

Quick Peek

Upcoming Events

- ◇ February 24, 10:00—1:00 at the Marshalltown Mall: Healthy Family Fair *read more about the Healthy Family Fair in this issue of CAPS News*
- ◇ Second Tuesday of the month: Seeds to Succeed parenting group. English: 11—12 Spanish: 1—2

Noteworthy News

CAPS was the recipient of a \$1,000 grant from Theisen's which will help fund Crisis Child Care



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CAPS News

Issue 17

January, 2018

Sexual Abuse Prevention



There are over 42 million estimated survivors of childhood sexual abuse in America today. Children of every gender, age, race, ethnicity, background, socioeconomic status, and family structure are at risk for sexual abuse. A child is vulnerable anywhere and at any time. Prevention education is an important element in protecting our children from this type of abuse.

CAPS is proud to serve Marshall, Hardin, and Tama counties with two school-based programs.

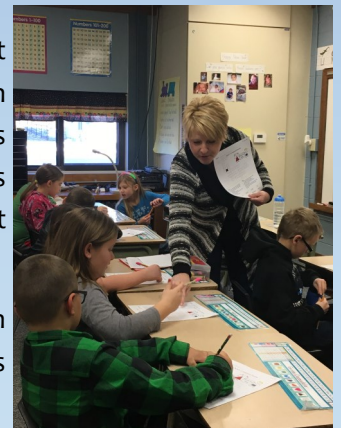
Care For Kids is a health-based prevention program provided to children preschool through 2nd grade. It includes developmentally appropriate activities and messages that provide children with skills needed to help prevent and report abuse.

iMatter Elementary is a prevention program geared towards 3rd and 4th grade students. The goal of this program is to prevent victimization and promote healthy relationships and behaviors in children.

Knowledge is an important key in empowering children. During the 2016/2017 school year, these school based programs were taught to 4,902 children in 254 different classrooms during 986 sessions.

Although school-based prevention programs are important, it is ultimately the responsibility of adults to protect the children in our communities. CAPS is also dedicated to educating adults on this topic. The Stewards of Children program provides information on how to prevent, recognize, and react responsibly to child sexual abuse.

For more information on any of our sexual abuse prevention programs, please contact Lori Frederick at lori@capsonline.us or at (641)752-1730.



Child Abuse Prevention Services

811 E Main Street, Marshalltown, IA

www.capsonline.us 641.752.1730

Tips and Tidbits

Parenting Hacks

- ◇ Use a lint roller to pick up glitter and small paper scraps after craft time
- ◇ Put a baby spoon in the freezer for a few minutes and let baby suck on it to help relieve teething pain
- ◇ Put some food coloring with water in clean condiment bottles or squirt guns and let kids “paint” the snow!
- ◇ Hang toy cars on a magnetic knife holder for easy storage and clean up!
- ◇ Put scotch tape over toy speakers to keep the volume under control

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Meet the Staff—Lori Frederick



Lori began her career at Child Abuse Prevention Services in 2011. After 1 year as CAPS’ business manager, Lori began working in the Sexual Abuse Prevention Program as the Program Educator. Lori has an amazing ability to be able to teach young children and makes learning fun! She takes her role seriously and goes above and beyond to ensure that the children have the skills necessary to remain safe from sexual abuse.

Lori says she likes working at CAPS because “it’s like getting the best of both worlds—you get paid, but you’re also playing your part, helping members of the community. The best part of my job is getting to know a lot of very caring people in the community.”



Healthy Family Fair

The 13th Annual Healthy Family Fair is making its way back to the Marshalltown Mall on February 24th from 10:00 am—1:00 pm. The Healthy Family Fair is a community event that provides health and safety information for children and young families in a fun and interactive way. Kids can check out the Grout Museum’s Cars and Coasters program and get a picture with the Dark Knight, Wonder Woman, or the spirited Polynesian Princess while their parents visit the various booths from community agencies and businesses. And if families need a break from walking around, they can enjoy entertainment on the main stage in the form of a magician, storyteller, and Zumba!



Our Programs

Building Healthy Families ~ Refugee Health Connections ~ Strong Foundations ~ Crisis Intervention Program ~ Crisis Child Care ~ Sexual Abuse Prevention ~ Adolescent Pregnancy Prevention ~ The Nest