers many resources for families <http://family.samhsa.gov/be/>

Role Models Today is an on-line publication by youth for youth, promoting citizenship, character, and personal responsibility by highlighting role models. The brainchild of Bill Maxwell of the *St. Petersburg Times*, the Role Models Foundation was begun to offer support, networking and mentoring for youth.  
[www.jou.ufl.edu/rolemodels/aboutus](http://www.jou.ufl.edu/rolemodels/aboutus)

"Imagine a community where all children are empowered with the skills and self confidence to succeed, a community where adults reach out to inspire at-risk youth." Some schools and communities have set up programs to achieve this. For one example see [www.therolemodelprogram.org](http://www.therolemodelprogram.org)



The American Heart Association came up with a list of their *Top Ten Ways to Help Children Develop Healthy Habits:*

1. **Be a positive role model.** If you're practicing healthy habits, it's a lot easier to convince children to do the same.
2. **Get the whole family active.** Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside.
3. **Limit TV, video game and computer time.**
4. **Encourage physical activities that children really enjoy.** Let children experiment with different activities until each finds something that he or she really loves doing.
5. **Be supportive.** Focus on the positive instead of the negative. Celebrate successes and help children and teens develop a good self-image.
6. **Set specific goals and limits,** such as one hour of physical activity a day or two desserts per week other than fruit.
7. **Don't reward children with food.** Candy and snacks as a reward encourage bad habits. Find other ways to celebrate good behavior.
8. **Make dinnertime a family time.** Get the kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.
9. **Make a game of reading food labels.** The whole family will learn what's good for their health and be more conscious of what they eat.
10. **Stay involved.** Be an advocate for healthier children.

Source: [www.americanheart.org](http://www.americanheart.org), Accessed 6/19/06

Family Voices is a national grassroots network of families and friends speaking on behalf of children with special health needs. Our children are also part of the wider world of children. With an Improving Understanding of MCH grant, Family Voices works to encourage partnerships between families and professionals for children's good health. *Bright Futures: Family Matters* is a digest of articles and news clips to share with families, family organizations, and our professional partners. Check out our Family Voices web sites at: [www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org) and [www.familyvoices.org](http://www.familyvoices.org)

## Partners...

**National Association of Pediatric Nurse Practitioners (NAPNAP)** advocates for children by supporting Advance Practice Nurses who provide their health care. NAPNAP produces informational materials for professionals, as well as families. Major initiatives include: HEAT<sup>SM</sup> - to help prevent childhood overweight & obesity; and KySS<sup>SM</sup> - to identify and treat childhood mental health concerns. NAPNAP's children's book encourages youths to explore becoming a nurse practitioner as a career. For more information go to [www.napnap.org](http://www.napnap.org) or contact:

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## Family Resource Corner

**2006 Toll- Free numbers for Health Information-**

The National Health Information Center, Office of Disease Prevention and Health Promotion has released a list of toll- free phone numbers so families can access organizations that provide helpful health related information, educational resources and support. Many of the numbers have a **SPANISH** speaking representative available. Go to:

<http://www.health.gov/nhic/pubs/tollfree.pdf>

**Online Consumer Health Information in 24 different languages!** This site allows readers to access health information in different languages, including

**SPANISH**, and most are available in two different formats: written and verbal narrations. Some of the topics include: healthy eating, chickenpox, immunizations, carbon monoxide and. Go to:

<http://medstat.med.utah.edu/24languages>

**411 on Disability Disclosure: A Workbook for Youth with Disabilities** and the professionals who work with them. The workbook informs youth with Disabilities about their disclosure rights, when they should and when they don't need to inform others of their disability. The workbook provides youth with valuable information that can allow them to make informed decisions that are in their best interest. Download the workbook for free at [http://www.ncwd-youth.info/resources\\_&Publications/411.html](http://www.ncwd-youth.info/resources_&Publications/411.html)

## What's new in research?



Can instructional and emotional support in the first-grade classroom make a difference for children at risk of school failure? YES! Recent research proves that it is just as important for teachers to provide their students with a kind and nurturing environment as it is to provide quality education. This study shows that paying close attention and addressing at- risk children's social and emotional needs can help improve the child's potential to succeed in school. Source: Hamre, B. K., & Pianta, R. C. (2005). Can instructional and emotional support in the first-grade classroom make a difference for children at risk of school failure? *Child Development*, 76 (Issue 5), 949-967.



## Tidbits for the Month

**June 1<sup>st</sup> to July 4<sup>th</sup> is Fireworks Safety Month!**

The forth of July is coming up and everyone is starting to plan how they are going to celebrate this year. Prevent Blindness America is an organization that dedicates this month to informing everyone about the importance of being safe around fireworks. Their number one suggestion is to stay away from fireworks and let the professionals do the work! This organization offers information about how to prevent an accident as well as how to handle an incident if one occurs. Prevent Blindness America will mail you their *Safe Summer Celebrations Brochure* and give you tips on firework safety. To order a brochure or get more information call 1-800-331-2020. There is also more information available on their website at <http://www.preventblindness.org/>



**Next issue** Highlights for the next  
**Bright Futures: Family Matters**

## Share your news with others!

We're always looking for news and activities about family organization and programs to post. Share exciting events and activities about your organization that will be interesting to others. Email Betsy Anderson at [banderson@familyvoices.org](mailto:banderson@familyvoices.org) or fax at (617) 399-8325 with your tidbits or to subscribe.

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