



Expanded Food and Nutrition Education Program

EFNEP is a nutrition education program sponsored by CSU Extension. We offer **FREE** classes in English or Spanish that help you learn more about cooking, healthy eating, and getting the most for your food dollars.

EFNEP classes include:

- Nutrition information you can trust
- Food demonstrations
- Taste-testing
- Fun hands-on activities
- Quick and easy recipes
- Low impact exercise activities

All for FREE!

EFNEP Class Topics:

- Get Moving
 - Vary Your Veggies...Focus on Fruit
 - Make Half Your Grains Whole
 - Building Strong Bones
 - Go Lean with Protein
 - Make a Change
 - Celebrate! Eat Smart and Be Active
- Demonstrations, activities and recipes at every class!**



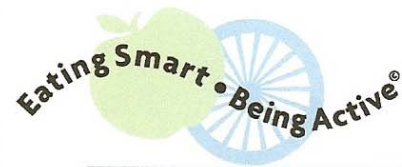
**Hands-On
Food and Fun!**

Sign Up Now: 545-3882

Tuesday and Thursday Mornings
For 8 classes (try to come to all)

Starts September 13 Ends October 6

9:00am -10:00am
At Kids Crossing



If you need any special accommodation(s) to participate in this event, please contact Colorado State University Extension at 719-583-6566. Your request must be submitted at least five (5) business days in advance of the event. Colorado State University, U.S. Department of Agriculture and Pueblo County cooperating. Extension programs are available to all without discrimination.



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www.kidscrossing.com



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Pueblo 719-545-3882

SUMMER SAFETY & PORTABLE POOLS

One of our program directors at Kids Crossing recently watched an interview at MSNBC News regarding a study on portable pools, and she suggested that we include this report in our newsletter this month, and so here it is — reprinted from msnbc.com news services, and you also can see it at this link: http://www.msnbc.msn.com/id/ns/health-kids_and_parenting/#

A child dies every five days in portable pools during warm-weather months, according to a new study.

"Parents need to be aware that these pools can present the same risks for drowning, especially for young children, as in-ground pools," which are typically thought of as a greater safety hazard, the study's senior author Dr. Gary Smith said.

The research published Monday in the journal, Pediatrics shows 209 deaths and 35 near-drownings of children under 12 from 2001 through 2009. Most of the children, 94 percent, were under 5, and 81 percent of the incidents happened during summer months.

"That's a child every five days that is drowning in a backyard portable pool during the summer months," Smith said.

The study focused on portable pools, from small wading pools less than 18 inches deep to inflatable pools and other soft-sided pools that can reach depths of 4 feet. It was conducted by researchers at Nationwide Children's Hospital in Columbus and Independent Safety Consulting in Rockville, Md.

"The anecdotal evidence was suggesting that because portable pools are readily available in many convenience stores and malls, and they're relatively cheap, parents would pick them up, take them home, quickly assemble them, and all this would be done without a lot of forethought about the safety aspects," said Smith, director of the Center for Injury Research and Policy at Nationwide.

The authors found cases of drowning when kids opened the doors of their houses and climbed into the pool using a ladder or another nearby object, as well as examples of kids playing in the pool when parents were nearby but were distracted by chores or a phone call.

Many safety methods used for permanent pools, such as fencing, pool alarms, safety covers and removable or lockable ladders, are too expensive or not available for families who purchase portable pools, said Smith, who also is a pediatrics professor at the Ohio State University College of Medicine.

'Adult Supervision'

The Association of Pool & Spa Professionals support "layers of protection, "and the study underscores the importance of active, undistracted adult supervision, said Carvin DiGiovanni a senior

(Continued on page 2)

Our Stars

★ CONGRATULATIONS!!!

More of fantastic 2011 high school graduates!!!

Chris • Palmer High School

Josh • Palmer High School

Ethan • Nueva Ventura High School

These students have worked so hard to achieve this important milestone in their lives, and we wanted to be sure to congratulate them — and the fantastic foster parents, who have given support and helped make this major event possible. Congratulations, all of you!

★ CONGRATULATIONS to NEW Kids Crossing Adoptive Families!

♥ Renee, Paul & Family!

♥ Joanna, Teal & Family!

★ **HUGE Thank You!** Foster mother, Judy has demonstrated once again her willingness to go the extra mile, which is appreciated very much!

★ **GOOD JOB!** This is for Shawn, who competed in and won his age group in a recent 5k race!

★ **WAY to GO!** Foster parents, Sam & Eleanor have been doing so much for the kids in their home and also doing a great job working with bio families.

Keep doing what you do so well!

FORGIVENESS WORKSHOP

For foster, kinship and adoptive parents
With Trainers: Roxanne Thompson and Eric Smith

Mark your calendars now!

Limited space available!

Saturday August 20, 2011 10a-2:30p
@ Penrose House in Colorado Springs

For more information or to register please call:
Denise Leffingwell at 303-755-4756
denise@adoptex.org

This workshop is provided by a grant from the ECA Foundation to The Adoption Exchange. The Adoption Exchange assures that all information from the workshops will be kept strictly confidential and will be only used for ongoing program evaluation and improvements.

(Continued from page 1)

director at the Alexandria, Va.-based association. "The primary layer of protection is constant adult supervision supplemented by barriers, alarms and other related devices," he said. "We encourage homeowners to purchase the additional layer of protection that works for them knowing that they would be more likely to use it."

The study shows that children were supervised by adults in fewer than half, 43 percent, of the drownings and near-drownings, and that most, 73 percent, were at home.

Among other data, the report shows CPR was administered before emergency crews arrived in 15 percent of the fatalities and 17 percent of near-drownings, numbers that help show "it's time for us to begin requiring that people learn how to do CPR," perhaps by adding it to high school curricula, said Susan Baker, a professor at the Johns Hopkins Center for Injury Research & Policy in Baltimore.

"That to me is a reminder that every one of us ought to be knowledgeable about how to do CPR and willing to jump in and do it immediately," said Baker, who was not involved in the study.

Smith said drownings overall represent the second-leading cause of injury deaths among young children and are different from other childhood accidents because there's no second chance.

"I tell parents that drowning is quick, it's silent and it's final," he said.

Parents "can't say they're supervising having a couple drinks at a pool and chatting with their friends or talking on a cell phone," said Dr. Linda Quan, a drowning expert at Seattle Children's Hospital.

"Supervision has to be constant ... and for a very young child, even within arm's reach," Quan, who was not involved in the research, told Reuters Health.

Life jackets

Parents can add a layer of safety by making sure kids have a life jacket on whenever they're by the pool, Quan added.

And when they're not outside watching their kids, parents have to make sure they have no access to the pool, researchers said.

One of the simplest ways to do that is to empty the pool, especially for smaller pools, Quan explained.

Parents can also put an isolation fence around the pool and make sure there's no way kids can reach the ladder in bigger inflatable pools, Smith said.

"Two-thirds of the children who drowned gained access to the portable pool through the ladder," he said. "Blocking access is the first step."

The authors note in Pediatrics that local jurisdictions are responsible for setting pool codes and enforcing them, and that only some require fencing around portable pools.

A cover for inflatable pools won't necessary help, the researchers said — and in at least one case, a pair of kids included in the study drowned together when they got tangled in a pool cover.

Getting parents to follow all of these prevention measures "is a challenge," Dr. Ruth Brenner, who has studied drowning at the Eunice Kennedy Shriver National Institute of Child Health and Human Development, told Reuters Health.

"But it does represent a signification risk for children. Children can drown in very small amounts of water," said Brenner, who was not involved in the new paper.

Smith said the most important message is that parents need to take the risks of these pools very seriously — even if the pool is small and only has a couple feet of water.

"If you are on the playground equipment and you fall, you generally get another chance," Smith said.

"The problem with submersion under water is it's very quick... and once (a kid's) heart and breathing stops it's very difficult to revive them," he said. "You don't get a second chance."

The Associated Press and Reuters contributed to this report.

FOSTER PARENT GROUPS & TRAINING OPPORTUNITIES:

Pueblo

- ❖ **BEYOND CONSEQUENCES**
 - ◆ Kids Crossing, Pueblo office.
 - ◆ Eight weeks on Thursday evenings, beginning July 7th, going through August 25th. From 6:30 to 8:30pm.
 - ◆ Must attend all 8 classes.
 - ◆ RSVP to Roxann at 545-3882.
 - ◆ Unfortunately, daycare cannot be provided.

- ❖ **CORE**
 - ◆ Kids Crossing, Pueblo office.
 - ◆ July 13 • 6pm to 10pm
 - ◆ July 16 • 9am to 5pm, with lunch on your own.
 - ◆ Must attend both classes.
 - ◆ RSVP to Roxann at 545-3882.
 - ◆ Unfortunately, daycare cannot be provided.

- ♥ **LOVE & LOGIC TRAINING:**
 - ◆ Catholic Charities.
 - ◆ 429 West 10th St. Suite 102.
 - ◆ Phone: 544-4233 ext 120 or 112.
 - ◆ Fee: \$25 a person or \$30 a couple.

- ❖ **CPR & FIRST AID CLASS:**
 - ◆ Good for 2 years. \$35 for both.
 - ◆ New Life Bible Church, 2320 Prairie Avenue.
 - ◆ Call Renee for reservations at 251-8878 or 561-0941.


PUEBLO FOSTER PARENTS:

SAVE THE DATE!

SUMMER PICNIC

FRIDAY, AUGUST 19

5:30 TO 8:30PM

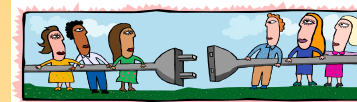


Colo. Springs



- ❖ **OPEN HOUSE • 1 HOUR**
Tues., July 5th, 5:30 to 6:30pm, 1440 E. Fountain Blvd., Colo. Springs. Open House is for anyone interested in learning more about foster care and Kids Crossing. Please RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.

Colo. Springs Foster Parent Group Meetings



IMPORTANT INFO FOR ALL GROUP MEETINGS:

- ◆ Child care will be provided for those who RSVP.
- ◆ KC will provide beverages. Please bring a snack to share.
- 1. **TRAINING GROUP:**
 - ◆ Topic: Probation 101 by Chere Cheney.
 - ◆ 2nd Friday • 2 hours
 - ◆ July 8 • 10 to noon
 - ◆ RSVP to Catania at catania.jones@youthventures.net.
- 2. **DISCUSSION SUPPORT GROUP:**
 - ◆ Foster parents have the opportunity to discuss frustrations they have encountered, hear advice from other foster parents, share positive stories, and meet other foster parents to help build a support system.
 - ◆ 4th Friday: July 22 • 10 to 11 a.m.
 - ◆ RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.
- 3. **MENTORING GROUP:**
 - ◆ This group is for foster parents who have been licensed at least 3 years and are interested in mentoring new foster parents.
 - ◆ 1st Thursday - **Every Other Month**
 - ◆ Next meeting July 7th • 10 to 11 a.m.
 - ◆ RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.

- ❖ **LOVE AND LOGIC • 14 HOURS**
 - ◆ Kids Crossing, Colo. Springs office.
 - ◆ Sat. July 30 **AND** Sat. August 6
 - ◆ 9 a.m. to 5 p.m. with lunch on your own.
 - ◆ Participants must attend both days.
 - ◆ Workbooks are \$10 for those participants who wish to purchase them.
 - ◆ RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.
 - ◆ No child care will be provided.

Denver



Denver Foster Parents Monthly Support Group Meetings

NEXT SCHEDULED MEETING:
MONDAY • JULY 11th • 6:30 PM

TOPIC: HEALTHY SEXUALITY. This topic applies to both younger children and teens. David Atencio will be coming up from Colo. Springs to train, and those of you who have attended his trainings, know he is GREAT! This information is very applicable to the kids we work with, so PLEASE try to attend.

RSVP IF YOU PLAN TO ATTEND: Contact Amy at 303-861-8915 or aharder@kidscrossing.com.

CHILD CARE: Child care will be available — please let Amy know if you will need child care.

REFRESHMENTS: Beverages and something sweet will be provided.

TRAINING CREDIT: 1.5 hours.

CONTINUING SCHEDULE: First Monday of each month at 6:30pm.

- ❖ **CORE**
 - ◆ Kids Crossing, Denver office.
 - ◆ July 20 • Wednesday • 5:30pm to 9:30pm
 - ◆ July 23 • Saturday • 8:30am to 4:30pm
 - ◆ Must attend both classes for full credit.
 - ◆ There is no cost for this training.
 - ◆ RSVP to Amy at 303-861-8915.
 - ◆ Feel free to bring snacks or dinner, drinks, etc., as we want you to be comfortable for these long training hours!!!
 - ◆ Unfortunately, daycare cannot be provided.

Check us out on FACEBOOK...

Colorado Springs Office
kc@kidscrossing.com

Denver Office
kcdenver@kidscrossing.com

Pueblo Office
Kids Crossing Pueblo

...where you'll find the latest news on training & everything else!