Recap: Child Abuse Prevention Month

Another April has come and gone, and we are grateful to have had another great opportunity to spread awareness and education about child abuse and prevention. However, we are all too aware that our outreach doesn’t end here - there is so much more work to be done in the fight against child abuse, and we must fight together to win.

A few things we did in April:

Nugget Mall Display
If you weren’t able to check it out yet - part of our display will stay up after April. Body safety coloring pages are also provided for free!

Coffee Sleeves
If you made your way to Heritage Coffee or The Grind in April, you may have noticed Child Abuse Prevention Awareness coffee sleeves on your cup of brew.

"Go Blue" Rally
Presented by the AEYC - the "Go Blue" Rally was held on April 5th to spread awareness and education.

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- Recap: Child Abuse Prevention Month
~The M&M Emotions Game~

All that is needed are some M&M’s (or other tasty, colored candies), and two or more people with a craving for sweet treats. For this reason alone, there shouldn’t be too many problems getting most children to play this tasty game...

How to Play: Pour your bag of M&M’s into a bowl, then take turns passing the bowl around to each person. Once handed the bowl, the person will close his/her eyes, and grab one (or two to snack on 😊) M&M(s). The person will then answer one of the following questions, depending on what color he/she pulled from the bowl:

RED: Share something that makes you Happy
BROWN: Share something that makes you Sad
GREEN: Share something that makes you Angry
YELLOW: Share something that makes you Excited
ORANGE: Share one good choice you made today
BLUE: Share one poor choice you’ve made today and what could be done differently next time around

Strawberry Kiwi Fruit Pizza Watermelon

Recipe Via: HungryHappenings.com

Ingredients

Cookie Crust:
-1 Pkg. Betty Crocker Sugar Cookie Mix
-1 Tablespoon flour
-1 Stick (1/2 cup butter), softened
-1 Large egg
Cream Cheese Fluff:
-1 Block (8 oz. cream cheese), softened
-1 Cup mallow fluff
-1 Cup whipped topping
Toppings:
-4 Kiwi
-2 Lbs. strawberries
-Chocolate chips

Instructions

Cookie Crust:
1. Preheat oven to 350 Degrees Fahrenheit
2. Spray two 9-inch springform pans with cooking spray, then line bottoms with a circle of parchment paper or non-stick tin foil.
3. Combine Sugar cookie mix, flour and butter and mix until the butter breaks up into small pie sized pieces
4. Add the egg and mix until it forms a dough
5. Divide dough in half
6. Pat one half of the dough in the bottom of each pan, spread dough so that it ends about 1/2 inch from the edge of the pan
7. Bake for 14-18 minutes until golden brown.
8. Cool in pan for 10 minutes, then remove and set on a cooling rack.
9. Cool completely

Cream Cheese Fluff:
1. Beat cream cheese until light and fluffy
2. Add marshmallow fluff and beat to combine
3. Add whipped topping and beat to combine
4. Equally divide and spread over top of cookies
5. Cut cookies in half.

Toppings:
1. Peel and cut kiwi into thin slices. Cut slices in half.
2. Arrange overlapping slices of kiwi along curved edge of cookies
3. Wash and dry strawberries, then carve off the outer edge, keeping just the bright red fruit for the pizza.
4. Cut slices into small pieces and sprinkle over the cream cheese fluff topped cookies.
5. Arrange chocolate chips on cookies to create “watermelon seeds”
6. Refrigerate until ready to serve.

Summertime Sadness & Ways to Cope

While there are many potential causes of summertime sadness, here are just a few things that may be causing the blues, along with some solutions to help ease the pain.

The Expectation Gap
As summer expectations are often high, it’s easy to get disappointed if things don’t go as well as planned. Teach your kids and family that it’s okay if it rained on your vacation. Life is all about embracing the imperfections!

Social Media Blues
As kids and teens have more free time in the summer, it’s likely they will have more time to explore social media sites and the internet. Be sure to monitor usage and help them navigate emotions that may arise (jealousy, body-image, etc.).

Screwed-Up Sleep
Summer sunlight can often leave Alaskans awake longer and sleeping less. As a lack of sleep leads to the body releasing more of the stress hormone, cortisol, this lack of sleep can be a problem! Get to sleep on time to rid the extra stress.