

## April is Child Abuse Prevention Month



Childhood is supposed to be a time filled with love, happiness, and fun. The reality is, though, for a variety of reasons, a significant number of our children are victims of abuse.

In Fiscal Year 2008 alone, Child Protective Services of the Department of Public Health and Social Service received a total of 1,176 referrals of child abuse and neglect involving 1,975 children. Of this number, **484 involved children ages 5 and under, our most defenseless group.**

We, as members of this community, must all work towards prevention of the occurrence of abuse. How? By building awareness and providing information on how to avoid the extremes associated with abuse.

April is designated as Child Abuse Prevention Month, with the national theme this year being: "Focusing on the Future: Strengthening Families and Communities." Listed in the light blue colored box below are some strategies to do just this. ■

### Some Signs of Child Abuse

#### Physical Signs of Child Abuse

- Unexplained burns, cuts, bruises, or welts in the shape of an object
- Bite marks
- Anti-social behavior
- Problems in school
- Fear of adults

#### Emotional Signs of Abuse

- Apathy (lack of interest, feeling, or emotion)
- Depression
- Hostility or stress
- Lack of concentration
- Eating disorders

#### Sexual Sign of Abuse

- Inappropriate interest or knowledge of sexual acts
- Nightmares and bed wetting
- Drastic changes in appetite
- Overcompliance or excessive aggression
- Fear of a particular person or family members

#### Signs of Neglect

- Unsuitable clothing for weather
- Dirty or unbathed
- Extreme hunger
- Apparent lack of supervision

\*Source: National Child Abuse Statistics, [www.childhelp.org/signs-of-child-abuse](http://www.childhelp.org/signs-of-child-abuse)

### Ten Ways To Help Prevent Child Abuse

1. **Be a nurturing parent.** Children need to know that they are special, loved, and capable of following their dreams.
2. **Help a friend, neighbor, or relative.** Being a parent isn't easy. Offer help by offering to take care of the children so the parents can rest or spend time together.
3. **Help yourself.** When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control—take time out. Don't take it out on your kid.
4. **If your baby cries...** it can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby — shaking a child may result in severe injury or death (see "Shaken Baby Syndrome" story on page 6).
5. **Get involved.** Ask your community leaders, clergy, library, and schools to develop services to meet the needs of healthy children and families.
6. **Help to develop parenting resources at your local library.** Suggest titles of magazines, books, and DVDs on positive parenting strategies for purchase.
7. **Promote programs in school.** Teaching children, parents, and teachers prevention strategies can help to keep children safe.
8. **Monitor your child's television and video viewing.** Watching violent films and TV programs can harm young children.
9. **Volunteer at a local child abuse prevention program.**
10. **Report suspected abuse or neglect by calling Child Protective Services at 475-2653.**

Source: Prevent Child Abuse America, [www.preventchildabuse.org](http://www.preventchildabuse.org)



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# Nene News Returns!



J. Peter Roberto, A.C.S.W.  
DPHSS Director

Hafa Adai!

***Nene News*** is back!

We, the Department of Public Health and Social Services, in collaboration with the University of Guam Center for Excellence in Developmental Disabilities Education, Research, and Service (UOG CEDDERS) hope to bring you the type of information you can use as you nurture the growth of our most precious asset — our children.

The target audience for ***Nene News*** includes parents and caregivers of children ages birth to five years of age. Going into its third year, it highlights information that we feel is useful in helping you fulfill your important roles.

Some of you may recall filling out a survey last September that asked your opinion about the various components of the newsletter. According to the survey results (see yellow box at right), “the favorite feature” of the newsletter are articles that cover strategies and suggestions of activities that parents and caregivers can do with their child. Please know that we have taken your suggestions to heart and have made adjustments to provide you with the information you want. Be on the look out for at least three pages in each issue that will focus on a particular developmental area and activities and strategies to do with your young ones at the various ages to guide growth in that area.

In addition to this, we have added a new column. “Nana Says” is designed so that readers may bring up specific questions on the broad range of topics related to

nurturing young children. “Nana” will draw on her extensive experience and the latest research to answer your questions. You are invited to send your concerns to the following address: [nene.news@guamcedders.org](mailto:nene.news@guamcedders.org).

In the meantime, enjoy! ■

## Nene News September 2008 Survey Results

- 1,863 surveys disseminated to 47 centers
- 338 or 18% were returned
- 72% reported they had read previous issues of ***Nene News***

### Favorite feature of the newsletter:

- 51% - “Strategies & suggestions on activities to do with my child”
- 38% - “Updates on the Proposed Child Care Licensure Rules & Regulations”
- 22% - “Upcoming Child Care Training Events”
- 9% - “DVD Reviews”
- 6% - “Other”

### Overall Level of Satisfaction

- |     |                    |
|-----|--------------------|
| 34% | Highly Satisfied   |
| 58% | Satisfied          |
| 8%  | Somewhat Satisfied |
| 0%  | Not Satisfied      |

## Concerned About Crying? Nana Says...

Welcome to “Nana Says...,” an advice column which addresses everyday concerns relating to raising healthy and happy children. If you have any specific questions you would like Nana to discuss, please send a note to “Nana Says,” at [nene.news@guamcedders.org](mailto:nene.news@guamcedders.org).

Dear Nana,

Every time my baby cries, I want to pick him up. My aunty said I’m spoiling him and that if I keep picking him up that he’ll turn into a brat that always cries until he gets what he wants.

Nana, what should I do? I can’t stand it when he cries and cries. But, I don’t want a bratty kid either.

Confused in Tamuning.

Dear Tamuning,

You are very right to pay attention to your son when he cries. It is now proven that responding to our baby’s needs is the best way to build trust. When you respond to his needs, he learns that he is safe and secure. This sense of trust paves the way for him to grow into a confident, happy person.

Enjoy your boy!

Nana

Dear Nana,

My girl is 9 months. Before when I left her at the day care, she would be fine. Now, she cries and cries. I feel so guilty. I’m almost done with school but I’m wondering if I should stop going to school for now and take care of my girl myself.

Nana, please tell me what to do?

Scared in Dededo.

Dear Dededo,

Your daughter may be experiencing separation anxiety. Because of her developmental age, she is just learning that people don’t disappear when they are not in sight. Within time, she will learn that you are not disappearing.

When you leave her, tell her you’ll be back soon. Continue to pick her up at the scheduled time. When you pick her up, tell her you’re back.

Both separation anxiety and stranger anxiety occur around 9 months, the time that the brain is developing in such a way that the baby is thinking about who is with her and who is not.

Enjoy your girl!

Nana

# Bonding Builds Relationships

Children who bond well with their parents have good relationships with others. They grow to become enthusiastic, curious, and persistent learners who are good at meeting challenges in a healthy way. They experience and handle emotions well and maintain secure relationships. Bonding is built from trust. Trust comes from parents and caregivers who give affection and support with responsive and nurturing caregiving in a safe and comfortable environment.

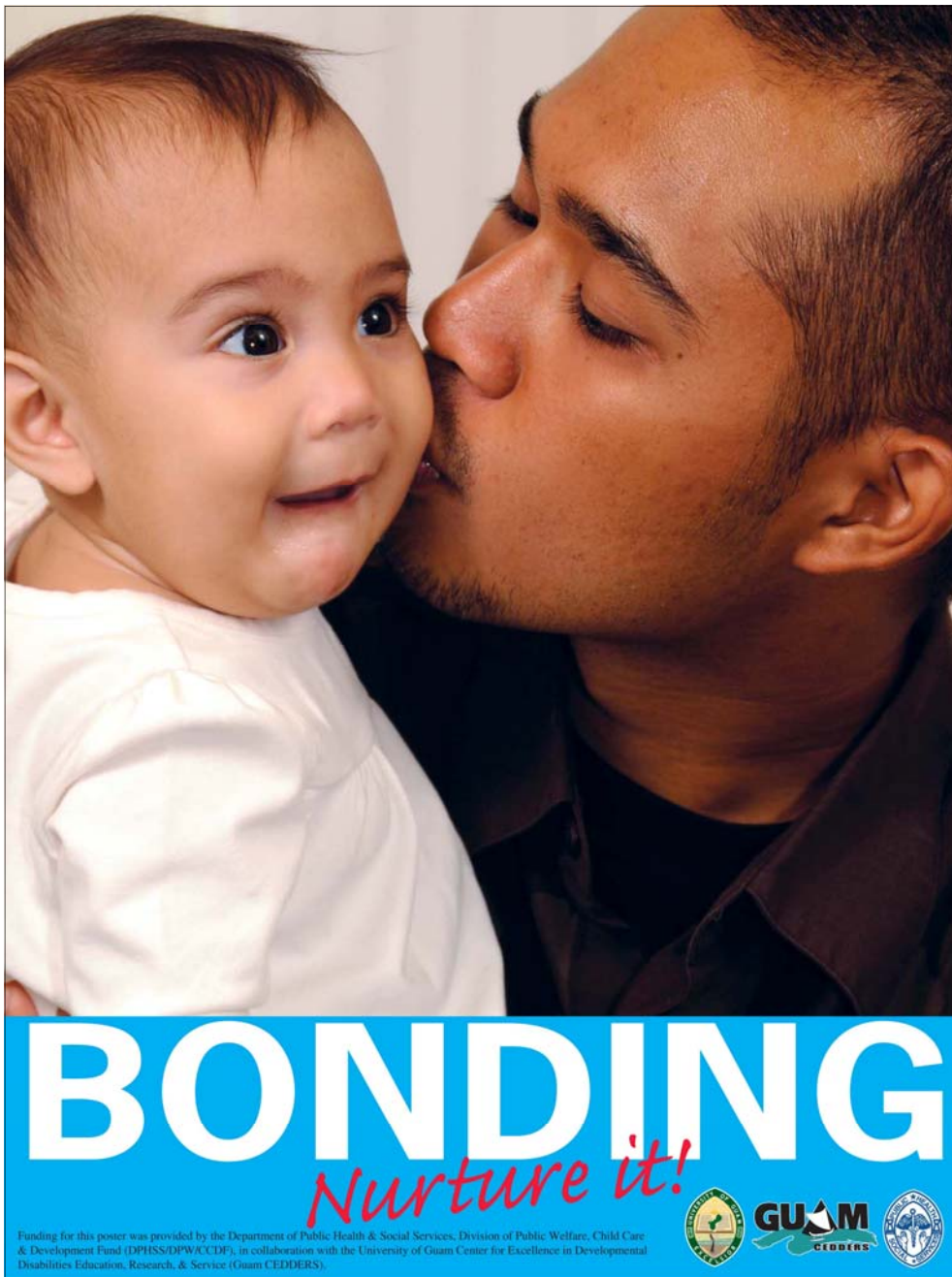
What does bonding look like? Parents and child together are:

- Smiling
- Being calm
- Reaching out and drawing each other close




- Closely watching and listening to each other
- Smiling at each other
- Talking to each other
- Comforting each other
- Loving each other
- Spending time together
- Understanding what the other needs or wants
- Playing together
- Teaching and learning together

*Additional strategies to promote bonding are listed on pages 4 and 5. ■*

*\*Source: **Bonding-Nurture It!** Brochure. Department of Public Health and Social Services & University of Guam CEDDERS, 2009.*





		ACTIVITY
Birth To 12 Months		<b>IN YOUR ARMS</b> <ul style="list-style-type: none"> <li>♥ Place your baby on your lap with his/her eyes gazing into yours.</li> <li>♥ Gently bounce your nene on your lap as you recite a poem or sing a song or read a picture book.</li> <li>♥ Hold your baby in front of a mirror. Sing a song using your baby's name as you gently sway to your music.</li> <li>♥ Place your baby on her/his tummy in front of a mirror. Put different hats on and off.</li> </ul>
1 – 3 Years		<b>ON THE FLOOR</b> <ul style="list-style-type: none"> <li>♥ With your toddler facing you, roll a ball back and forth.</li> <li>♥ Take turns putting one block on top of another to build a block tower.</li> <li>♥ Take turns putting together a 3-5 piece puzzle.</li> <li>♥ Use a large pan of water for your toddler to fill up and empty out plastic bottles, over and over.</li> </ul>
3 – 5 Years		<b>INSIDE AND OUTSIDE</b> <ul style="list-style-type: none"> <li>♥ Have your preschooler help you make peanut butter and jam sandwiches. Chocolate milk, cheese sandwiches, and fruit-kabobs are other preschooler favorites.</li> <li>♥ Have your preschooler make a kite out of construction paper and string. Fly the kite together.</li> <li>♥ Outside, take turns holding the hose as you water the plants. Plant seeds.</li> </ul>

# Promote BONDING

EMOTIONAL ATTACHMENT	ADAPTATIONS FOR ALL
<p>😊 A sense of trust is developed as your child hears <b>your voice</b>.</p> <p>😊 A sense of trust is developed as your child feels the <b>warmth of your body</b>.</p>	<p>✱✱ Have a sibling sing or read to the baby.</p> <p>✱✱ Sing to the baby as you rock them in their carrier or push them in their stroller.</p> <p>✱✱ Place your baby in a body carrier and speak to them as you do your chores.</p>
<p>😊 A sense of trust is developed as your child <b>sees and feels the both of you together</b>.</p> <p>😊 A sense of trust is developed as the two of you <b>interact and do things together</b>.</p> <p>😊 A sense of trust is developed as the two of you <b>play and discover things together</b>.</p>	<p>✱✱ Bigger balls work better for smaller hands. As the child grows, the balls can become smaller.</p> <p>✱✱ Begin with three soft blocks. As the child grows, introduce large cardboard blocks, then Duplo, then Lego.</p> <p>✱✱ Puzzles with knobs are easier for toddlers to grasp and manipulate. As the child grows, puzzles without knobs, as well as puzzles with more pieces, can be used with success.</p>
<p>😊 Your emotional attachment is strengthened as you and your child spend time with each other. As your baby grows, this interaction shifts to where the child will want to try to do things by themselves. Bonding is nurtured as you allow the child to <b>try new tasks</b>, learn from mistakes, and provide a supportive, safe environment so that the child feels <b>secure enough to take risks</b>.</p>	<p>✱✱ Bonding occurs through quality time. Quality time means the time you spend paying attention to and responding to your child. Calling your child by name and having them help you do whatever you're doing is quality time. Enjoying your time with your child is quality time.</p> <p>✱✱ Bonding through cooking is a natural, special way to connect. Cooking recipes for young children should be simple and can become complex as they get older.</p> <p>✱✱ Having your child share the tasks you enjoy in particular – like working in the yard – makes your bonding time a very special time.</p>

# Shaken Baby Syndrome Is Totally Preventable



Crying is natural and normal. For babies who cannot yet speak, this is their first language to let us know that they are hungry, need a diaper change, want to play, want to be picked up and just held for comfort.

For babies, toddlers, and preschoolers who can speak, crying expresses other needs such as loneliness, fear, discomfort, or illness. For children with prenatal or other at-risk conditions, crying is a call for special assistance. Who would think that the crying sounds of a baby would be connected to injury or worse, death?

The National Center on Shaken Baby Syndrome ([www.dontshake.org](http://www.dontshake.org)) reports that 1,200 to 1,400 children are injured or killed each year by shaking them with excessive force causing abusive head trauma. Why and how could this happen? According to the Center, those who shake the children do so out of frustration and anger. This happens when the baby will not stop crying or during toilet training or when there are problems with feeding.

Shaken baby syndrome or “traumatic brain injury,” has immediate and long-term consequences (See *colored boxes below*). Those who care for children need to be

aware that babies’ heads are large and heavy, making up 25% of their total body weight. Babies’ necks are too weak to support that weight. Further, babies’ brains are not mature and can more easily be subjected to injuries. The blood vessels around baby’s brain tears more easily than an older child or adult when shaken.

Shaken Baby Syndrome (SBS) is PREVENTABLE. The National Center on SBS developed intervention materials to inform parents and caregivers of the “unique properties of early crying” to increase their understanding of different properties of crying and how to respond to them appropriately. The materials are known as *The Period of PURPLE Crying*: **P** for crying peak; **U** for unexpected; **R** for resistance to soothing; **P** for pain-like face, even if infant is not in pain; **L** for long crying periods; **E** for evening periods of crying.

Caregivers are asked to take three actions to prevent SBS. First, increase contact. Carry baby, walk and talk to baby. Second, if too frustrating, put baby in the crib and walk away for a few minutes to calm self. And third, never shake or hurt the baby. ■

**Reference:** The National Center on Shaken Baby Syndrome ([www.dontshake.org](http://www.dontshake.org))

## Immediate Consequences of Shaken Baby Syndrome (SBS) or Traumatic Brain Injury (TBI)

- Difficulty breathing or heart may stop
- Extreme irritability
- Muscles are either limp or rigid/posturing
- Poor feeding or vomiting for no known reason
- Difficulty sucking or swallowing
- Eyes have difficulty tracking movements or focusing; pupils have different sizes
- Head or forehead seems larger than usual; soft spot seems to bulge
- Seizures

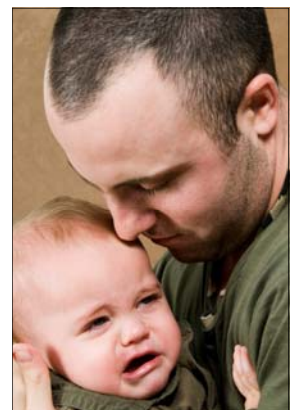
## Long-Term Consequences of Shaken Baby Syndrome (SBS) or Traumatic Brain Injury (TBI)

- Seizures
- Visual disabilities or blindness
- Physical disabilities
- Speech and hearing impairments
- Behavior disorders
- Cerebral Palsy
- Learning disabilities
- Cognitive impairment
- Death



## Actions to Prevent Shaken Baby Syndrome (SBS)

- First, increase contact. Carry baby, walk, and talk to baby.
- Second, if too frustrating, put baby in the crib and walk away for a few minutes to calm self.
- Third, never shake or hurt the baby.



# Guam Early Intervention Services For Kids & Families

Having a newborn baby brings lots of excitement to the household. With another person to be responsible for, both new and “repeat” parents have what seems like an endless list of things to learn and do to achieve what all parents strive for: to provide the best environment and supports to help their baby reach their full potential.

One important body of information that all parents need to know about is the growth and development of young children. Although every child develops at their own special pace, there is a general pattern that most children follow. Many milestone charts are available for parents, and regular check ups with your primary physician will help monitor such growth.

Whatever the reason, parents and families on Guam have resources available to provide information on their child’s growth and development. The Guam Early Intervention System (GEIS), a program under the Guam Public School System (GPSS), Division of Special Education, provides a wide range of what is referred to as “early intervention services” to eligible infants and toddlers, birth to three years of age, to help parents and families learn about ways to nurture their child’s growth and development.

GEIS is a federally funded program established under the Individuals with Disabilities Improvement Education Act (IDEA) Part C administered by the U.S. Office of Special Education.

GEIS is committed to enabling families to access quality services to help young children with or at risk for developmental delays and disabilities, while supporting families by providing them the appropriate strategies for stimulating the overall development of their children.

The program accepts referrals from parents, physicians, family members, daycare providers, or any person concerned with a child’s development. It only takes one call to GEIS to get assistance from a wide range of professionals to address your concerns.

Child development research has clearly established that humans learn most rapidly in the period before age 3. The timing of intervention becomes particularly important when a child is young. If the most teachable moments at a young age are not taken advantage of, a child may have difficulty learning a particular skill at a later time.

Early intervention services also have a significant impact on the parents and siblings of an infant or young child with disabilities. The resources available to the family are at their doorstep. Parents’ positive attitudes about themselves and their child with a disability are significant indicators that the information and skills for teaching their child is beneficial.

The involvement of parents in their child’s treatment is also of paramount importance. As a child’s first teacher, parents set the stage for their future. With the assistance of GEIS, the future of young children with or at risk for developmental delays is promising. ■



**Desiree Bautista snuggles with her daughter, Shawna Lynn Rosario recently during a home visit. Desiree and Shawna access services such as occupational, physical, and speech therapy and service coordination through GEIS.**



Department of Public Health & Social Services  
Division of Public Welfare

## Work Programs Section

Suite 12, Legacy Square Building  
Route 10, Mangilao, Guam 96923  
Phone: (671) 735-7256  
Fax: (671) 734-5955  
TTY: (671) 735-7196  
Email: [christine.sannicolas@dphss.guam.gov](mailto:christine.sannicolas@dphss.guam.gov)

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J. Peter Roberto, ACSW, Director, DPHSS

Linda T. Susuico, Chief Human Services Administrator

Christine San Nicolas, Social Services Supervisor I

Heidi San Nicolas, Ph.D., Director, Guam CEDDERS

Elaine Eclavea, Health, Wellness, & Prevention Initiative Area Coordinator, Guam CEDDERS

Managing Editors: Terrie Fejarang & Mary Kidd  
Layout: Margaret Johnson

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Alternative formats (e.g., Braille, large print, or audio tapes) of **Nene News** may be made available by sending a request to [nene.news@guamcedders.com](mailto:nene.news@guamcedders.com) or 735-2477.



## UPCOMING EVENTS

### April is Child Abuse Prevention Month "Focusing on the Future: Strengthening Family & Communities"

- **Apr 20-May 22:** Art of Healing Display
- **Apr 25-26:** Attorney General's (AG) Mall Display, Guam Premier Outlet, 10 am-2 pm
- **Apr 27:** Flag Raising Ceremony at the AG's Office, 9 am
- **Apr 28-May 1:** Crimes Victims Rights Week
- **Apr 29:** SA/FV Coalition Motorcade/Wave Agana Paseo

### Parent Information Resource Center (PIRC) Training

- **June 22-26:** Guam Early Learning Guidelines Parent Training; 8am-12pm at PIRC. Please call PIRC Office at 477-7472 for registration. Participants must be committed to all five (5) days of training. Call NOW! Seating is limited!
- **July 13-17:** ALONG (All Learning Opportunities Nurture Growth) Parent Training 8am-12pm, PIRC.

Call 477-7472 or visit website at [www.guampirc.org](http://www.guampirc.org).

### 2009 Head Start Registration Dates:

**Apr 13-June 30**

**8am-5pm** at the Asan Community Center

Call **475-0484** or **300-1595**  
for more information



**Do You Have A Child, Birth to Five Years  
Who Appears To Be Developing Slower  
Than Other Children His or Her Age?**

If you have concerns about your child's development

Please Call the

**Guam Early Intervention Services (GEIS)**  
at 565-2961 extension 5776 / 5816

Can  
Your Baby  
**Hear**  
You?



Babies learn to talk from what they hear. If they can't hear, their language development will be delayed. This is why it is important to find hearing loss early.

All babies born in Guam have their hearing tested shortly after birth. Sometimes follow up testing is needed

For more information on Newborn Hearing Screening, contact Guam Early Hearing Detection & Intervention (Guam EHDII) at 735-2466 or visit our website at [www.guamehdi.org](http://www.guamehdi.org)



### 2009 All Eyes on FIVE QUALITY CHILD CARE Mini Family Information Fair

When: 3:00 -7:00 pm

Friday, May 22, 2009

Where: Agana Shopping Center



#### Get Informed About Child Care!

- Learn about the Guam Early Learning Guidelines for Infants & Toddlers (Birth to 36 Months) and Young Children Ages 3-5 through hands on activities
- FREE information and resources for parents
- FREE goody bags for infants, toddlers, & preschoolers
- And Much More!

For more information, call UOG CEDDERS at 735-2466.



A collaborative event sponsored by Department of Public Health & Social Services, Project Tinituhon, University of Guam Center for Excellence in Developmental Disabilities Education, Research, & Service (Guam CEDDERS). Special thanks to the Agana Shopping Center.