Social workers will celebrate National Social Worker’s Month in March 2015. The National Association of Social Workers (NASW) will at that time begin an eight-month long celebration of its 60th anniversary which will end in October, the month NASW was founded in 1955.

“Social Work Paves the Way for Change” was selected as the slogan for 2015 to convey what NASW and the social work profession have done over the past six decades to bring about positive changes in society and for individuals.

Social workers make a difference in the day-to-day lives of millions of Americans by helping to build, support and empower positive family and community relationships. For example:

~ They work in schools helping students overcome obstacles to their education.
~ They work in hospitals helping patients navigate their paths to recovery.
~ They work in agencies and organizations helping protect vulnerable children and adults from abuse and neglect.

Social workers—more than any other profession—recognize that more must be done to address persistent social problems such as poverty, lack of education, health care access, and discrimination based on gender, race, sexuality, or income.

And they know that all people, no matter their circumstance, at some time in their lives may need the expertise of a skilled social worker.

Positive social change is never complete. It’s a work in progress.

To find out more visit the National Association of Social Workers website: SOCIALWORKERS.ORG

Fostering Hope & Building Bridges... Children Need YOU!!

There are many children in the United States living outside their homes. They are in group homes, foster homes, and residential care facilities. While many hope for eventual reunification with their families, over 100,000 children in the United States are waiting to be adopted.

To Foster a Child:
Understand that foster care is a temporary commitment to nurture and support a child during a difficult time. For information on becoming a foster parent call our Community Support Coordinator Gail Monte at 330-420-6635.

To Adopt a Child:
Understand that adoption is a life-long commitment to a child to provide a permanent and loving family. For information on children waiting for adoption visit www.state.oh.us/odjfs/oapl and/or all Public Children’s Services Agency web sites.

Children Services of Columbiana County

March is Social Worker’s Month

Columbiana County
CCDJFS

Volume 2 Issue 3
March 2015

Special points of interest:
© 10 ways to encourage your child to cooperate on page 2!
© Library action page 2!
© Meet new Children Services Workers on page 3.
© March is Nutrition Month. Check out our top 10 list to help you get on the right track!

Inside this issue:
Child Cooperating 2
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Meet our new work- 3
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Community Library Activities for Your Family

Libraries are an awesome resource for some free family fun! Here are a few things going on in our local libraries across the county! Check it out!

Carnegie Public Library in East Liverpool has Lego Club for ages 7-12. March’s theme is cars. Call 330-385-2048 for more information.

Leper Library in Lisbon has a “Read to the Librarian and Greyhound” program for dog lovers please call 330-424-3117 to sign up!

Salem Library has a Film Frenzy on Thursday March 5 and Thursday March 19. They will be showing a free kid friendly movie in their Quaker Room from 6:30-8:00pm. Registration is not required so come and enjoy the free movie night with the whole family!

Leetonia Library has a Lego Club meeting March 10th at 5:30pm. They also offer an exercise class on Thursdays call 330-427-6635 for more information.

Columbiana County Libraries offer story time for children throughout the week. Call your local library for times and dates!

10 Ways to Encourage Your Child to Cooperate

1. **Always be respectful, kind, and positive.** Set an example for your child to follow.
2. **Be specific.** Don’t ask “Will you….?” when you want cooperation to be mandatory.
3. **Seek compromise** with simple negotiations, such as “After you do what I need you to do, you can do what you want to do.”
4. **When possible, explain your reasoning.** Instead of “shut the front door,” say “Please shut the front door so the dog won’t get out.”
5. **Stay calm.** Count to ten (or more) rather than resort to yelling, belittling, or violence.
6. **Involve your child in decisions** if possible. Ask for suggestions on solving problems between you.
7. **Give choices with limitations,** such as “It’s time for lunch. Would you like soup or a sandwich?”
8. **Keep often-repeated requests brief** so your not tuned out. Instead of “Billy, will you clean your room already?” say Billy, your room.”
9. **Use humor and praise.** Keeping the atmosphere light and praising cooperation can promote the behavior you want.
10. **Discipline with a fitting punishment—**and never physical force. “Time-out (one minute for each year of age) is good for younger children. Taking away privileges for a limited time works for older ones.

Visit Your Local Library!
In 2015, National Nutrition Month® focuses on the theme, “Bite into a Healthy Lifestyle”. The campaign focuses on the importance of making healthy food choices and developing positive eating and physical activity habits.

**Top ten things to help improve your health choices:**

1. Have a guide to a healthy lifestyle by visiting mypyramid.gov to develop a personalized plan to lifelong health.
2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based on scientific research.
3. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
4. Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be crammed with vitamins, minerals, fiber and other nutrients – and lower in calories.
5. Look at the big picture: No single food or meal makes or breaks a healthful diet. Your overall diet is the most important focus for healthful eating.
6. Prepare, handle and store food properly to keep you and your family safe from foodborne illness.
7. Don’t fall victim to food myths and misinformation that may harm rather than benefit your health. There is no “superfood” or diet approach that can reverse weight gain resulting from overeating and inactivity.
8. Read food labels to get nutrition facts that help you make smart food choices quickly and easily. Percent Daily Values (DV’s) on the nutrition label are a quick way to help you evaluate a particular food.
9. Find the healthy fats when making food choices by choosing polyunsaturated or monounsaturated fats such as olive, canola, and soybean oils.
10. Get your nutrition facts from a credible source.

Visit http://www.eatright.org “Tip of The Day” for additional nutrition and physical activity tips this National Nutrition Month®.

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### Meet Our New Workers in Children Services

**McKenna McCullough** is a Family Mentor in Children Services. McKenna graduated in December 2014 with a Bachelor’s Degree in Human Development & Family Studies. McKenna is from Minerva Ohio. Welcome to Children Services McKenna!

**Erin Ehrhart** is a Family Mentor. She has a BA in Criminal Justice with a Minor in Spanish from University of North Florida. Born and raised in Florida, moved up to Ohio about 2 months ago. Welcome Erin as a brave soul moving to Ohio from Florida in

**Kelly Stoffer** is a Social Service Worker II, Intake. Kelly is originally from Salem Ohio. She recently moved back to Ohio from Colorado where she has lived for the past ten years. She had previously worked for CCDJFS from 1997 to 2004. She is excited to be back and is adjusting to this beautiful new building. Welcome back Kelly!
SPOT LIGHT CORNER: WILLIAM

William is a lovable boy who appreciates music, colorful lights and his favorite television shows. He loves watching CNN, Wheel of Fortune, and Jeopardy. William's favorite past time is sitting and rocking in a chair on the foster families porch watching the traffic go by along with all the neighborhood activities. William suffers from Autism. He is non verbal and not potty trained. William likes a consistent routine better than any kind of change. William has a great disposition about himself. His smile lights up his entire face. William really likes going to school and does well with the structure school brings in his life. Currently William is in a large foster family with a foster mother. William is doing excellent in this environment and loves being around the other children. He has learned to adapt to the family's ways of living. William would do well in a family who offers him a consistent routine and stability. If you are interested in learning more about William, please contact his caseworker, Tonia Duncan-Lydic 330-420-6619 or via email at Tonia.Duncan-

Upcoming Classes in Columbiana County To Benefit Families

- **Toolbox for Change**: Advocating for Children with Mental Health Concerns on Thursday March 12 from 6:00-9:00pm
- **Gangs, Cliqués and Crews**: Understanding Gangs and Youth on Tuesday March 24 from 6:00-9:00pm
- **Mood Disorders among Children and Adolescents**: Diagnosis and Treatment on Tuesday April 7 from 6:00-9:00pm
- **Understanding Juvenile Delinquency and Unruly Cases** from Caregiver's Perspective on Thursday April 9 from 6:00-9:00pm

If you are interested in finding out more about awesome educational opportunities contact our Community Support Coordinator Gail Monte @ 330-420-6635. She will be happy to give you more information.