

The Period of PURPLE Crying



A crying infant can set anyone's nerves on edge, compound the crying for hours on end and a caregiver's frustration can lead to shaking a baby. Research has shown that shaking babies is a leading cause of infant mortality and that the peak of Shaken Baby Syndrome hospitalizations occur at 10-13 weeks. Shaken Baby Syndrome is a form of child abuse that may cause brain damage, fractures and blindness. Nationally, an estimated 1,200 to 1,400 children a year receive medical treatment after being shaken, an estimated 25% of these children die and 80% of survivors are left with some form of life-long brain injury. The Period of PURPLE Crying is an evidence-based infant abuse prevention program developed by the National Center on Shaken Baby Syndrome that educates parents and caregivers about normal infant crying and the dangers of shaking an infant. The

Period of PURPLE Crying program includes an 11-page booklet to reinforce key messages of the program and a 10-minute DVD that demonstrates soothing techniques to try and calm their baby.

PURPLE is an acronym that describes the period in an infant's life when their crying can be inconsolable:

P - Peak of crying, a baby may cry more each week, the most often at 2 months of age then decreasing at 3-5 months

U - Unexpected, crying can come and go and you don't know why

R - Resists soothing, baby may not stop crying no matter what you try

P - Pain-like face, a crying baby may look like they are in pain even when they are not

L - Long lasting, crying can last as much as 5 hours a day or more

E - Evening, baby may cry more in the late afternoon and evening

The Children's Trust Fund (CTF) has become the official champion in Michigan for the Period of PURPLE Crying, and the CPCAN as Jackson's designated Local Council is working on bringing this important program to the community. On July 7, 2012 CPCAN staff and volunteers held Period of PURPLE Crying presentations to approximately 100 soon-to-be parents at the Partnership Park Community Baby Shower. The CPCAN was awarded the program booklets/DVDs valued at \$2 each for this very purpose last winter from CTF. Volunteers also distributed Parenting Packets with child safety information to attending parents and caregivers. To learn more about the program see: <http://dontshake.org>

It takes a community to end child abuse and neglect

What can you do?

Become a CPCAN volunteer!

We have a variety of volunteer opportunities available all of which play a key role in helping us reach our mission, ***"to educate and strengthen our community to reduce child abuse and neglect."*** Please consider giving some of your time and talents to help prevent child abuse and neglect in our community — everyone has something to contribute. Contact CPCAN Volunteer Coordinator Donita Bentley at: (517) 788-4239.

CPCAN Family- Fun Fundraiser

Join CPCAN supporters, their families and friends for an evening of fun this September 5 at the In Good Company Restaurant

located at 9039 South Meridian Road in Clarklake, MI 49234. The restaurant holds "In Good Community Fundraising Nights" and 15% of all proceeds from food and drink purchased between 4-9 p.m. will be donated to the Council. CPCAN will take advantage of a field next to the restaurant where staff and volunteers will offer child friendly activities such as pony rides, face painting, games and more. Meals range from \$8.29-\$22.99 and they offer a kids menu too. Please circle the Wednesday after Labor Day on your calendar and join us!



What is Stewards of Children?

Stewards of Children is a prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence based program proven to increase knowledge, improve attitudes, and change child protective behaviors. For every adult trained in the program it is estimated they will protect 10 children in their lifetime!

Monthly summer trainings will be held from 10 a.m.-1 p.m. on July 28 and August 25, 2012 at the Child & Parent Center. Each 3 hour session is a complete training and approved for 3 CEUs by the National Association of Social Workers and the National Board for Certified Counselors. \$15 per person, scholarships are available for those who cannot afford the fee. Trainings are also available off-site, call (517) 788-4239 to set up training for your work place, neighborhood association, church group, club or friends.



A Message from the Director

This has been a busy and productive time and I'd like to share with you some of the programs and events the CPCAN has contributed to the community lately:
Free Parenting Classes - Helping parents to become more sensitive to their children's needs and

showing them caring discipline that works, contributes to loving, nurturing families. *58 adults and 22 children served since February.*

Family Expo: Gettin' Fit and Having Fun - CPCAN organized this free family-strengthening event held in April that offered physical fitness activities; community organizations shared information about their programs and offered activities and giveaways.

50 families with 110 children reached, 83 volunteers participated.

Nurturing Parent with Truancy Component - In conjunction with Family Court, CPCAN held two eight-week classes in February and April working with parents and children over the age of 12 to help them build better relationships and develop a plan for regular school attendance. *14 adults and 18 children served.*

Stewards of Children - Child sexual abuse prevention program. *57 adults trained since late April.*

Recognizing Child Abuse in Fragile Populations: Children with Disabilities - Held in April this training focused on protecting special needs children, and offered 3 CEUs to Social Workers. *35 attendees.*

Mandated Reporter Trainings - CPCAN collaborates with the DHS to train people who work with children report suspected abuse and neglect. *159 people trained since last fall.*

Meet the Board



STEVE CONLEY has been serving the CPCAN since it was founded in 1981. Steve serves on CPCAN's Executive Board as Treasurer and is always willing to lend a helping hand. He has been with CPCAN through thick and thin and continues to be a cornerstone and advocate for the Council. Steve's desire to work with child abuse prevention grew out of his work as a Circuit Court administrator where he witnessed a growing population of men being incarcerated. He came to realize that, "most men in orange jumpsuits had been neglected or abused as a child." Wanting to do something to change this he joined the CPCAN. "I felt that if there was prevention [education] it would help parents break the family cycle of abuse." As Steve puts it so well, "We continue to have the generational reality that some families are not nurturing families and we need to break the cycle. Something worth doing is worth sticking with." Steve's dedication and perseverance to CPCAN is very much appreciated and treasured. Thank you Steve for all the time, energy and commitment you have put into prevention education.

The CPCAN has a Facebook page to keep people up to date with our programming and reach new supporters. You can help us raise awareness by simply 'liking' us. Just login to your Facebook account, then find our page at www.facebook.com/cpcanjackson and click the 'Like' button. Then ask your friends to check out our page and do the same.