

BOOST4FAMILIES CASS/MILLS/MONTGOMERY

BOOST4FAMILIESCass/ Mills/ Montgomery Representatives

Kimberlee Shouse is a Cass County parent who has served on the Boost4Families Board as the Financial Officer for three years. Kim, a stay-at-home mom, also works from her home as the ELCA Western lowa Synod newsletter editor. She and her husband have three children and reside in Atlantic.

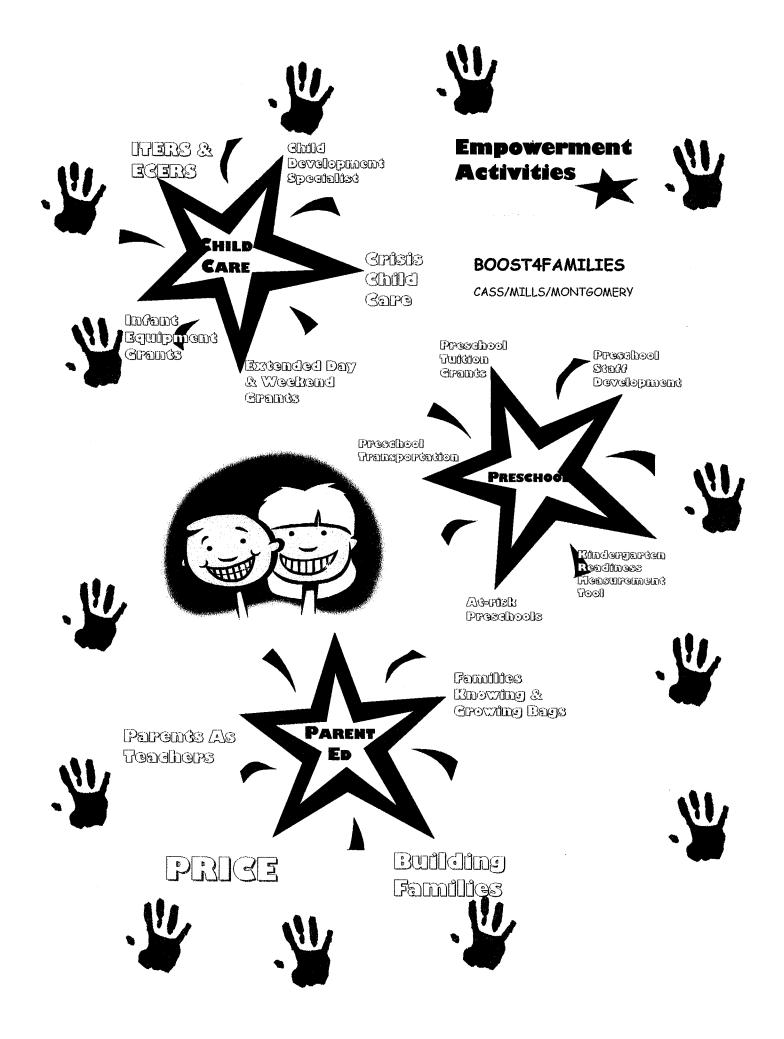
Pat Sunderman is the director (and teacher) of Parents As Teachers in Montgomery County. Pat has had more then 17 years of experience in early childhood. She has been employed as a special education teacher, head start teacher, second grade teacher, special education consultant and is currently in her fourth year of working with the Parents As Teachers curriculum. Pat serves on the Boost4Families Board and the Family Success Network, which is sponsored by Prevent Child Abuse Iowa. Pat's bachelor's degree is in elementary education, with a master's degree in early childhood education from Northwest Missouri State. Pat lives near Bethesda, northwest of Clarinda.

Jens Simonsen is the Director of Student Services for the Glenwood Community School District. This is his fifth year working with the school district. Jens was employed for ten years with the Area Education Agency 13 as a Special Education Administrator. He has a bachelor's and master's degree from UNO in School Psychology. Jens has been an active member of the Boost4Families Coalition since 1996. He serves on the Empowerment Board and resides in Glenwood.

Janne Barnett, RN, BSN, works as a Child Care Health Consultant through the Healthy Child Care Iowa project. Janne is employed by West Central Development Corporation, Child Care Resource and Referral. She works with child care centers and home providers, parents of children in child care and community partners in 23 counties of southwest and south central Iowa on health and safety issues in child care. Janne has 25 years experience working with public health. Janne is the Boost4Families 2001 Board Chair and serves as the chair of the Child Care Subcommittee. Janne lives in Atlantic.

Sonja Marquez is the Boost4Families Coordinator in Cass, Mills, and Montgomery counties. She received a bachelor's in Business Administration in 1987. Sonja has been employed by Boost4Families since November 1998, coordinating the area's child welfare decategorization efforts as well as Empowerment. In addition, Sonja serves as the chair of the Boost4Families Transportation Subcommittee.

Carol Gutchewsky is the Department of Human Services Area Administrator for Cass, Mills, and Montgomery counties. Carol has served in this capacity for eleven years, and assisted the area in the development of the community teams which support Empowerment and decategorization. Carol serves on the board of Prevent Child Abuselowa and on the state Empowerment Advisory Committee. She holds bachelor's and master's degrees in social work from University of Nebraska-Omaha. Carol lives in Glenwood.





PARENTS AS TEACHERS

Cass, Mills, and Montgomery counties

Parents As Teachers is a free, voluntary early learning and school readiness program open to all families with children from birth to 5 years of age. It is a

family support program that is made to empower every parent with the skills to give his or her child the best start in life. The Parents As Teachers program also offers prenatal information and serves the Hispanic population.

Certified parent educators make personal home visits (at least monthly), conduct group meetings, playgroups, and developmental screenings. Parents learn about their child's development, positive discipline techniques, the importance of reading to and with their child, and about fun activities to do with their children. Parents are also given information about other community services that can be of help to family.

Parents As Teachers is a truly a primary prevention program. Mothers who receive good prenatal care are more likely to give birth to healthy babies. Parents who have reasonable expectations of their children are less likely to abuse those children. Children whose parents have involved them in activities that promote language and intellectual growth, motor and social skills are less likely to need special education services

Across Cass, Mills, and Montgomery counties, certified Parents As Teacher educators make monthly visits to 207 families and 275 children. **Some** of the high needs families receive twice a month visits.

The results from a recent study conducted for the Missouri Department of Elementary and Secondary Education give strong evidence that children who participate in the Parents As Teachers program in the school districts are better prepared for success when they begin kindergarten.

The study involved kindergarten teachers in a sample of more than 80 randomly selected public schools across Missouri. The highest-performing children, according to the teachers' assessments, had previously participated in the Parents As Teachers program as well as a preschool program or a center-based child care.

Children rated as "above average" in school readiness lived in homes where parents reported above average level of literacy-related activities. These parents read and encouraged their child's language development.

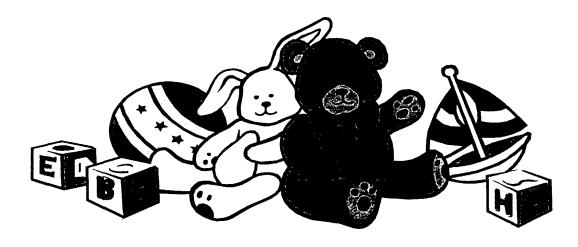
The results confirm the link between school readiness, early childhood development, and literacy activities.



Building Families

Building Families is a free in-home service to expectant parents and to parents of newborns through age 4. Information and assistance is provided in many areas. Some of those areas include:

- *Healthy pregnancy and healthy children
- *Child development and parenting strategies
- *Assistance with building a positive parent-child relationship
- *Assistance with coping skills and stress management
- *Parent Network features creating family scrapbooks
- *Little Angels Gift Shop offering incentives for active parenting



Building Families' goal is to help parents recognize and build on their strengths to turn potentially stressful times into a **fun** and fulfilling experience.

To learn more about the program, contact

Jolene Peterson or Amy Brandt at 7 12-243-2920.

Families Growing and Knowing

A growth, development and learning project for children age birth to five in Cass, Mills and Montgomery counties.

Iowa State University Extension & Boost4Families Empowerment Area cooperating

Families Growing and Knowing was designed to provide information in a way that fits busy family lifestyles. In the fall of 1999, parent/child activity bags were distributed to 1,456 children and their parents, and in the fall of 2000 to 1,245 children and their parents with the assistance of community partners, volunteers and the S.W. lowa Latino Resource Center.

1,456 children and their parents received Families Growing and Knowing activity bags in the fall of 1999 and 1,245 in the fall of 2000.

Iowa State University Extension Families Field Specialists, with input from the Boost4-Families Parent Education Committee, identified activity bag objectives and content.

Program objectives

- Assist parents as their child's first teacher in providing developmentally appropriate activities that promote school readiness
- . Provide information on child development and guidance for positive social and emotional growth
- . Promote child health and safety
- Assist families in practicing sound financial management skills and in teaching their children about money
- Provide nutrition and physical activity information to establish behaviors that support child growth and health
- . Increase a family's awareness of community resources that support children and families

Activity bag content

Five bags were designed for specific stages of development:

- Birth to 1 year
- Age1
- . Age2
- Age3
- Age 4



In anticipation of reduced funding in year 2001, bags will be compiled for children through age 2 and their parents.

In each bag children and parents received:

- A book to read with their child
- . Educational toys and activities for parent/child fun and learning
- . An audio tape of music or a creative movement video tape
- . Research based information from lowa State University Extension about:
 - Child growth and development
 - Child health and safety
 - Family money
 - Nutrition for children
- . Community resource information

Community partners & volunteers

With the assistance of 43 volunteers to pack activity bags and 72 community partners to distribute activity bags, 38% of the birth to five population in Cass, Mills and Montgomery counties was reached in the first year of this project (1999). Volunteers and partners represented childcare centers and home providers, preschools, churches, WIC, Head Start, parenting programs, schools, Boost4Families and ISU Extension offices.

Funding

The Boost4Families Empowerment Area identified a need to provide parent education to busy families. ISU Extension was asked to develop a proposal for activity bags similar to a program that reaches 1st grade children and their parents in S.W. lowa.

The proposal was funded for \$49,488 in 1999 and through materials discounts and in-kind contributions, ISU Extension Families Field Specialists expanded project dollars by \$10,189, increasing total project funds to \$59,677, All suppliers continued discounts for the project year 2000.

Project Continuation

In anticipation of a reduction in funds for the Boost4Families empowerment area, the fallback plan is to distribute only the bags for infants, 1 and 2 year olds in the fall of 2001. This reduction will result in reaching approximately half of previous numbers, or 600 to 700 children and their parents.

The project continues to try new ways of promoting the bags to parents and continues to get positive feedback from parents on how they have used the bags and the value of the bags to their families.

Community partners distribute bags for infants and their parents continually through each project year so that parents receive this information in a timely manner to assist them in responding appropriately to the rapidly changing development in the first year of life. In year 2000 80 activity bags for infants and their parents were distributed between the fall 1999 and fall 2000 distributions.

Spanish language activity bags

A need was identified to reach the expanding Latino population in Cass, Mills and Montgomery counties.

In cooperation with the newly formed Latino Resource Center in Montgomery County, volunteers were identified to translate materials



into Spanish during project year 1999. The first bags were distributed to 20 Latino children and their families in the fall of 2000 at a special evening at the Latino Resource Center.

Plans are to evaluate the reaction of Latino families to the Spanish language bags in the year 2001.

For more information:

The following ISU Extension Families Field Specialists supporting this project can provide additional project details.

Pat Anderson, Nutrition and Health 321 Oakland Ave., Oakland, IA 51560 712-482-6449, fax: 712-482-6440 E-mail: xlpander@exnet.iastate.edu

Mary L. Hughes, Family Life 1600 So. Hwy. 275, Careers Bldg., Council Bluffs, Iowa 51503 712-366-7070 Fax: 712-366-7024 E-mail: xlmhugh@exnet.iastate.edu

Mary Beth Kaufman, Resource Mgt. 906 6'" Street, Harlan, IA 51537 712-755-3104, fax: 712-755-7112 E-mail: x1kaufma@exnet.iastate.edu



Boost4Families
Cass/Mills/Montgomery

IOWA S TATE UNIVERSITY

University Extension

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room: 326-W, Whittin Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.

P.R.I.C.E. I CARE ABOUT KIDS



807 Locust St. Anita, lowa 50020 (712) 762-3159

Positively, Responsibility, Influence, Consequences, Encouragement

Greetings!

I'm Elizabeth Tobak and **Z CARE ABO** UT **KIDS**. I've spent 20 vears playing, working, nurturing and, yes, even becoming frustrated with KIDS **Even** though we love them dearly, there are times just surviving seems impossible. It's times like that I really rely on **P.R.I.C.E.**'s skills, but have found it becomes natural to use everyday.

I'm so excited to be able to bring this program to you and let you experience the same feelings of success. One of the participants of P.R.Z.C.E. said this, "I feel better about myself as a parent". What is it???? P.R.Z.C.E. is parenting program to help good parents become better, and new unsure parents to gain confidence. The skills learned can be used by anyone caring for or working with children, to simply strengthen the relationship. Another words it's for everyone.!!! Moms, Dads, Grandma, Grandpas, Aunts, Friends, and the list goes on.

The **P.R.Z.C.E.** philosophy believes the relationship between the child and caregiver can be created to foster support, caring, and nurturing. **P.R.Z.C.E.** opens the door to new insight, ideas, and practices that instill a sense of positive confidence in the caregiver. This **positive** confidence is what children begin to identify with and bring into their lives.

Classes are held free of charge and free child care is provided. Funding is provided through the Boost4Families of Mills/Montgomery/Cass Counties.

Program Outline

The program consists of four, two hour sessions. The four week sessions cover balance communication, limit setting, consequences and self-esteem. The following outlines a description of each session:

WEEK 1: The P.R.I.C.E. Philosophy

Describe the P.R.I.C.E. philosophy
Dynamics of behavior change and personal growth
Assertive communication: staying balanced
Establishing personal parenting goals

WEEK 2: Limit Setting

Review basics of assertive communication

Keys to limit setting

Follow through making **limits** realistic

Creating a behavior change plan

WEEK 3: Consequences Teach Behavior

Review Limit setting
Rewards and praise: power of encouragement
Alternatives to punishment: negative consequences

WEEK 4: Self-Esteem

Review positive and negative consequences

How to build self-esteem

Establishing follow up support networks

Acknowledge each parent for successfully completing **P.R.I.C.E.**

Each of the four sessions include a set of handouts, lectures, discussions and activities. The sessions are limited to 16 participants.

Presenter: Elizabeth Tobak

Education/Experience: AA Degree in Early Childhood and a BA in Human Services. Certified *P.R.I.C.E.* Educator since 1995, with programs attended and conducted in Iowa and California. 20 years in the child care field.

8 hours of training can be earned by:

Family Child Care Providers

Child Care Center Staff

Foster Parents

BOOST4FAMILIESPreschool Tuition Grants and Transportation Service

School District	Application Available	Tuition Grants Approved 99/00	Tuition Grants Approved 00/01	Transportation 99/00	Transportation 00/01
Atlantic	44	26	32	0	I 0
Anita	10	5	7	0	0
Cumberland/Massena	8	6	12	7	8
Griswold	18	13	10	0	0
Red Oak	52	24	23	5	3
Stanton	11	7	2	0	I 0 I
Villisca	17	11	9	0	Ι 0
Glenwood	21	7	3	0	0
Nishna Valley	5	0	0	0	Ι 0
Malvern	11	5	6	0	0
Fremont/Mills	3	0	1	0	0
Total	200	104	105	12	11

Harms, Clifford and Cryer Early Childhood Environment Rating Scales

There are four environmental rating scales, each designed for a different segment of the early childhood field.

(ECERS-Revised) The Early Childhood Environment Rating Scale-Revised: Designed to assess group programs for preschool-kindergarten aged children, from 2 through 5 years of age. Total scale consists of 43 items.

(ITERS) The Infant/Toddler Environment Rating Scale: Designed to assess group programs for children from birth to 2 $\frac{1}{2}$ years of age. Total scale consists of 35 items.

(FDCRS) The Family Day Care Rating Scale: Designed to assess family child care programs conducted in a provider's home. Total scale consists of 40 items, including 8 supplementary items for programs enrolling children with disabilities,

(SACERS) The School-Age Care Environment Rating Scale: designed to assess before and after school group care programs for school-age children, 5 to 12 years of age. The total scale consists of 49 items, including 6 supplementary items for programs enrolling children with disabilities.

- Each scale has items to evaluate the following areas: Physical Environment: Basic Care; Curriculum; Interaction; Schedule and Program Structure; and Parent and Staff Education.
- The scales are appropriate for use in evaluating inclusive and culturally diverse program.
- The scales have proven reliability and validity.

The scales are designed to assess process quality in an early childhood or school age care group. Process quality consists of interactions that go on in a classroom between staff and children, staff, parents, and other adults, among the children and interaction the children have with the materials and activities as well as features, such as, space and schedule. Process quality has been found to be more predictive of child outcomes than structural indicators such as staff to child ration, group size, cost of care and type of care. (Whitebook, Howes,& Phillips, 1995)

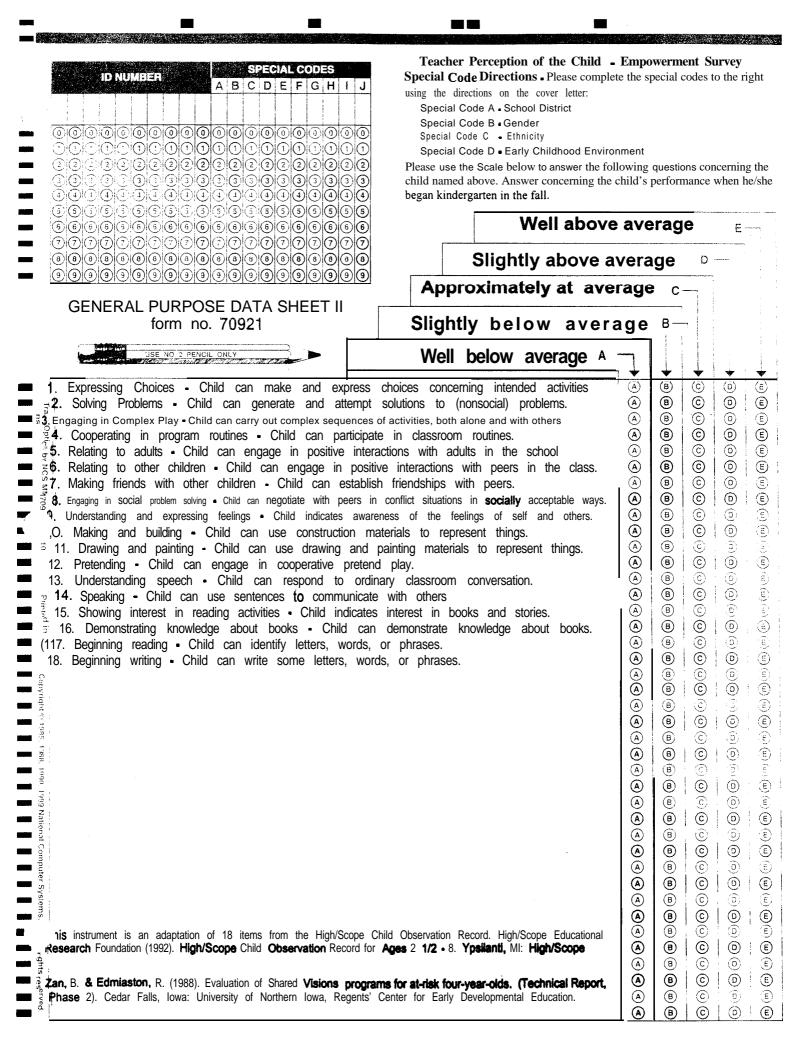
To provide care and education that will permit children to experience a high quality of life while helping them to develop their abilities, a quality program must provide for the three basic needs of all children:

- Protection of their health and safety
- Building positive relationships
- Opportunities for stimulation and learning from experience

No one is more important and it takes all three to provide quality care. These are the key aspects of process quality that are included in each of the environmental rating scales.

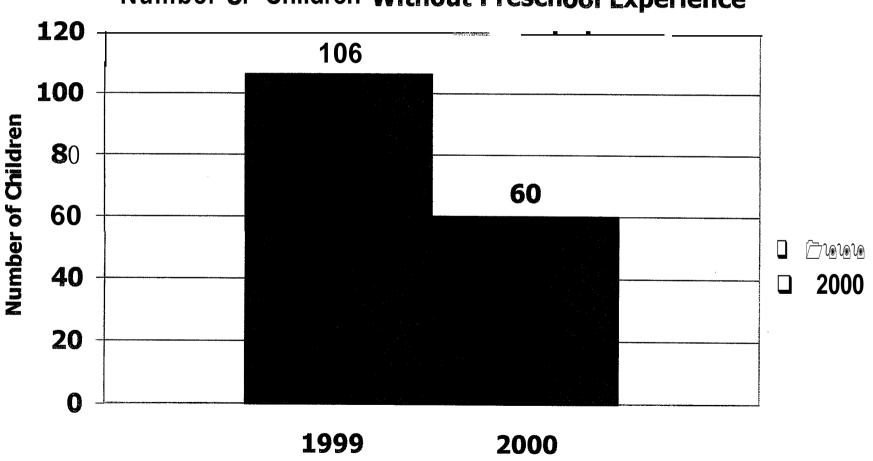
These scales have been used in a variety of ways in the United States and other countries in program improvement efforts. The scales can be used in self assessments, preparation for accreditation, and voluntary improvement efforts (such as with the Cass, Mills, and Montgomery empowerment efforts).

Adapted from: Introduction to the Harms, Clifford and Cryer Early Childhood Environment Rating Scales, Thelma Harms, January, 1999

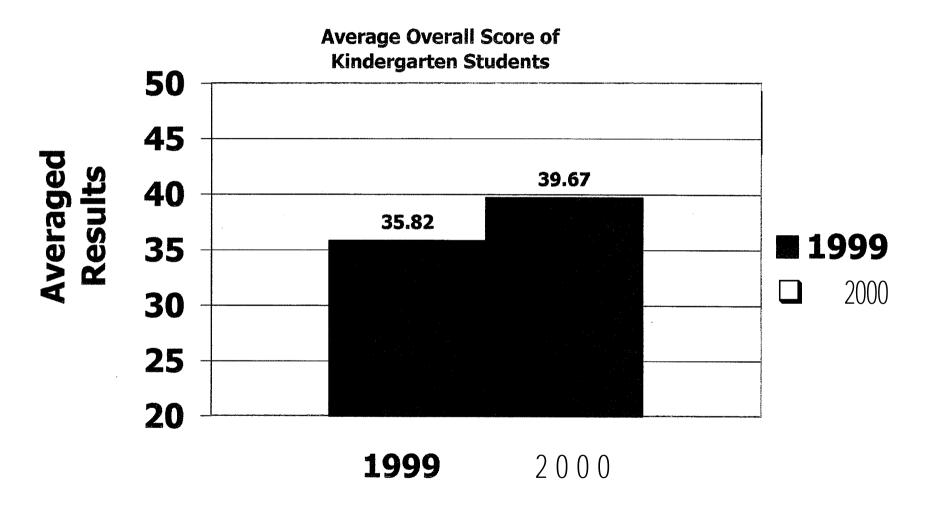


Boost4FamiliesKindergarten School Readiness Survey Results

Number of Children Without Preschool Experience

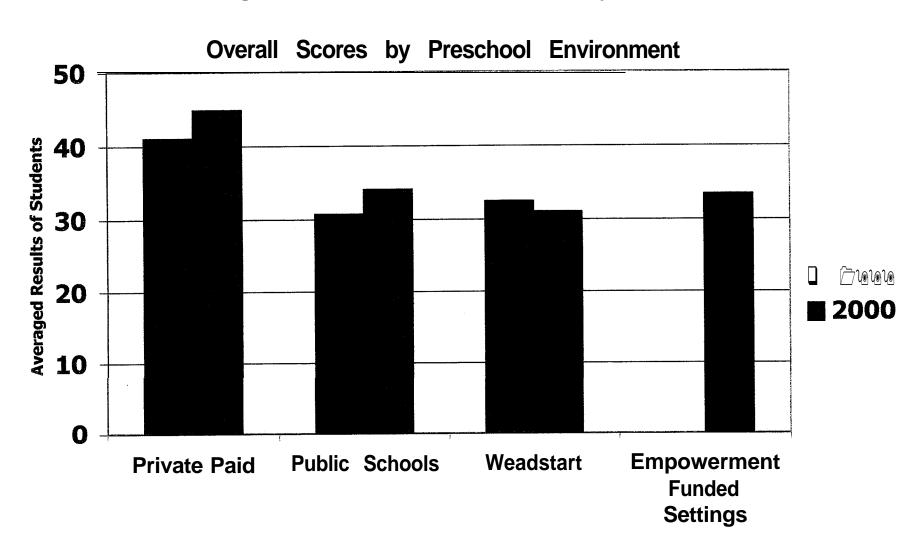


Boost4FamiliesKindergarten School Readiness Survey Results



Boost4Families

Kindergarten School Readiness Survey Results



BOOST4FAMILIES

ACCOMPLISHMENTS FOR THE SECOND QUARTER 2001



PARENT EDUCATION PROGRAMS

Montgomery County Parents As Teachers program is serving 132 children. The Mills County Parents As Teachers program serves 86 children. Cass County Parents As Teachers, started in July 2000, serves 57 children. Building Families in Cass County increased the number of children served from 52 with Empowerment funding. The Building Families New Mom program in Cass served 38 children so far this fiscal year. PRICE Parenting classes are offered in all three counties, with the parents of 141 children served last year. PRICE shows an increase in the number of parents completing the course.

FAMILIES GROWING & KNOWING

Results from the distribution of the **Families Growing and Knowing Bags** have been compiled. 1,456 children and their parents received the activity bags in 1999. Already, the 2000 count shows 1,325 bags being distributed in the three counties. To better serve the Hispanic population, especially in Montgomery County, 20 Spanish bags from each of five age levels were created and distributed at a family open house.

CHILD CARE DEVELOPMENT SPECIALIST

A **Child Care Development Specialist** provides child development information to child care providers both in homes and centers in an effort to promote quality child care. The specialist has had 220 resource visits with child care providers since May 1999.

EXTENDED DAY AND WEEKEND CARE GRANT

To increase the availability of evening and weekend child care, grants provide an increase in the hourly wage for home/center providers who care for children ages O-5 after 6 p.m. during the week or anytime on the weekend. Eight grants have been approved across the three counties and 23 youth are receiving extended care services.

INFANT EQUIPMENT GRANT

Grants are available to assist licensed/registered childcare providers and centers in the **expansion of child care services for infants** (birth-2) offered in our three counties. Grants allow for the purchase of infant furniture and toys. An **enhancement** of this grant was made in January 2001 and includes children ages 3-5 and includes consumables such as art/craft supplies. Both grants allow \$500 for home providers and \$2,000 for centers.

PRESCHOOL TUITION GRANTS

The 10 school districts in **Cass**, Mills and Montgomery counties have approved 105 **Tuition Grants for preschool children** the 2000-01 school year.

TRANSPORTATION OF PRESCHOOL CHILDREN

The Boost4Families Board has contracted with local taxi-cab and community trolley companies, and is working with preschools as well as school districts to **provide** transportation for students to and from preschool. Currently, 11 students are being served.

(continued on next page)

BOOST4FAMILIES

ACCOMPLISHMENTS FOR THE SECOND QUARTER 2001

(Page 2)

PRESCHOOL STAFF DEVELOPMENT GRANTS

Cass/Mills/Montgomery Boost4Families offers a \$500 staff development grant to area preschool staff to support continuing education. Applications are accepted three times a year.

TWO NEW AT-RISK PRESCHOOLS

Glenwood and Nishna Valley Schools opened **two at-risk preschool classrooms** in the fall of 1999. Currently, **Glenwood** has 14 enrolled, and Nishna Valley reports 17 enrolled students.

SELECTION OF KINDERGARTEN READINESS MEASUREMENT TOOL

The 10 school districts have agreed upon a common tool to measure the "school readiness" of each years entering kindergarten class. Last year's tool provided a baseline to determine if all activities listed above are raising the overall level of school readiness. In the fall of 2000, the second assessment was taken, with results showing an increase in many areas.

BOOST4FAMILIES ACCOMPLISHMENTS FOR YOUTH AGES 6-21



ISU Extension is offering the **Managing Pressures** curriculum to three school districts in Cass County. Managing Pressures is provided to 6th or 7th graders and uses trained teen facilitators for the classes. 51 students completed the course during the 1999-2000 school year. Already, 44 students have participated during the first half of the 2000-01 school year.

BRIDGES BAGS PROGRAM

The first graders of 562 families in Cass, Mills, and Montgomery counties received a series of **four resource bags** (2,248 total bags) during school year 1999-2000. These educational packets are provided by ISU Extension and include information on safety, nutrition, social skills, and educational tools. The packets are distributed through the 10 area school districts. Before Christmas break of the 2000-01 school year, nearly 650 families received the bags.

AFTER SCHOOL PROGRAMS

The **Villisca School District** began an after school program in the fall of 2000 that promotes inter-generational mentoring through a local nursing home facility. Projecting participation of 75 in the first year, the program reached 84 youth before Christmas. **Mills County ISU Extension Service** has developed an after school program (ACES) that is provided to 4th-5th-6th graders in the three school districts. 112 youth have participated in the program so far this school year. The YMCA in Atlantic provides a "**Satellite Youth Program**" to the smaller communities in Cass County. The YMCA serves over 1,900 youth in the surrounding areas.

FATHERHOOD PROGRAMS

Boost4Dads was developed to address the issues of non-custodial parents in the three-county area. This program includes: *Post-divorce or Post-relationship classes *Fatherhood seminars *Saturday With My Dad Project *Enhanced parenting projects *Community Outreach. Started in September 2000, the number of children with fathers in the program has grown to 39.

HAWK-I OUTREACH

The Boost4Families Board has taken a lead role in providing information to communities on the "Healthy And Well Kids In Iowa" insurance program. This concentrated effort began January 2000. All three counties have noticed an increase in the number of participants that have qualified for the program. In 2000, Montgomery County received state recognition for its strong recruitment of families into HAWK-I. December 2000 enrollment figures show a combined 157 children enrolled in HAWK-I from the three counties.

GENDER SPECIFIC SERVICES

Cornerstone Counseling is offering "female" group sessions in three school districts in Montgomery and Mills counties. The groups address gender specific issues such as health, safety, problem solving, and self image. This program is serving 29 females.

(continued on next page)

BOOST4FAMILIES ACCOMPLISHMENTS FOR YOUTH AGES 6-21

(Page 2)

CHILDREN AT HOME

The **Children At Home** pilot project is available in Cass, Mills and Montgomery counties. This project allows families with children with disabilities to purchase goods and services that will assist them in keeping their child out of an institutionalized setting. 23 families were given assistance last year, with 15 applications already approved in **FY01**.

TEEN SUPPORT GROUPS

Red Oak School District provides teen support groups that currently serve 33 youth in the middle school and high school, as well as their families. These forums provide a safe environment for the student to address at-risk behaviors and provide information on anger management, skill development, self-esteem and prevention of substance abuse.

TRUANCY REDUCTION PROJECT

Area Education Agency 13 employs one **Truancy Reduction and Intervention Officer** (TRIO) in Cass County. The officer reports serving 97 students in four school districts by Christmas.

SUBSTANCE ABUSE PREVENTION

The Red Oak SAFE Coalition addresses prevention of substance abuse and reduction of crime in their community. A part-time coordinator is being sought to assist in the implementation of drug-free activities to youth in Red Oak. The community of Red Oak received its SAFE certification Jan. 15, 2001. Area Education Agency 14 is providing "Protect The Children" program in Montgomery County school districts. This program addresses the impact that alcohol, tobacco and other drugs can have on a developing fetus. The program served 142 youth and 82 adults in the last school year.

CRISIS CHILD CARE

Mills and Montgomery counties have access to the **Family Crisis Support** Network that provides crisis child care. This service provides parents with an alternative to leaving their children unattended in an emergency situation. Currently, 23 children have been served by this program in Mills County, and 4 in Montgomery, a program that began July 2000.

COORDINATION OF SERVICES

Cass, Mills, and Montgomery counties have employed a coordinator to establish and support ongoing community planning initiatives. This coordinator ensures information about all **Boost4Families** programs is shared across the three counties.

Your child begins learning at birth, and Parents as Teachers (PAT) can help you give your baby the best possible start in life. Parents as Teachers is a free and voluntary early-learning program for parents with children birth to age five. This nationally known program, which originated in Missouri, has spread throughout the United states, reaching thousands of families of all kinds. Parents as Teachers has much to offer you and your child, too.

HOW YOU BENEFIT FROM PARENTS AS TEACHERS

As a parent, you are your child's first and most influential teacher. Parents as Teachers can help you lay a strong foundation for your child's future success in school.





AS A PAT PARTICIPANT, YOU'LL RECEIVE THE FOLLOWING SERVICES:

- Personalized home visits by a certified parent educator, specially trained in child development and eager to help you give your child a great start. Information even before your child is born on what to look for as your child develops, constructive play and more.
- Group meetings with other parents, where you can share parenting experience, gain new insights and talk about topics that interest you.
- Periodic screening to ensure that your child has no undetected learning, sensory (hearing and vision) or developmental problems.
- A network of resources that can help you with special services you may want that are beyond the scope of PAT.

HOW CHILDREN BENEFIT

A 1985 independent evaluation of PAT determined that participating children were significantly more advanced than other 5-year-olds in language development, social development, problem solving and other intellectual skills. A 199 1 study of a broader group confirmed these results.

A 1989 follow-up study of the first group found that PAT children in first grade were still ahead, as measured by teacher evaluation and standardized tests of reading and math. In addition, parents who participated in PAT were far more active in their children's school than other parents.

EUROLL TODAY

You and your child deserve the support that Parents as Teachers offers. Give your child the best possible start in life.

