

Parenting Connection

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Dads Get Coaching at Marathon County Jail

Teaching in a county jail can be tricky. Short stays, frequent transfers, and disciplinary or other restrictions require instructors to be flexible and able to adjust. Yet many inmates incarcerated in county jails need to develop more positive parenting skills. Finding a parenting curriculum that works in a county jail can be difficult.

To provide parenting skills education, the Marathon County Jail in Wisconsin has established a Dad's Coaching Clinic led by volunteer facilitator Michael Wahl and sponsored by the Christian Assembly.

The group meets once a week for 1 to 1½ hours. Depending on the group size and amount of discussion, the inmates can complete the course in 5 to 7 weeks. Since Michael took over instructing the class in March 2008, 741 inmates have attended at least 1 class and 247 inmates completed the course.

Because the population is constantly changing at the jail, Michael instructs the course on a continuing rotation. He starts at the beginning and goes through the course, then shows the movie *Courageous* which depicts the main characters using many of the tips in Dad's Coaching Clinic. Then he starts the course over again. This way, if an inmate comes to the class after the first tip and if he is able to attend long enough, he will complete the entire course.

In an era where fathers aren't necessarily seen as positive role models, Dads Coaching Clinic seeks to help dads acquire the skills necessary to move from mediocrity to extraordinary in their role as fathers. Great Hall of Fame coaches went through strategic preparation in order to be successful coaches. The same goes for successful dads — they must go through a preparation phase in order to establish a successful plan for raising their family.

The Dad's Coaching Clinic program discusses the many roles a man has and how he is honor bound to be the role model for his children and family. The program's goal is to help dads become great dads by sharing with them the tools and skills essential for building an incredible family. The Dad's Coaching Clinic
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gives students pointers through practical, how-to steps and principles. The coaching clinic is divided into five dynamic sessions:

1. The Coach's Preparation
2. The Coach's Plan of Action
3. The Power of a Father's Love
4. "Managing" to Be an Effective Father
5. Hall of Fame Dad

Coaching tips and principles are illustrated from the lives of famous coaches. The program also uses analogies from other sports heroes and coaching legends. A discussion time ends each session.

This five-session clinic teaches men 16 points to enable them to build strong and lasting bonds with their wives and children — creating a rich legacy for generations to come. The 16 tips are:

1. Know who you are
2. Establish priorities
3. Live with no regrets
4. Learn from mistakes
5. Love your wife
6. Be excellent
7. Build memories that count
8. Build a winning attitude
9. Have rules with reason
10. Live for the finished product
11. We need our father's relationship
12. We need our father's love
13. We need our father's approval
14. Invest yourself
15. Be involved
16. Be a positive influence

Dads Coaching Clinic Leader Guide: Turning Dads into Great Dads published by Gospel Publishing House is the core resource for the program. This book is used along with other supplementary materials.

For more information on the Dad's Coaching Clinic at the Marathon County Jail, you can email Michael Wahl at eagle.wings.2@hotmail.com.

Shaken Baby Education Can Save Lives

"A single moment of uncontrolled frustration can take a life . . . A single hour of Shaken Baby Syndrome education can save one," is the credo of the Shaken Baby Association (SBA) of Wisconsin. SBA was founded in 1998 by parents of children who were shaken by their caregivers resulting in abusive head trauma. SBA strives to keep kids safe by spreading the word about the tragic, often deadly problem of Shaken Baby Syndrome, also called Abusive Head Trauma. The mission of Shaken Baby Association is to educate every single person about the irreversible effects of shaking a baby. Their overriding message is, "Never shake a baby!"



Shaken Baby Association, Inc.



What is Shaken Baby Syndrome?

Shaken Baby Syndrome (SBS) is a medical term that describes the brain trauma resulting from the violent shaking of an infant or child. In America, 1,200 children a year are hospitalized or killed due to shaking. Most are less than six months old.

A baby's head is large in proportion to its body; neck muscles are weak. This makes them more prone to injury. Of children who are shaken, 25-30% die. The rest suffer from a variety of damaging effects. Shaking a baby has life-long consequences ranging from subtle to severe.

Signs of a shaken baby may include:

- Speech and learning disabilities
- Behavioral problems
- Intellectual disability
- Developmental delays
- Hydrocephalus
- Blindness
- Seizures
- Paralysis
- Epilepsy
- Cerebral palsy
- Permanent vegetative state
- Death

Saving Lives through Education

Shaken Baby Syndrome/Abusive Head Trauma is 100% preventable. So, why does it continue to occur? The reason is because while the phrase "Shaken Baby Syndrome" may be familiar to many, few fully understand it. Most caregivers can't imagine a circumstance where they'd lose control with a child to the point of inflicting life-threatening injury. But as little as 2-3 seconds of violent shaking can cause brain damage or death.

Anyone who comes in contact with a baby must know the facts. Prevention is the solution.

Know the facts of Shaken Baby Syndrome:

- Awareness: This isn't someone else's problem. Each one of us has the potential to become frustrated when caring for a baby.
- Mechanism of Injury: What happens to a baby's brain when he's shaken back and forth?
- What SBS is Not: Can bouncing a baby on my knee cause Shaken Baby Syndrome? No.
- Strategy and Prevention: Easy ways to safely manage a stressful situation.
- Commitment: Encourage everyone to be part of the movement; to share their knowledge and commit to never shaking a baby.

Saving Dollars

When children do survive Shaken Baby Syndrome/Abusive Head Trauma, many are left with handicaps ranging from mild learning disorders to more profound conditions such as having intellectual disabilities or paralysis. The cost to care for each of these children is astounding — millions of dollars over a lifetime, including costs for acute care rehabilitation and lifelong therapy.

But these medical expenses don't begin to capture the cost to society for each life tragically altered as the result of Shaken Baby Syndrome or Abusive Head Trauma.

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Consider the cost to:

- Prosecute and incarcerate perpetrators
- Provide expert care for the survivor
- Fund special education instruction and equipment in schools
- Provide family counseling
- Furnish transportation
- Supply medications

Abusers rarely pay for these costs. Instead, victim families, taxpayers and insurance companies pick up the tab. SBA's goal is to eliminate these costs by preventing incidents of Shaken Baby Syndrome.

The Shaken Baby Association Has Programs to Help

Shaken Baby Association wants to debunk myths about Shaken Baby Syndrome and share SBS prevention strategies for more than a decade. It's working.

SBA has delivered the message to thousands of students and caretakers over the years and based on their input, SBA continually refines its presentation to deliver the most relevant, impactful story about SBS prevention. It's working in areas where the SBS curriculum has been delivered. SBA is clearly getting through to the next generation of parents and caregivers.

By visiting Shaken Baby Association's website: www.shakenbaby.net, you can access information on:

- Handling crying
- Signs and symptoms of SBS
- Preventing SBS
- Who does it?
- What to do if SBS strikes your family.

On its website, SBA also has a comprehensive SBS curriculum for home based visitors that can be adapted for use in correctional settings. The curriculum includes:

- Personal Calming Plan
- Halt
- Choose Caregivers
- Crying Plan
- Home Visitor Guide

What Can You Do?

You get involved in the Shaken Baby Association's efforts to increase public awareness by learning more about this major cause of death among infants. SBA has a number of educational programs, public awareness campaigns and fund raising programs. You can participate, or help organize a program in your area.

The Shaken Baby Association's work to protect the lives of children through prevention, education and advocacy is made possible through contributions. If you are interested in supporting SBA's vital service, you may make a donation by visiting the SBA website.

If you would like to get involved or make a donation, email the Shaken Baby Association at shakenbabywi@gmail.com or call 414-339-3208.

To join CEA go to: www.ceanational.org



National Mentoring Resource Center Seeks to Improve Programs for Youth

The National Mentoring Resource Center was formed with the goal to improve the quality and effectiveness of youth mentoring across the country through increased use of evidence-based practices and sharing practitioner innovations.

The National Mentoring Resource Center is an initiative of the Office of Juvenile Justice and Delinquency Prevention.

Over the last few decades there has been a significant movement in the mentoring field to provide mentoring relationships to youth who have experienced the disruption, stress, and trauma associated with having a parent incarcerated and absent from the home. Policymakers and local service providers both recognized that the dramatic increase in incarceration rates in the 1990s and 2000s had led to the destabilization of many families, particularly in impoverished communities and among families of color. A growing body of research has also highlighted the increased risk factors and vulnerability of these youth, with mentoring being prominently considered as an intervention that can provide positive role modelling, social-emotional development, and other supports when a child's parent is incarcerated for a period of time. Mentoring programs targeting children of incarcerated parents expanded significantly in the 2000s.

The National Mentoring Resource Center has compiled extensive resources for mentoring providers to review of the research base related to mentoring children with an incarcerated parent, evaluate the effectiveness and moderating factors of mentoring programs, and implement programs to improve the lives of young people impacted by the incarceration of a parent.

Youth mentoring programs can use the Center to strengthen their services by:

- Applying for no-cost training and technical assistance, including customized coaching to enhance your program and troubleshoot challenges using evidence-based practices
- Accessing high-quality program implementation resources, including tools, program curricula, and training materials
- Learning about what works in mentoring through evidence reviews on the effectiveness of program models and specific programs, practices, and services for specific populations of mentees

Resources that can be accessed on the www.nationalmentoringresourcecenter.org website include:

- Evidence Reviews, Studies, Reports, and Articles
- Reviews of Relevant Practices
- Blog Posts
- Webinars
- Implementation Resources
- Technical Assistance

Tell Us About Your Program
Email Your Article to:
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Facts and Myths about Hispanic Parents and Children

Hispanics represent the largest and one of the fastest-growing racial/ethnic minority population groups in the U.S. with one in four children in the U.S. now Hispanic — and roughly one-third of Hispanic children living in poverty.

Hispanics also represent a large segment of the country's incarcerated population. Latinos constitute 12.6% of the country's population, but make up 18.3% of the prison population. Whites are 69% of the general population, but only 34.7% of the incarcerated population. Blacks make up 12.3% of US population and 43.9% of the state and federal prison population.

According to the Pew Charitable Trusts Center, one in 28 Hispanic children in the United States (3.5%) have an incarcerated parent. This compares to 1 in 57 white children (1.8 %) and 1 in 9 African American children (11.4%).

To help establish programs and policies to better serve low-income Hispanic children and families, National Research Center on Hispanic Children & Families was founded in 2013. The Center is a hub of research to improve the lives of Hispanics across three areas: early care and education, healthy marriage and responsible fatherhood, and poverty and economic self-sufficiency.



Parenting instructors who work with incarcerated parents may benefit from many of the Center's key findings when striving to make their course content relevant to their Hispanics students:

Early Care and Education

- Gaps in Early Care and Education among Hispanic and non-Hispanic children may be closing.
- Historic generalizations no longer apply. Hispanic parents are as likely as white and black parents to use center-based care and are no more likely than these peers to have relatives available to provide child care.
- Publicly funded Early Care and Education programs are reaching the hardest to reach groups. Sixty one percent of low-income Hispanic preschoolers from immigrant households are enrolled in Early Care and Education centers; this is similar to the rate of Hispanic children from nonimmigrant households as well that of low-income white and black preschoolers.



- A one-size fits all approach to Early Care and Education is unlikely to fully meet the child care needs of low-income Hispanics. Like other low-income parents, many Latinos currently use multiple child care arrangements.
- Predictors of quality look favorable for high-Hispanic serving Early Care and Education centers. Compared to centers serving few Hispanic children, high-Hispanic-serving centers reported more access to mentors and coaching in the classroom and more ancillary services and specialists for their programs.

Healthy Marriage and Responsible Fatherhood

- Many of the raw ingredients needed for child and family success are present among Latino families. Key among these ingredients is stability and high levels of family functioning, despite limited economic resources. Many low-income Hispanic families have two parents present and their family structures appear to be relatively stable. This is especially true for immigrant Latino families.
- Both foreign-born and U.S.-born Latina mothers report high levels of co-parenting support and low levels of parenting and economic stress, and low-income, immigrant Latina mothers have especially low rates of reported depression.
- Latino fathers have strengths, but also face challenges. Most Hispanic fathers have stable home lives — for instance, they live with all their children and their romantic partner, and have stable and high labor market engagement. Yet the majority have low income and levels of education, which constrain their and their families' opportunities for upward mobility.
- Young Hispanic children are socially strong but lag their white peers academically. Latino boys at preschool age and through third grade have strong cognitive/social-emotional skills, but lag white boys academically. Data suggests that low-income Latino children, in particular those from immigrant families, may have fewer resources or routines at home that foster academic skills than their low-income black and white peers.

Poverty and Economic Self-Sufficiency

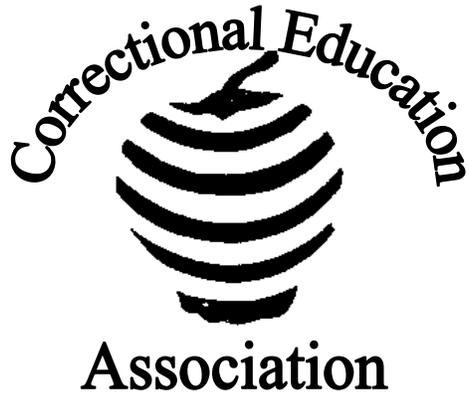
- Although many Hispanic children are living in poverty or are low income, they live in income stable households.
- The source of this income stability appears to be earnings and not public assistance.
- Lack of knowledge may hinder uptake of public assistance programs. Hispanic parents (like other low income parents) are likely to report lack of knowledge about public assistance.
- Immigration concerns also play a role. Low-income Hispanic parents are more likely than their white or black peers to report immigration related concerns as a reason for not applying for aid, even among those who reported naturalized citizenship.
- Policies may not affect all families the same. A scan of policies and practices related to CCDF, TANF and SNAP uncovered areas that could facilitate or deter utilization among Hispanic families and, subsequently impact their economic well-being.

The National Research Center on Hispanic Children & Families has many more details on the findings summarized above and many publications and multi-media resources that may be of value to parenting educators. Check out them out at: www.hispanicresearchcenter.org.

For past issues of this newsletter, parenting handbooks, program resources, and more go to www.ceawisconsin.org



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Editor's Message:

Young fathers often have a strong interest in sports and are very attentive to the comments of their favorite athletes and coaches. Parenting educators can use the quotes from great coaches help students recognize commonalities in the roles of coaches and fathers.

The best coaches recognize that they also play important roles as father figures. There are many ways coaches and fathers have similar roles. Conversely, fathers can improve their fathering by learning from coaches.

A good father (like a good coach) is aware of his children. He watches closely and gets to know them well; he learns about their gifts, attitudes, weaknesses, and tendencies, then he helps them develop their abilities and perform their best. He tries to put them in situations where they can succeed, giving each member a role so he or she can make a valuable contribution to the team.

A good father builds strong relationships and a sense of family. He leads in such a way that everyone wants to do well for the benefit of the entire group. They know they can trust each other in the heat of battle; they don't want to let each other down.

A good coach (and father) provides motivation and encouragement. In life, as in sports, there are great plays and dropped balls, winning streaks and slumps, good seasons and bad. A good dad is ready to celebrate enthusiastically or exhort his children to keep fighting — to dust themselves off, learn from the setbacks, and get back in there. He tells his children, "I believe in you," win or lose.

Jerry

