



# consumer

## CURRENT

*A free monthly publication written by members of The Children's Center Consumer Council.*

### Back-to-School Tips for Parents!

By: PBS Parents, [pbs.org/parents](http://pbs.org/parents)

Starting the new school year can be a time of great excitement... and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

**•Meet the new teacher** - For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night.

**•Tour the school** - If your school hosts an open house, be sure to go. Familiarizing your child with his/her environment will help him/her avoid a nervous stomach on the first day. Together you can meet his/her teacher, find his/her desk, or explore the playground. With an older child, you might ask him/her to give you a tour of the school. This will help refresh his memory and yours.

**•Connect with friends** - A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

**•Tool up** - Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him/her feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.

**•Ease into the routine** - Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

### YOUTH-LED CANDIDATE FORUM



On July 7, 2016, The Children's Center hosted a youth-led candidate forum in partnership with Youth MOVE Detroit, 21st Century Community Learning Centers Program, and Michigan's Children. The youth asked various questions to get to know candidates running for the Michigan House of Representative position. Candidates Joseph Tate, Carla Tinsley-Smith, Fred Durhal III, Dennis L. Black, Stephanie Chang, and David Sanchez, were all in attendance, representing Districts 2, 5, and 6. Charlie Langton from WJBK Fox 2 News was the moderator for this magnificent event and there was a voter's registration table available for youth that met the age requirement and was interested in signing up.

Youth asked various questions with topics including education, race, discrimination, crimes, police brutality, and more. Youth also shared their personal stories giving the candidates a chance to relate and touch on those topics. In addition to those questions, "Why do you deserve the house of representative position?" was a powerful question that the youth asked, with great responses following. The candidate ended the forum by sharing with the youth, the person that inspired them to run for the position. They also shared that this was the best forum that they had attended and they really appreciated the opportunity to work with the youth.



## Youth MOVE

**Detroit** is Youth United's youth advisory council. They are looking for participants ages 14-25 to join them and impact the System of Care as well as the community. Youth on the council will hold leadership roles while

sharing concerns and helping find solutions utilizing personal, community and lived experiences. They meet every first and third Tuesday of each month, at The Children's Center in Building 90 room 102 from 5pm-6:30. The next meeting dates are May 3rd, May 17th, June 7th, June 21st, July 5th, and July 19th. For further information contact Tyanna McClain at 313-324-8580 or by email at [tmclain@thechildrenscenter.com](mailto:tmclain@thechildrenscenter.com)

## Youth United's Open House:

Youth united is hosting its 3<sup>rd</sup> Open House at The Children's Center, September 8, 2016 5:00pm-7:00pm. The purpose of the Open House is to recruit youth to join Youth MOVE Detroit advisory council. Come join us, learn about Youth United and Youth MOVE Detroit. Visit vendor tables and community partners, and learn about what's going on in the community. There will be refreshments and plenty of resources for youth and families. For further information contact Tyanna McClain at 313.324.8580 or by email at [tmclain@thechildrenscenter.com](mailto:tmclain@thechildrenscenter.com)

## Fathers Matter! : *Did you know?.....*

- Children with involved fathers are less likely to act out in school or engage in risky behaviors in adolescents.
- Research shows that children with more involved fathers experienced fewer behavioral problems and scored higher on reading achievement.

The Children's Center remains committed to helping fathers/father figures and their families achieve positive outcomes!



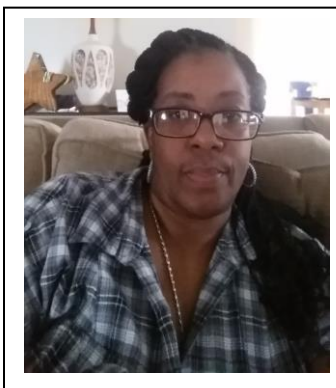
## Annual Wraparound Conference

By: Tomeka Bryant

This year I, Tomeka Bryant, Parent Support Partner, along with Tyanna McClain, Regional Youth Specialist, presented at the Annual Wraparound Conference. The presentation, Parent and Youth Involvement, touched on our personal stories and how we began our journeys on the path of supporting others. Our presentation also gave insight on how our roles play a positive part as a member of the wraparound team and the community team meetings.

Wraparound is youth guided and family driven and as a meeting of the families' wraparound team I support parents in advocating for themselves and their family. Personally I felt as though this year's conference was geared towards the professionals and not the parents however, every experience is a learning opportunity and it's all about what you take away from it. If your family has a wraparound team add your family members, neighbors, and other natural supports to continue your journey with those who will support you once your family graduate's from the service...It takes a village.

## Parent Spotlight: Christina Grey



I noticed something different about my son in Kindergarten. I would show up at his school and he would be standing up while the other children were sitting down doing school work. I asked his teacher why and she explained that he would not sit still and that he would rock in his chair. We would go to restaurants and he couldn't sit still at the table. You would tell him to do something and he couldn't remember it. If I changed

the tone of my voice he would cry. If I talked to anyone else about his behavior they would say that he was just "being a boy". Well by the 2nd grade I spoke with his pediatrician and she referred me to The Children Center. After he was evaluated and diagnosed with ADHD and Post Traumatic Syndrome I would never say that he had it. I thought that if I said it that it would make it true. I wasn't ready to except it. After being educated by the staff and participating in classes I could then say that my son has ADHD and that it wasn't as bad as I made it to be. My son is currently able to control himself better in public and his school is working with him as well. Not only does my son get the best care. I currently serve on the Consumer Council and volunteer in the Boutique and any place I am asked. This is the least that I can do in return for all that The Children Center has done for me.

-Christina Gray



**Consumer Council meetings are held the 2<sup>nd</sup> Tuesday of every month from 12:30pm-2:30pm. All are invited to join!**  
 RSVP at  
 Sthomas@thechildrenscenter.com

## The Vital Child-Parent Relationship

By: [parentalrights.org](http://parentalrights.org)

Parents play an irreplaceable role in the lives of their children. This vital relationship positively impacts a child's physical, mental, and emotional well-being. The right of parents to maintain a strong involvement in their children's lives has been continually upheld by Supreme Court doctrine. It is deeply valued by millions of American families.

The role of parents in a child's life is an irreplaceable one. "Even when young children spend most of their waking hours in child care, parents remain the most influential adults in their lives," writes Dr. Jack Shonkoff, a board-certified pediatrician who sits on the faculty of the Harvard Graduate School of Education.

"The hallmark of [the parental] relationship is the readily observable fact that this special adult is not interchangeable with others," he continues. "A child may not care who cuts his hair or takes his money at the toy store, but cares a great deal about who is holding her when she is unsure, comforts her when she is hurt, and shares special moments in her life."

The relationship that parents share with their children is one that impacts a child throughout his or her lifetime. Studies show that the benefits of parental involvement are manifold, affecting numerous areas of a child's life, including health and development, academic progress, and life choices.

### QUICK FACTS ON PARENTAL INVOLVEMENT

- Children who have parental support are likely to have better health as adults.
- Students with involved parents tend to earn higher grades, have better social skills, and are more likely to graduate and go on to post-secondary education.
- Children are more likely to be socially competent and have better communication skills when they have parents who are sensitive to their needs and emotions.
- Teens who are monitored by their parents are one-quarter as likely as teens with "hands-off" parents to smoke, drink, and use drugs.

## Enrichment Activities



All activities take place in the Lower level of Building 90

### Art Adventures

MONTH	DATE	TIME
August	9 <sup>th</sup> & 23 <sup>rd</sup>	4:30 – 6:30

### Birthday Parties

MONTH	DATE	TIME
August	24 <sup>th</sup>	4:00 – 6:00
September	1 <sup>st</sup>	4:30 – 6:30
October	TBD	TBD
November	16 <sup>th</sup>	4:30 – 6:30
December	TBD	TBD

### Family Game Night

MONTH	DATE	TIME
August	25 <sup>th</sup>	4:00 – 6:00
September	20 <sup>th</sup>	4:00 – 6:00
October	18 <sup>th</sup>	4:00 – 6:00
November	3 <sup>rd</sup>	4:00 – 6:00

### ! Watch For These Other Activities Coming Up!

- **Summer Smash: August 19<sup>th</sup>, 10:00 – 3:00**
- **Back to School Donation Station:** To redeem a backpack filled with school supplies from TCC's Boutique, families will need a backpack voucher from their clinician. Numbered vouchers will be made available to clinical staff by August 31st.
- **Clowns For Kids: November 24<sup>th</sup>**
- **Enchanted Trunk or Treat: October 26<sup>th</sup> 4:00 – 5:30**
- **Tau Beta Pumpkin Patch: Date TBD**
- **Good fellows Holiday Program: Made Available in October (NOT a TCC Program) –! Kids Ages 4-13 – Must live in Detroit, Hamtramck, River Rouge or Harper Woods to apply!**

*For more information contact Cindy Read at 313-262-1167*

## HOLIDAY SHOP 2016 December 12th- December 15th

Families who meet income requirements and are in good standing with their child's treatment plan (no current advanced actions) may apply for The Children's Center Holiday Shop. Applications will be made available at the front desk of each main campus building. **Applications will be accepted in person with the supporting documents on November 15th, 16th & 17th from 10:00-6:00.**

Accepted families will receive a letter with an appointment by November 30th and are invited to shop for a new toy, stocking stuffer, warm winter accessories and basic need items for each child.

Look for Holiday Shop flyers and applications the first week of October.



*LOGISTICARE is the transportation vendor contracted by the State of Michigan for Medicaid. If you are having problems with your local vendor make sure to voice your concerns with Logisticare.*

*<https://wecare.logisticare.com/>  
1-866-791-4107*



## TCC Head Start

**Academy** is now enrolling for the fall 2016 school year. We have openings in our Head Start Academy for children ages 3-5 who reside in the 48219 and 48235 zip codes. Families can contact us at 313-481-5114 or feel free to stop by anytime Monday-Friday between the hours of 8a.m. and 4p.m.



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TheChildrensCenter.com

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If you have a story or suggestions for future articles, we'd like to hear from you.

Contact Susan Thomas at (313) 262-1175 or [stthomas@thechildrenscenter.com](mailto:stthomas@thechildrenscenter.com)

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