Every child deserves a happy, healthy childhood.

CHILD ABUSE COUNCIL
AVAILABLE COMMUNITY
EDUCATION TRAINING AND
CLASSES
ACE INTERFACE

Target Audience: Professionals
Length: 1 - 6 hours
The ACE (Adverse Childhood Experiences) study confirms with scientific evidence that adversity during development increases the risk of physical, mental, and behavioral problems later in life. The ACE study, and other research using the study’s framework, have taught us that ACEs are the leading cause of health and social problems in our nation - the most powerful determinate of the public’s health. Toxic stress during childhood can impact brain development and brain interaction with body systems, leading to problems throughout the course of an individual’s life. But, childhood times are also windows of opportunity for building resilience - after all, the developing brain is sensitive to all kinds of experiences. Learn about these patterns of brain development, the ACE study, our opportunities for ACE prevention, and how protective systems promote resilience in children, families, and our community. This curriculum was written by Dr. Rob Anda, co-principal researcher for the ACE Study.

CONNECTIONS MATTER

Target Audience: Professionals, Caregivers, Community Members
Length: 30 - 60 minutes
We all face tough times. Ongoing stress from tough times can lead to poor health and other challenges as the brain adapts to survive. Yet, research is not showing us what we can do to change these outcomes. Connections Matter highlights the importance that building caring connections with the children, families, and adults in our lives has on developing healthy brains, supportive relationships, and thriving communities. This evidence-based, interactive presentation describes how stress impacts the brain and why relationships improve individual and community well-being. Attendees will leave with specific ideas for the actions they can take in their professional and personal lives, and will end the session by identifying their next steps. Together, we can engage more people in creating environments that strengthen families from the start and give children and adults with a history of trauma an opportunity to heal.
MANDATED REPORTING TRAINING FOR CHILD ABUSE - IOWA & ILLINOIS (NOT CERTIFICATION TRAINING)

Target audience: Professionals
Length: 2 hours minimum
Interactive training to supplement online state training for mandated reporters of child abuse and neglect.

Child Abuse Council

Mission:
The Child Abuse Council leads community efforts to eliminate child abuse and neglect by strengthening children and families through treatment, education, and prevention.

Vision:
All children in our community will be raised in a safe, nurturing family environment.
Shaken Baby Syndrome/SIDS

Target Audience: Caregivers, Community Members
Length: 1 1/2 - 2 hours (1 hour/each)
Shaken Baby Syndrome (SBS) is a preventable tragedy. This presentation offers participants a definition of SBS, how to recognize the signs, symptoms, and long term effects of SBS, what causes/triggers shaking, and how to cope with crying babies. Sudden Infant Death Syndrome (SIDS) is the leading cause of death of infants 1-12 months of age. Participants will learn the definition and behaviors that increase the risk of SIDS, appropriate safe sleep habits, and resources to reduce the risk of SIDS.

Overview of the Child Protection Center and the Multidisciplinary Approach

Target Audience: Professionals
Length: 30 minutes
This presentation provides an overview of the investigative process, including what happens after a child abuse report is made and the role of a Child Advocacy Center in Iowa.

Overview of Child Abuse Council and Child Abuse in Our Community

Target Audience: Professionals, Caregivers, Community Members
Length: 30 minutes
This short presentation provides an overview of the Child Abuse Council and how we were created in 1977. We will discuss our public health model to approach prevention and our dedication to collaboration and responding to community need. You will also learn about the prevalence of abuse and neglect in our community to begin understanding where you can make a difference.

Child Abuse and Neglect: Prevention and Recognition

Target Audience: Caregivers, Community Members, Professionals
Length: 1 1/2 - 2 hours
This training provides a general overview of child abuse prevention for community members. Participants will learn what to look for, how to respond, what the Child Abuse Council is doing to combat the issue in our community, and how you can help.
PARENTING CLASSES

Target audience: Caregivers, Community Members
Length: 60 minutes/topic
Parenting classes for caregivers of young children. Join us to learn about how to play with your child, appropriate and effective discipline, child safety, and a variety of other topics. Classes can be adjusted to meet your needs.

Parent Class Topics:
- Peaceful Parenting
- Family & Community Violence
- Kids, Media, & Technology
- Play: Brains, Bodies, & Bonding
- Rituals & Traditions
- Managing Family Stress
- Healthy Foundations
- Managing Strong Emotions
- Managing Behaviors
- A Chaos-Free Home
- Safe Spaces

PARENTING THE LOVE & LOGIC WAY

Target audience: Caregivers, Community Members
Length: 6 sessions/ 1 1/2-2 hours each
Parenting the Love & Logic way focuses on building and maintaining caring and respectful relationships with your kids. This 6-week curriculum gives parents a variety of simple and effective strategies to help with daily challenges such as putting an end to arguing and talking back, teaching responsibility, setting limits, how to avoid power struggles, guiding kids to solve and own their problems, and teaching kids how to complete chores.
CAR SEAT SAFETY
Target audience: Professionals, Caregivers, Community Members
Length: 1 - 2 hours
Car seat safety is an important topic for parents and caregivers. With this presentation participants will learn why car seats and seat belts save lives, the different types of seats, how to determine which seat is right for your child, and how to tell others the importance of buckling up. We will discuss the Iowa and Illinois laws for using car seats and seat belts.

MANAGING STRESS FOR FAMILIES AND PROVIDERS
Target audience: Professionals, Caregivers, Community Members
Length: 1 - 1 1/2 hours
Understanding the neurobiology of stress and how it impacts the way we parent/teach/provide services can benefit those we serve and ourselves. Attendees will leave with a tool-kit of skills to manage stress effectively to keep themselves healthy and keep children safe in their care.

PARENTING THROUGH CHILDHOOD STRESS
Target audience: Caregivers, Community Members
Length: 1 hour
Parenting is messy, complicated, and sometimes just plain hard. This training will help you understand and discuss what stress and trauma can look like in our kids, and how that can change their development, behaviors, thoughts, and emotions. You will also be able to recognize how kids and adults experience shame and vulnerability, and the importance of talking about it and responding. Lastly, you will learn what we can do about childhood stress as parents and community members to make the road easier and support one another.
Minimal Facts Interviewing

Target Audience: Professionals, Caregivers, Community Members

Length: 1 hour

Children disclose abuse and neglect to various adults. This training provides information on how to ask children for more information (who, what, when) about their disclosure, without overstepping into an investigator role (law enforcement, DHS) or overwhelming the child. This training highlights some statistics on child abuse and neglect, the importance of gathering minimal facts, how to ask those important questions, things to avoid during a child's disclosure, and how to report the abuse and neglect. You will also learn about the services offered at the Mississippi Valley Child Protection Center.

Protecting Your Children: Advice from Child Molesters

Target Audience: Professionals, Caregivers, Community Members

Length: 1 1/2 - 2 hours

In 2014, we began a wonderful partnership with Davenport Police Department, Bettendorf Police Department, Scott County Sheriff's Office, Scott County Attorney's Office, and Family Resources to offer a community training to keep children safe.

This training includes video interviews with child molesters and provides specific tips about ways community members can keep ALL children safe. This program was developed in Oregon by Cory Jewell Jensen after many years of interviews with predators in jail and after extensive research about the issue of sex abuse.

Stewards of Children

Target Audience: Professionals, Caregivers, Community Members

Length: 2 hours

Child abuse prevention starts with ADULTS. It is our job to keep children safe. The only way to do this is to ensure that adults are knowledgeable and aware of how to keep children safe. National and local data indicates that up to 20% of children will experience sexual abuse before the age of 18. However, we know that child abuse is 100% preventable, and preventative efforts have already caused the national rate of child sex abuse to decrease over the last decade. We have invested in the efforts to educate our own community and provide the nationally recognized, research-based Stewards of Children curriculum. Stewards of Children is a workshop designed to teach all adults specific ways to protect children from sexual abuse. It includes survivor stories, expert guidance, and group discussion to teach five practical, applicable steps for protecting children.
HEALTHY SEXUAL DEVELOPMENT IN EARLY CHILDHOOD

Target audience: Caregivers, Community Members
Length: 1 1/2 - 2 hours
Understanding sexual development in your preschooler is key to keeping your child safe and healthy. Come learn what healthy sexual development looks like for your preschooler, including your child's behaviors and understanding of the body. Discuss how to teach your child about body safety and safe touching, and learn how to approach this topic in the classroom.
**There are parent and educator versions of this presentation available!**

AN OVER-SEXUALIZED CHILDHOOD

Target audience: Caregivers, Community Members
Length: 1 hour
What are kids being exposed to when they are seeing as many as 5,000 ads per day? With this presentation we dive into how mass media is targeting our children to be overtly sexualized from a young age. Using 'So Sexy, So Soon' by Diane Levin as our guide, we talk about the strategies used in advertising, music, movies, games, fashion, and social media to make our children want to look and act older than they are.

SECOND STEP: CHILD PROTECTION UNIT

Target audience: Caregivers, Community Members, Professionals
Length: 1 hour
The Second Step: Child Protection unit is a program designed to teach preschool children about personal and body safety. Children learn how to keep themselves safe in the car, when crossing the street, and if they are in dangerous and exploitative situations. Parents, caregivers, providers, and teachers work together to teach rules, give information, and provide encouragement to children to help protect themselves.
Sessions can be adjusted to fit your agency's needs.

Note that some trainings may have an associated cost.

For more information or to schedule a training, please contact us at:

Child Abuse Council
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