



CASA

Court Appointed Special Advocates
FOR CHILDREN



February 2022 Newsletter

Adams, Brown, Cass, Hancock, Morgan, Pike, Schuyler

Friendly Reminder's!

*Please ask the CASA staff for assistance in any way we can offer.

* Take notes after each visit to aid in report writing.

*Include school updates in your CASA reports.

*See your child a minimum of once a month.

* Remember you're not alone, we are always here to support and help as much as we can.

Holidays

Our office will be closed

February 11th, 2022
Lincoln's Birthday

February 21st, 2022
Presidents Day



Birthdays!

1- Gary Morris
9- Danna Larson
19- Katie Cerena
19-Brooke Hunsaker
29-Lynnda McCorkle

**Enjoy
your day!**

Pike County

Learn & Grow

Topic: Impact of One Caring Adult

When: February 10th, 2022

Time: 5:30pm-6:30

Location: Pike County Office
(222 N. Monroe St. Pittsfield IL, 62363)

Brown, Schuyler, Cass County

Topic: Meet & Greet with Your New Coordinator-Jess Bullard

When: February 10th, 2022

Time: 12:00-1:00

Location: Zoom & 301 West Fourth Street
Beardstown, IL 62618

HELLO
FEBRUARY

Adams County

Noon Networking

Topic: Day in the life of a caseworker with Kelsey Platt and Laurie Hastings

When: February 10th, 2022

Time: 12:00pm-1:00pm

Location: Zoom & Hope Lutheran Church

Morgan County

Volunteer Meeting

Topic: Poverty Cycles of Risk

When: February 15th, 2022

Time: 10:30-11:30

Location: Presbyterian Church Library

800 West College
Jacksonville, IL

Hancock County

Networking

When: February 9th, 2022

Topic: Substance Abuse

Time: 4:45-5:45pm

Speaker: Jerome Lee
Location: Carthage CASA Office

The importance of childhood friendships, and how to nurture them

Recent research shows the importance of friendship, and its impact on mental and physical health. Preschool friendships are helpful in developing social and emotional skills, increasing a sense of belonging and decreasing stress. People who feel lonely or socially isolated tend to be more depressed, have more health issues and may have a shorter lifespan. Having a great support system can help us deal with those hardships that everyone faces at some point.

“Friendships contribute significantly to the development of social skills, such as being sensitive to another’s viewpoints, learning the rules of conversation, and age-appropriate behaviors,” Schwartz has written in an article in the Hudson Valley Parent.

“More than half the children referred for emotional behavioral problems have no friends or find difficulty interacting with peers. “Friends also have a powerful influence on a child’s positive and negative school performance and may also help to encourage or discourage deviant behaviors,” he continues. “Compared to children who lack friends, children with ‘good’ friends have higher self-esteem, act more socially, can cope with life stresses and transitions, and are also less victimized by peers.”

Here are some things parents can do to help their kids develop positive, warm friendships:

Model the importance of staying connected. As I mentioned, my oldest friend is large in part an offshoot of my father’s friendship. Over the years, no matter where we lived, my parents maintained their important friendships. The ability to nurture my friendships was shaped by watching my parents’ dedication to their friendships.

Model good friendship skills. Michele Borba, a parenting educator and author, suggests identifying one friendship skill your child lacks, then helping him develop it. If your child has trouble expressing feelings, for example, you could focus on doing that in a constructive way, either by sharing your own (“It makes me happy when you tell me you love me”), or by helping him label feelings (“Did it make you feel sad when your friend didn’t want to play with you?”).

Encourage the friendships that are important to your child. If there is a relationship that brings your child joy, support it, even if the kids attend different schools. Scheduling time for them to see important friends outside of school, even if it’s only once in a while, helps them stay connected. Parents magazine has great resources for navigating childhood friendships on its website.

Respect your child’s personality. Some children may have a lot of friends, and others may not need many friends to feel happy. It is important to celebrate and support your child’s personality and needs. One child may be more outgoing than a sibling and it’s important not to compare them, according to PBS’s website.

