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# Advocate

December 2016

[Calendar](#)

[In the News](#)

[KIDS COUNT Facts](#)

[Research](#)

[TCCY Home](#)

[Upcoming Events](#)

[TCCY Newsroom](#)

[TCCY Regional  
Councils](#)

## Seasons of Celebration

### In This Issue

[Celebrate Safely;](#)  
[Helping Children;](#)  
[Holiday Stress;](#)  
[Keeping Holidays Healthy;](#)  
[Simple Answer: Handwashing;](#)  
[Safe Toys and Gifts Month;](#)  
[Advocacy, Youth Awards.](#)



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Happy  
Holidays!

## "All I Want for Christmas Is to Keep My Two Front Teeth" or Celebrate Safely

Beginning with Thanksgiving, the end of the year is the celebration season in America. Although December is a season of joy, celebrations have hazards. Regulations have decreased the physical dangers of toys and travel; the increase in online shopping has increased other risks, like identity theft. Shopping with children presents other problems.

Simple rules for shopping with children from the National Crime Prevention Council include:

- If you are shopping with children, make a plan in case you are separated from each other.
- Select a central meeting place.
- Teach them to know they can ask mall personnel or store security employees if they need help.

Christiano, Donna. *Parents Magazine*, "Mall Safety: 5 Strategies to Keep Kids Safe," <http://bit.ly/2fv9z9x>.

National Crime Prevention Council, *Safety First Holiday Safety Tips for Last Minute Shoppers*, <http://bit.ly/2fVv2sO>.

The Learning Community, *Tips for Parents: Christmas Safety*, <http://bit.ly/2fXHY1z>.

[Return to Table of Contents.](#)

## Helping Children

Child advocates know the holiday season is a time when the financial inequalities appear in bold relief, and when the stress caused by the realization of poverty can be most painful to children. This time of year is a time of giving. It is a good time to focus on raising children who will grow up to be a part of a caring community. Seasonal responses to needs of our neighbors tend focus on the individual (Angel Tree donations) rather focusing on addressing systemic causes.

Empathy – the ability to share other’s pain, as a parent does with his or her child – is an important tool in protecting communities as well as families. Parents can encourage caring in their children.

Joyce, Amy, *Washington Post*, **Are you raising nice kids? A Harvard psychologist gives 5 ways to raise them to be kind**, <http://wapo.st/2g3XJ6Y>.

Joyce, Amy, *Washington Post*, **Teaching empathy: What kind of parent are you?**, <http://wapo.st/2g39QNV>.

Harvard Graduate School of Education, **Making Caring Common Project**, <http://bit.ly/2fN1ZVB>.

[Return to Table of Contents.](#)

## Holiday Stress

TCCY's training to help the state understand Adverse Childhood Experiences (ACEs) includes information on three levels of stress: positive stress, tolerable stress and toxic stress. All of these can come into play during the holiday season. The positive stress of new experiences and new people can help us learn new ideas and new perspectives, build new skills and overcome social anxiety. The busyness, increased responsibilities and activities and attempts to meet family, work and neighborhood expectations can create a high level of stress, mitigated by the support of family and friends and that it's "only once a year," into tolerable stress. Those who do not celebrate December

holidays deal with a different stress. However, ACEs and adult traumatic experiences combined with typical seasonable activities can increase the stress to a toxic level.

Macheca, Erica, *Promote Prevent*, **Holiday Stress and Kids**, <http://bit.ly/2eL4Y3T>.

Mayo Clinic, *Healthy Lifestyle: Stress management*, **Stress, depression and the holidays: Tips for coping**, <http://mayocl.in/2g0lidk>

Stop Abuse Campaign, **Holiday Stress**, <http://bit.ly/2fAQ932>.

Thompson, Joyce A., *GoodTherapy.org*, **Ways for Adult Survivors of Abuse to Cope During the Holidays**, <http://bit.ly/2f5hCGn>.

[Return to Table of Contents.](#)

### It's the Most Wonderful, Unhealthy Time of the Year

This season is full of special treats. Many of them are full of calories, and others disrupt sleep patterns. Consistency is an important for young children. What can parents do to keep families healthy when homes, workplaces and stores are full of treats and regular activities are disrupted?

American Heart Association, **Holiday Healthy Eating Guide**, <http://bit.ly/2f4xt8a>.

Fratello, Jeanne P., *Huffington Post*, **Five Tips to Keep Kids' Holiday Eating in Check**, <http://huff.to/2fJAPPc>

[Return to Table of Contents.](#)

### Don't Forget the Simple Answers

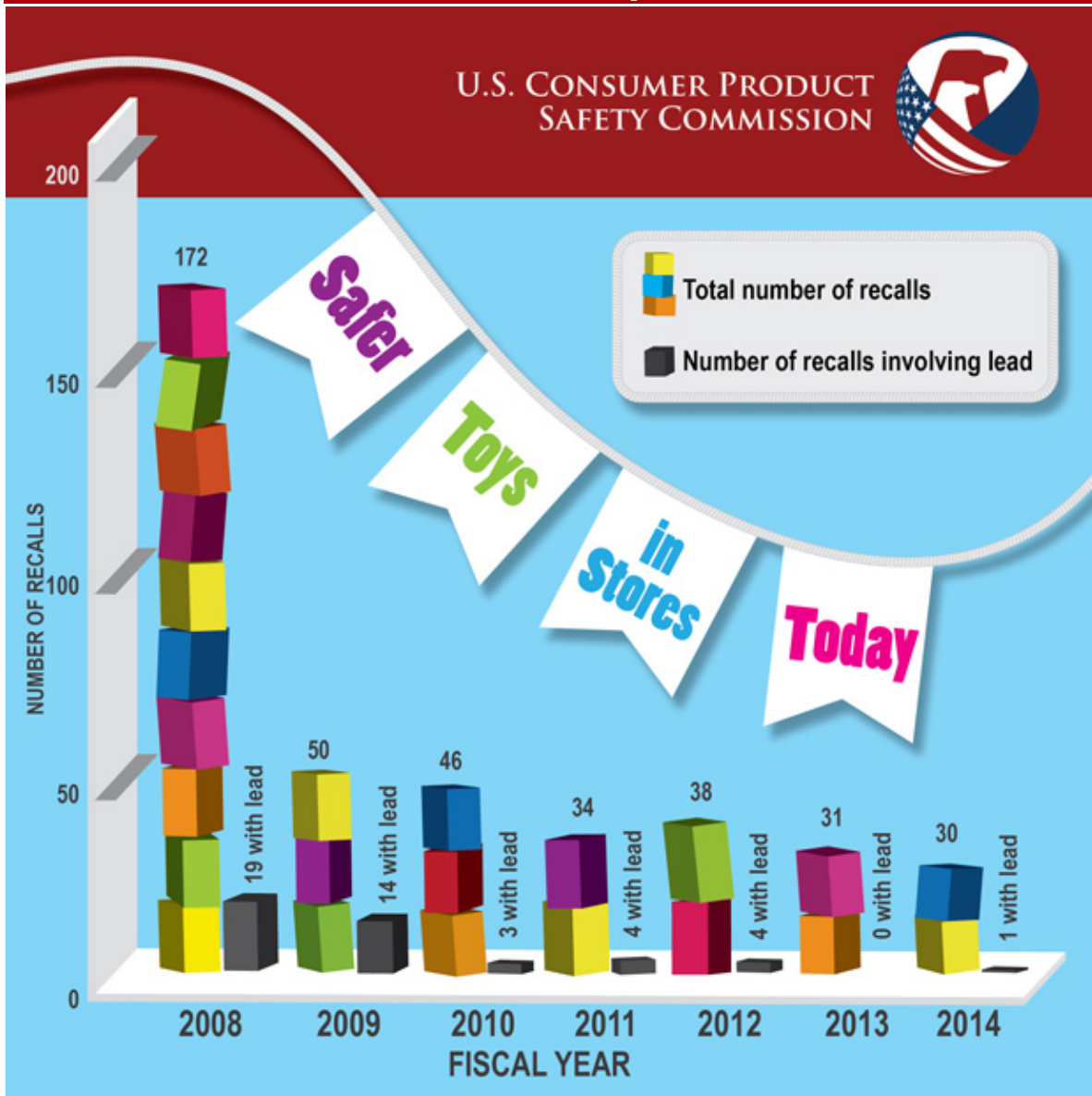
Part of our efforts to improve the lives of Tennessee children include simple solutions available to anybody. It's a basic rule of technology that if something stops working, the first step is to make sure all the cables are properly attached, That's an example of looking for the simple solution first.

**National Handwashing Awareness Week**, Dec. 4-10, is another reminder that the best communicable disease prevention is simply washing your hands with ordinary soap.

San Francisco Department of Public Health Communicable Disease Control and Prevention, **Protect Yourself With Healthy Habits**, <http://bit.ly/2eUHTYz>.

[Return to Table of Contents.](#)

## December is Safe Toys and Gifts Month



Over a quarter of a million people were treated for toy-related injuries in emergency rooms in 2010, according to the Consumer Product Safety Commission (CPSC). Three of every four were under the age of 15. Millions of toys are recalled for safety reasons each year. It is tragic when something that should provide joy provides pain. Prevent Blindness America declared **December Safe Toys and Gifts Awareness Month**. Holiday gift givers can find guidelines for purchasing safe toys, including checking toys for sharp edges and sturdiness, buying developmentally appropriate gifts and including protective gear with sports equipment.

Mayo Clinic Health System, *Health Tradition*, "December is Safe Toys and Gifts Month," <http://bit.ly/2fZX7Qb>.

National Lekotek Center, *AblePlay*, <http://bit.ly/2fT6HoJ>.

CPSC, **Holiday Toy Safety Q&A**, (video) <http://bit.ly/2eUEMQq>.

Nemours, *KidsHealth*, "Choosing Safe Toys," <http://bit.ly/2g00FCf>.

## TCCY Seeks to Honor Youth and Advocate

Each and every day, advocates across Tennessee improve child well-being, perhaps for one at-risk child, a classroom full of children or by changing policies that improve or protect the lives of all young Tennesseans. Since 1996, TCCY has honored advocates with the **Jim Pryor Child Advocate Award**. Again this year, TCCY is seeking nominations for the award to be presented at the 2017 Children's Advocacy Days.

As we have learned from the ACEs research, early experiences create barriers to success. Their exposure to ACEs and struggles within the system that responds to them make youth who leave the juvenile justice system prepared to serve their communities worthy of praise. Since the beginning of the 21st century, TCCY has honored some of these youth with the Youth Excellence Award and is again asking for help in identifying nominees.

**Jim Pryor Child Advocate Award**, <http://www.tn.gov/assets/entities/tccy/attachments/aw-pryor17.pdf>.

**Youth Excellence Award**, <http://tn.gov/assets/entities/tccy/attachments/aw-yexcl17.pdf>.

[Return to Table of Contents.](#)

## Mark Your Calendar

Dec. 1, 1 p.m. CST, **Juvenile Justice Realignment Task Force**, , Room 16, Legislative Plaza, 301 6th Ave, N, Nashville. Information at <http://bit.ly/2bPJ5gl>.

Dec. 1, 4 p.m.-6:30 p.m., CST, **Mid-Cumberland Council on Children and Youth "Autism Spectrum Disorder and Resource,"** Waverly United Methodist Church, 115 W. Main St., Waverly. Registration required at <http://bit.ly/2fBWisz>.

Dec. 2, 8 a.m.-9:30 a.m., **Northeast Council on Children and Youth Annual Legislative Breakfast**, Holiday Inn, 101 W. Springbrook Drive, Johnson City. Includes presentation on "DCS: State of the Child." Contact [Jill.Stott@tn.gov](mailto:Jill.Stott@tn.gov) or 423-979-4585.

Dec. 2, 8:30 a.m. - 12 noon CST, **South Central Council on Children and Youth, "Helping Children One Home at a Time: The Importance of Home Visiting, Safety 101 for Home Visitors,"** Lewisburg Recreation Center, 1551 Mooresville Highway, Lewisburg. Free. Register by contacting [Shaun.Noblit@tn.gov](mailto:Shaun.Noblit@tn.gov) or 931-309-4969.

Dec. 4-6, 6:30 p.m.-9 p.m. CDT, **Coalition for Juvenile Justice National Disproportionate Minority Confinement Conference**, Hyatt Regency Baltimore Inner Harbor. Contact <http://bit.ly/1UiAy5P>.

Dec. 7-9, **Zero to Three 2016 Conference "Building Powerful Connections,"** Room 16, Legislative Plaza, 301 6th Ave, N, Nashville. More information at [www.zerotothree.org/annualconference](http://www.zerotothree.org/annualconference).

Dec. 8, 8:15 a.m. to 11:30 a.m., CST, **Northwest Council on Children and Youth "The Positive Power of Humor to Manage Stress,"** Boling University Center, Ballroom, 544 University St, University of Tennessee Martin. Contact [Dana.Cobb@tn.gov](mailto:Dana.Cobb@tn.gov).

Dec. 9, 11:15 a.m. to 1:30 p.m., **East Tennessee Council on Children and Youth Legislative Council Meeting and Lunch**, Bridgewater Place (Kingston Hall), 205 Bridgewater Rd NW, Knoxville. Register at <http://bit.ly/2fUVH9x>. Contact: [Lindsey.Cody@tn.gov](mailto:Lindsey.Cody@tn.gov).

Dec. 13-14, **Tennessee Association of Mental Health Organizations 2016 Annual Conference: "Transition to Value-Based Care: Vision for the Future,"** Franklin Marriott Cool Springs Hotel, 700 Cool Springs Boulevard, Franklin. Register at <http://bit.ly/2fCqUe2>.

Dec. 16, 10 a.m. to noon, **Southeast Council on Children and Youth Legislative Event**, Bethel Bible Village, 3001 Hamill Road, Hixson, TN. Contact [Rosalyn.Leavell-Rice@tn.gov](mailto:Rosalyn.Leavell-Rice@tn.gov).

March 14-15, 2017, **Children's Advocacy Days**, War Memorial Auditorium. Contact: [John.Rust@tn.gov](mailto:John.Rust@tn.gov).

[Return to Top.](#)

## In the News

Lantigua-Williams, Juleyka, *The Atlantic*, **Getting Therapy Instead of Serving Time**, <http://theatltn.tc/2gcNutl>.

Moriarty, Erica, and Pollock, Nicolas, *The Atlantic*, **Treating Young Offenders Like Adults Is Bad Parenting**, <http://theatltn.tc/2cpeiK1>.

Tatter, Grace, Chalkbeat-TN, **U.S. education chief wants Tennessee, other states to stop paddling their students**, <http://bit.ly/2gequy6>.

Gonzales, Jason, *Tennessean*, **Dinner program to feed more Nashville schools students**, <http://tnne.ws/2fCzhGw>.

[Return to Top.](#)

## Research Information

*Science News*, **Nutrition protects against the impact of stress on the brain in early life**, <http://bit.ly/2gfixiZT>.

U.S. Department of Health and Human Services, ***Facing Addiction in America: Surgeon General's Report on Alcohol, Drugs, and Health***, <http://bit.ly/2fCsblg>.

Collins, S.R, et al., *Commonwealth Fund*, **"Who Are the Remaining Uninsured and Why Haven't They Signed Up for Coverage?"** <http://bit.ly/2bzAbDV>.

Center for American Progress and Movement Advancement Project, ***Movement Advancement Project: Unjust: How the Broken Criminal Justice System Fails LGBTQ Youth***, <http://bit.ly/2ccwCoW>.

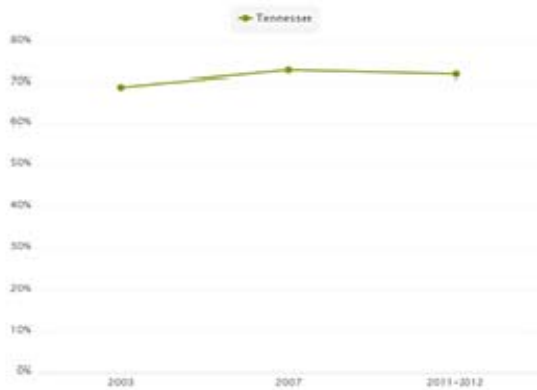
Farn, A., & Adams, J., Center for Juvenile Justice Reform, ***Education and Interagency Collaboration: A Lifeline for Justice - Involved Youth***, <http://bit.ly/2bTGRfQ>.

[Return to Top.](#)



# Tennessee KIDS COUNT Facts

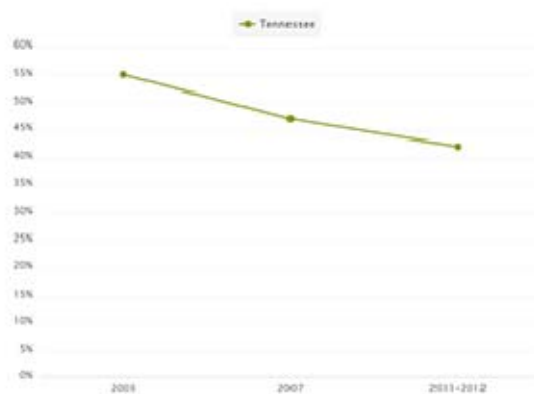
## Children Whose Teeth Are in Excellent or Very Good Condition



### CHILDREN WHOSE TEETH ARE IN EXCELLENT OR VERY GOOD CONDITION (PERCENT)

National KIDS COUNT  
KIDS COUNT Data Center, [datacenter.kidscount.org](http://datacenter.kidscount.org)  
A project of the Annie E. Casey Foundation

## Children and Teens Not Exercising Regularly



### CHILDREN AND TEENS NOT EXERCISING REGULARLY (PERCENT)

National KIDS COUNT  
KIDS COUNT Data Center, [datacenter.kidscount.org](http://datacenter.kidscount.org)  
A project of the Annie E. Casey Foundation

<http://bit.ly/2f3YSfc>

<http://bit.ly/2g0y9Nh>

More data on Tennessee child well-being are available at <http://bit.ly/15alkVu>.

No person shall, on the grounds of race, color, national origin, sex, age, religion, disability or ability to pay, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity operated, funded or overseen by the Tennessee Commission on Children and Youth (TCCY). It is the intent of TCCY to bind all agencies, organizations or governmental units operating under its jurisdiction and control to fully comply with and abide by the spirit and intent of the Civil Rights Act of 1964.

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