

Baby Think It Over

The purpose of the Baby Think It Over program is to provide middle and high school students an experience that simulates caring for an infant while exploring the emotional, financial, and social challenges of parenting.

If the Baby Think it Over program is not being offered in your area please contact Emily Buckhalter at 859-1514.

Personal Body Safety

The Personal Body Safety curriculum is a school based prevention program for children Pre-K through grade 6.

The program specifically focuses on three areas:

- **Personal Safety** (bicycle and traffic safety, fire safety, gun safety, getting lost, dealing with strangers).
- **Touching Safety** (safe, unsafe and confusing touch, saying no, telling an adult).
- **Assertiveness and Support** (standing up for yourself, saying no, speaking out against bullies, finding support).

If the Personal Body Safety program is not being offered in your area please contact Deb Rich at 859-1580.

If you suspect a child is being abused or neglected CALL: 1-800-452-1999

Kennebec County

97 Water Street, Waterville, ME 04901

Contact Information:

1-800-542-8227 ext. 1580 or 1514

debrar@kvcap.org

ebuckhalter@kvcap.org

Somerset County

26 Mary Street, Skowhegan ME 04976

Contact Information:

1-800-542-8227 ext. 2520 or 2521

kristenp@kvcap.org

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Website: www.kvcap.org



Our Affiliations:

Member,

Maine Association of Child Abuse and Neglect Councils

Affiliate,

Prevent Child Abuse America

We are funded in part by:

Maine Children's Trust

United Way of Mid-Maine

United Way of Kennebec Valley

Maine DHHS Community Services Block Grant

Maine DHHS Office of the Courts

Sponsored by:



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Family Enrichment Council

Kennebec & Somerset Counties



Our Mission . . .

Our mission is to prevent child abuse and neglect and to strengthen families by raising awareness, mobilizing resources, and providing training and education.



Trainings

Mandated Reporter Training

This training is offered to community groups and professionals. Topics include: understanding your role as a mandated reporter, learning to recognize indicators of abuse and neglect, and when, where, and how to make a report.

Strengthening Maine Families

Supports child care providers to help parents become stronger parents. Child care providers learn to approach parents as the experts on their own children, to listen openly to their concerns and ideas, and to work together with parents to find answers to questions and concerns about child development.

Safe Sleep and Period of Purple

Designed for childcare providers and other professional staff who work with new parents. Safe Sleep is about reducing the risk of Sudden Infant Death Syndrome (SIDS) and other sleep related causes of infant death. Period of Purple is about the very short period in a new infants' life where the incidence of crying can be overwhelming.



Classes

The First Five Years

In this series of 4 classes, you will learn discipline methods that work, how to prevent tantrums, establishing routines to make life easier, and much more. This class is designed for parents of children from birth-age 5.

Active Parenting Now

This series of six classes combines video, activities and discussion to help parents raise responsible children who are able to resist negative peer pressure. Designed for parents of children ages 5 to 12, the program also demonstrates non-violent discipline techniques and effective encouragement skills.

Community Nurturing

A 10-session program tailored to meet the needs and learning styles of anyone parenting a child! The classes focus on various topics such as stages of growth for infants/toddlers, brain development in children and teens, communication, dealing with stress & much more!

Prenatal Nurturing

The Prenatal program addresses the current issues faced by couples expecting a child including the use of prescription drugs, alcohol and tobacco during pregnancy; the relationship between healthy pregnancies and proper nutrition; the effects of stress on the baby; ways to keep a healthy sexual relationship; and issues of body image, weight gain and brain development during pregnancy. This program is 9 sessions.

Classes

Nurturing Fathers

This is a 13-session program tailored to meet the needs and learning styles of any male parenting a child! The class focuses on and explains: the roots of fathering, nurturing children and self, positive discipline methods, managing anger and resolving conflict, teamwork with partner, balancing work and fathering, and more.

Alcohol, Anger, and Abuse

Alcohol, Anger and Abuse is an innovative training program that explores understanding and preventing the relationship between alcohol and other drug abuse and child abuse and neglect, and how they are linked. This is a 5 session program.

Cooperative Parenting and Divorce

This 8-session, video-based program gives divorcing or separating parents the power to make positive changes that shield their children from parental conflict, and guides them into establishing a long-term relationship of healthy communication with the child's other parents.

Kids First

A one-day, four-hour workshop, designed to help parents address problems and decrease the negative effects of divorce.

All workshops are held on Saturdays from 8:30 a.m. to 12:30 p.m. There is a fee of \$60 per person to attend. Partial scholarships are available based on need. For additional information please call Deb at 859-1580 or Emily at 859-1514.