



CASA

Court Appointed Special Advocates
FOR CHILDREN



August 2023 Newsletter

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

Friendly Reminder's!

* School is getting ready to begin. Ensure your CASA child is prepared for the first day of school!

* Salem church is assisting individuals on the second and fourth Thursday of each month from 4-7. They give \$20 per person to assist with Laundry. They provide laundry soap and fabric sheets at the WashLand laundry mat in Quincy.



Volunteers Needed!!

Morgan County contact
Danielle Buss 217-617-5438

Pike County contact Karolina
Mumma 217-617-6058

Cass County contact Jess
Bullard 217-430-4059

Birthdays!

- 2-Teresa Kuchling
- 4-Sarah Lucey
- 9-David Elschlager
- 14-Julie Bruninga
- 17-Abbie Ray
- 18-Nathan Nash
- 19-Cynthia Wort
- 21-Barbara Parkhill
- 27-Kearstin Sill
- 27-Michelle Dell
- 31-Charles Otte

Enjoy your
day!

Summer Reading Idea

1 book is 3 continuing ed hours

A place called home By David Ambroz

When David and his siblings should be in elementary school, they are instead walking the streets seeking shelter while their mother is battling mental illness.

They rest in train stations, 24-hour diners, anywhere that's warm and dry; they bathe in public restrooms and steal food to quell their hunger. When David is placed in foster care, at first it feels like salvation but soon proves to be just as unsafe. He's moved from home to home and, in all but one placement, he's abused. His burgeoning homosexuality makes him an easy target for other's cruelty.



Webinar- How to Raise Successful Kids

Here's the link:

[How to Raise Successful Kids -- Without Over-Parenting | Julie Lythcott-Haims | TED - Bing video](#)

Summer Movie Idea

2 hours of continuing ed hours

Sound of Freedom

Sound of Freedom is a movie based on a true story of a former government agent who rescues children from child traffickers.

After saving a boy from Colombia, he learns that his sister is still in danger and decides to embark on a dangerous mission to save her and dozens of other children. The movie shines a light on the darkest of places and the courage of those who fight against evil.

Transitions can be hard for children and families

The start of a new school year can mean going back to early care and education (ECE) programs or school after a long break, or attending a program for the first time. A new start often means lots of changes, new routines, and meeting new people. Young children are often wary of strangers and want to stay close to their parents and other familiar and trusted caregivers. Until they are old enough to talk clearly about their feelings, it's hard to explain to them that a new caregiver is going to protect them, which means it takes time for children to get used to new people. School-aged children who are sensitive or easily worried, or those who have developmental delays, may need extra time to adjust. It's often easier for young children to make the transition if they have spent some time with their parents and the new person together. Parents also often worry about their child making the transition, and it's easier for parents to keep calm and be reassuring if they know their child's teacher and feel comfortable with them.

Parents can:

- Make sure their child has a daily, predictable routine, with regular times for healthy meals, naps, and night sleep at home. Having a rested body and knowing what to expect at home helps children cope.
- Connect with other parents who have children in the same program and can provide information and make them more comfortable with the program.
- Talk with teachers about the best way to separate from their child at the start of the day—brief goodbyes are often best.
- Try to stay calm and reassuring during transition—using a calm voice, with a relaxed face and body to let their child know that they wouldn't leave them if the child were not safe and protected.
- Talk with their child about what to expect and help them with strategies to manage stress and cope with worries, and review positive parenting tips to help children with feelings and behavior.
- Make sure their child is caught up on well-visits with their healthcare provider and is up to date with recommended vaccines, including COVID-19 vaccines, to ensure that the child is healthy and well protected.
- Monitor their child's developmental milestones and learn what to do if there are concerns.
- Remember that this is a phase—building new relationships is a skill, and with support, children can be resilient. Even if it's hard to separate, children will gain a new trusted relationship with their new teacher and feel more secure.