



February 2025 Newsletter

Adams, Brown, Cass, Hancock, Mason, Menard, Morgan, Pike, Schuyler, Scott

Friendly Reminders!

*Please ensure you are visiting your CASA children once a month. If there is a month you are not able to attend a visit, please let your coordinator know.

*If you have any ideas for networking speakers reach out to your coordinator so we can attempt to facilitate them coming to speak.

*If you know anyone interested in volunteering in our counties have them reach out to eparrish@advonet.org to get more info.

Sorry
**WE'RE
CLOSED**

February 12, 2025
Lincoln's Birthday

February 17, 2025
President's Day

Birthdays!

- 1-Emily Gittings
- 8-Diane Enz
- 9-Dana Larson
- 14-April Pierce
- 17-Michala Westfall
- 19-Katie Cernea
- 29-Lynnda McCorkle

**Enjoy your
day!**

Adams, Pike, Brown, Cass, Schuyler Counties

Noon Networking
Topic: Adoption Process;
Mariah Terstegge
When: February 13th, 2025
Time: 12pm
Location: Zoom

Join Zoom Meeting
<https://us02web.zoom.us/j/84537699764>

Meeting ID: 845 3769 9764

February

Webinar- The Single Most Important Parenting Strategy

Link: [The Single Most Important Parenting Strategy | Becky Kennedy | TED](#)

Hancock County

Networking
Topic: Best Interest Advocacy
When: February 10th, 2025
Time: 12:00pm
Location: Carthage CASA Office

Morgan County

Networking
Topic: TBA
When: February 20th, 2025
Time: 12:00pm
Location: First Presbyterian Church, Jacksonville IL.

Recognizing and managing emotions

It's crucial that you help your child develop the skills to understand and manage their emotions as they grow up. Developing emotional intelligence will help them deal with different life situations and teach them about empathy.

When you acknowledge your child's feelings, you give them a tool to handle emotions. For example, if your child is frustrated because they find something too tricky, saying, "I see that you are feeling frustrated," shows your child that it's okay to feel that way.

Creating a safe environment

Speaking calmly and gently with your child makes it easier for them to share their thoughts and feelings. Imagine this: Your child is upset about something. What will you do?

- **Option A:** Will you ignore them and dismiss their feelings with "It's not a big deal, stop being upset," or
- **Option B:** will you sit down, look them in the eye and say, "I see that something is troubling you. Do you want to talk about it?"

Option B is recommended by experts as it shows that your child's emotions matter. Actively listening to your child strengthens your bond, builds trust, and gives your child effective communication skills.

Here are some dos and don'ts for effective communication with your child:

Do's

- Remember to praise good behavior
- Actively listen with eye contact
- Speak respectfully, calmly, and clearly
- Try to see things from your child's point of view
- Use words your child will understand
- Use positive body language and take verbal cues
- Role model good communication including apologies, which means that you as the adult also apologize to your child
- Set aside time to communicate as a family.

Don'ts

- Do not use negative labels or name-calling. Instead, communicate with respect and kindness.
- Avoid criticizing, lecturing, or using harsh words.
- Listen to your child without interrupting or dismissing their feelings.
- Refrain from using language or actions that promote gender stereotypes about how boys and girls 'should' talk.

Remember, your words, as a parent or caregiver, have a powerful impact on your child's self-talk and communication with others.