



Tazewell County Health Department

Tazewell County AOK Family Connect Newsletter May / June 2009

All Our Kids (AOK) Early Childhood Networks
Communities build what they dream
Families get what they need
Children thrive

Parent Café

Would you like to strengthen your family? Do you have tough parenting questions? A Parent Café may be the answer for you. The main course on the Café menu is conversation with other parents. This event is planned to share experiences and learn that everyone faces difficult events, but gets stronger as a result.

At Parent Cafes you will:

- *Meet new friends
- *Share ideas
- *Learn about resources in the community
- *Get new ideas
- *Make your voice heard
- *Share your hopes and dreams for your family
- *Build a stronger community

Upcoming Parent Cafes:

- *Tues. May 5th
- *Thurs. June 4th
- *Tues. June 30th

To find out more about Parent Cafes or register to attend a café, contact Julie at (309) 925-5511 ext. 266 or jdonaldson@tchd.net



What is AOK doing?

- AOK Family Connect Newsletters
- Child Passenger Safety Checks
- Community & Health Fairs
- Family Safety Nights
- Family Yellow Pages
- Linking families with community providers
- Parent Cafes
- Screenings
- Parent Education

Foster Parents Needed

The Peoria and Pekin areas are in need of foster parents. If you would like to talk to someone about becoming a foster parent, you may call Willa Guidi or Tamra Purham at the Peoria Field Office at 309-671-7900.

Child Passenger Safety



New recommendation for child passenger safety:

“The American Academy of Pediatrics has recently suggested that children in car seats face the rear of the car until the child reaches the maximum weight limit of the rear-facing seat and up to two years of age”.

For more information, visit:

www.aapnews.org

Upcoming Car Seat Check Events:

May 6th	1:00pm—4:00pm	East Peoria Fire Dept: 201 W. Washington St., East Peoria
May 14th	2:30pm—6:00pm	East Side Education Center: 405 Leopole, Mackinaw
May 16th	10:00am—2:00pm	State Farm Safety Days: 2601 W. Forrest Hill, Peoria
May 21st	1:00pm—4:00pm	Pekin Fire Dept.: 3232 Court St., Pekin— Call (309)-925-5511 Ext. 266 for appt.
June 3rd	1:00pm—4:00pm	East Peoria Fire Dept: 201 W. Washington St., East Peoria
June 13th	11:30am—1:30pm	Universalist Unitarian Church: 3000 W. Richwoods Blvd., Peoria
June 18th	1:00pm—4:00pm	Pekin Fire Dept.: 3232 Court St., Pekin— Call (309)-925-5511 Ext. 266 for appt.
July 11th	10:00am—1:00pm	Fon du lac Park—Springfield Road, East Peoria

Bike Safety

Most bike accidents involve a head injury, so a crash could mean permanent brain damage or death for someone who doesn't wear one while riding. In fact, each year in the United States, about half a million kids are seriously injured in bicycle-related accidents, and most of those injuries could have been avoided if a helmet was worn.

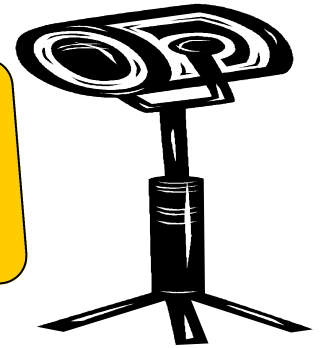


When putting on your helmet, it's best to remember the 4 S's:

- **Straight**—Make sure the helmet is level on your child's head. Front of helmet should go just above eyebrows to protect child's forehead.
- **Snug**—The helmet should fit snug on child's head to prevent the helmet from falling off or obstructing the person's view.
- **Snap**—Straps should always be snapped. If the straps are not snapped, the helmet will slide off and fail to protect the child's head.
- **Strap**—Side straps should make a V shape around the ears. Once snapped, you should be able to fit two fingers under the strap. This ensures that the helmet stays on and straps do not choke the child.

AOK Network News

Peoria's Children is now...
Heart of Illinois
Safe From the Start



Providing Counseling, Education and Support to Victims of Violence ages 0-5.

Heart of Illinois Safe From the Start is:

A **community response** dedicated to reduce the trauma in children 0-5 who are exposed to violence.

Providing **therapy, assessments and referrals** to families who have been exposed to violence.

A leader in offering **trainings and resources** to the community on various violence prevention topics.

A place for families to find **support, encouragement and education.**

Located at: 720 W. Joan Court, Peoria, IL 61614
Mailing Address: P.O. Box 3855, Peoria, IL 61612
Phone: 309-686-5229 or 309-691-0551
Fax: 309-686-6628



Center for
Prevention of Abuse
PEKIN OFFICE

New address:
401 Court Street
Pekin, IL 61554



P.L.A.Y. Project: Level II (Play and Language for Autistic Youngsters)

With Dr. Richard Solomon

Join us for a workshop presented by founder, Dr. Richard Solomon. This 1-day workshop will focus on high functioning autism and developing social skills for school-aged children (4-8) with ASD and will target professionals and parents who want to learn the fundamentals of P.L.A.Y. -based intervention. The course will review information on the DIR® model, also known as "Floor time," and will utilize dozens of video case examples. No prior knowledge is needed!

Date: May 14, 2009 (*The date changed. It was originally May 16th.*)

Time: 7:30 registration 8:00-4:30pm workshop

Location: Resurrection Lutheran Church
4114 E. Oakland Avenue
Bloomington, IL 61704

Cost: \$150 (lunch provided)

Continuing education credits will be available for Early Intervention, ASHA, ISBE, and Physical Therapy

To register contact Jessica Brack 309-686-7755 x.2301 or jbrack@ci.easterseals.com

Community Events

- *May 2nd* - Glad Tidings Church (East Peoria) - Bike Rodeo
- *May 6th— 10th* - East Peoria Carnival
- *May 8th—10th* - Pekin Derby Days
- *May 15th—16th* - Pekin Fire Days
- *May 21st—* Fon du lac Library—Wacky Science (Kindergarten-5th grade) 6:30pm
- *May 27th—30th* - Washington Cherry Festival
- *All Season Peoria Chiefs—*O'Brien Field - Half Priced Mondays
- *May 31st—* Miracle Mile—Children's Hospital of IL
- *June 1st—Aug. 1st-* Fon du lac Library (East Peoria)
 "Read on the Wild Side" Summer Reading Program
- *June 1st—1,2,3* Magic—Pekin Public Library
- *June 1st—*Washington District Library—Kick of Summer Reading Program
- *June 2nd—Aug. 12* - University of IL Extension Summer Food Service Program (Tazewell County)
- *June 12th—14th* - Tremont Turkey Festival
- *June 18th* - Pekin Main Street's Downtown Farmer's Market
- *June 18th—*Lego Club—East Peoria Fon du lac Library
- *June 18th—*Peoria Steamboat Festival
- *June 20th* - American Red Cross (Peoria) - Bike Rodeo (10am-12pm)
- *June 20th—* American Red Cross Babysitting Class—Fon du lac Library (East Peoria)
- *June 12th—July 11th—*Pekin Public Library Children's Movie Fridays (2-3pm)

A Yummy Treat for Kids!



Watermelon Sherbet Smoothies

3 cups fresh watermelon cubs

1 cup crushed ice

1 cup watermelon, raspberry or lime sherbet

4 tsp. lime juice

1/2 cup of miniature semisweet or white chocolate chips

Combine watermelon cubs, crushed ice, sherbet, and lime juice. Blend until smooth. Pour mixture into cups & then chocolate chips on top. Chips look like watermelon seeds. **ENJOY!**