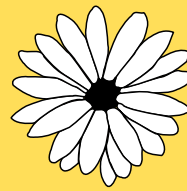


# PARENT EMPOWERMENT IN GLENDALE



APRIL 2022

## National Child Abuse Prevention Month

National Child Abuse Prevention Month recognizes the importance of families and communities working together to strengthen families to prevent child abuse and neglect. Through this collaboration, prevention services and supports help protect children and produce thriving families.

- Protective factors are conditions or attributes in individuals, families, and communities that promote the health and well-being of children and families. By using a protective factors approach, child welfare professionals and others can help parents find resources and supports that emphasize their strengths while also identifying areas where they need assistance, thereby reducing the chances of child abuse and neglect.

Nurturing and attachment  
 Knowledge of parenting and of child and youth development  
 Parental resilience  
 Social connections  
 Concrete supports for parents  
 Social and emotional competence of children

To learn more about the protective factors and actions to help in preventing child abuse you can download The Prevention Resource Guide. You can access the resource guide at:

[https://www.childwelfare.gov/pubPDFs/guide\\_2021.pdf](https://www.childwelfare.gov/pubPDFs/guide_2021.pdf)

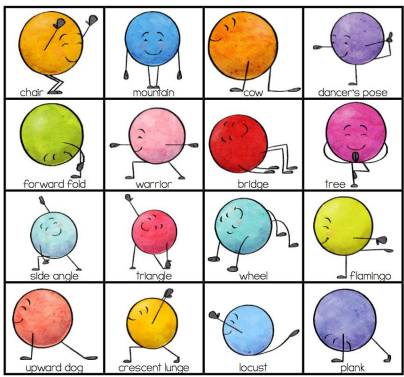
Or go to:

<https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/>

<https://www.childwelfare.gov/topics/preventing/preventionmonth/>

## A Mindful Minute - Yoga Bingo

### YOGA BINGO

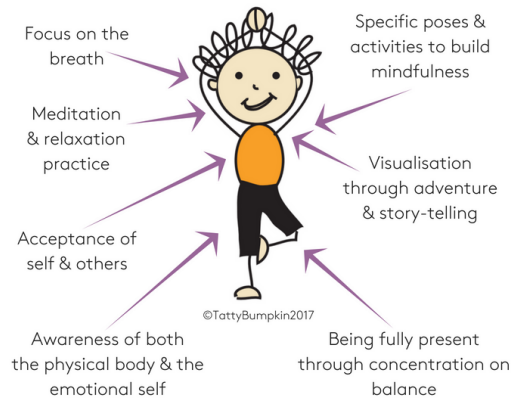


(c) One-Stop Counseling Shop

You can print an extra  
 Bingo Card to cut up and  
 draw different positions  
 or have your child finish  
 one BINGO row a day  
 and/or week!

For More Yoga for kids  
 you can go on:  
<https://www.youtube.com/c/CosmicKidsYoga/videos>

### How yoga promotes mindfulness for children



# Rice Krispie Nests



## Ingredients

- 3 tbsp. butter
- 1 10 oz bag of marshmallows
- 6 cups of crisp rice (or rice krispies)
- Robins egg candies

## Instructions

1. Melt the butter over medium heat and stir in the marshmallows. Continue stirring until completely melted. Pour the mixture over the crisp rice cereal and stir until well combined.
2. Spray a muffin tin with cooking spray and shape the nests. I found it helpful to also spray a spoon and use it to help make the indents. You could do this by hand but it would be quite messy!
3. Let the rice krispies cool in the pan, pull them out, and decorate!

## Agency Appreciation - Childhelp

Childhelp's mission is to meet the physical, emotional, educational and spiritual needs of abused, neglected and at-risk children. They focus on their efforts for advocacy, intervention, treatment, prevention, family resilience and community outreach. The internationally respected nonprofit is the largest organization dedicated to helping victims of child abuse and neglect as well as at-risk children.

<https://www.childhelp.org/>



Founded in 1959 by Sara O'Meara and Yvonne Fedderson  
PREVENTION and TREATMENT of CHILD ABUSE

If you would like more information on child abuse, need assistance reporting abuse, or to speak with a Childhelp counselor, please call or text the Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453).

## SELS/Counselor Spotlight

My name is Alicia Celis, and I am the SELS at Desert Spirit. I have had the pleasure of working at the same school for the past 5 years and love building connections and relationships with our students, staff, families, and community. I have been able to see our students grow and learn and I am truly grateful for the bonds we have created together! I am passionate about building emotional intelligence and coping skills in our students and believe all students are capable of social emotional awareness and growth.



APRIL 8TH-APRIL 16TH

FREE EASTER BUNNY PHOTOS

LOCATION: FOUNTAIN PARK @ WESTGATE  
FOR HOURS OF OPERATION, VISIT

[HTTPS://WESTGATEAZ.COM/EVENT/FREE-EASTER-BUNNY-PHOTOS/2022-04-08/](https://westgateaz.com/event/free-easter-bunny-photos/2022-04-08/)

APRIL 9TH

ANNUAL SIDEWALK SALE

LOCATION: DOWNTOWN GLENDALE  
10:00 AM-4:00 PM

APRIL 13TH

GESD FOOD DISTRIBUTION

LOCATION: DISTRICT OFFICE  
9:00 AM UNTIL GONE  
\*ID REQUIRED

APRIL 27TH

GESD FOOD DISTRIBUTION

LOCATION: DISTRICT OFFICE  
9:00 AM UNTIL GONE  
\*ID REQUIRED

# YOGA BINGO

