

CYFC NEWS

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MICHIGAN STATE UNIVERSITY EXTENSION



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QUOTE OF THE MONTH

"As we become civilized we are governed less by persons and more by principles.... The best of all leaders is the man who teaches people to lead themselves."

—*Robert Ingersoll*

BREASTFEEDING SUPPORT ENCOURAGED

Mother's milk has all the good things baby needs! Packed with nutrients and antibodies to protect against illness, breast milk is nature's perfect food. Health officials say mothers should breastfeed exclusively (offering infants no water, juice, or formula) for the first six months of life. Studies show exclusive breastfeeding during this time lowers infants' risks of diarrhea, ear infections, respiratory illnesses and SIDS.

According to the Centers for Disease Control's Breastfeeding Report Card, only 67.4 percent of Michigan's infants receive any of their mother's milk. Only seven states in the U.S. have breastfeeding initiation rates lower than Michigan. Even more concerning is the survey results indicate that only 8.3 percent of our state's babies have been fed only breast milk for their first six months of life.

During the month of August, breastfeeding awareness and support is highlighted in communities throughout Michigan. Saginaw County is holding a rock and rest in collaboration with the farmers market. Chippewa County is holding an ice cream social and providing free baby slings to breastfeeding moms. Bay County is holding a breastfeeding walk to raise breastfeeding awareness. Kent County is

partnering with local bookstores and restaurants to raise money and awareness of breastfeeding. Several other counties are doing other exciting things to celebrate breastfeeding awareness.

This year's theme, *Mother Support: Go for the Gold*, points to a circle of support needed for breastfeeding mothers. Many factors affect a woman's decision to breastfeed, as well as her ability to continue breastfeeding. Support from friends and family, employers, health care providers, and breastfeeding peer counselors have been shown to increase breastfeeding initiation and duration rates.

The American Academy of Pediatrics recommends starting breastfeeding in the first hour of life, introducing solid foods at six months and continuing to breastfeed through the first year of life. Research shows that exclusive breastfeeding for six months, the "gold standard," also decreases an infant's risk of several chronic diseases later in life including obesity, diabetes, and asthma.

Michigan State University Extension Breastfeeding Initiative Mother-to-Mother Peer Counselor Program is committed to increasing public support and acceptance of breastfeeding as the infant feeding norm. In August, advocates of maternal and child health throughout the state are recognizing those individuals and programs who deserve a "gold medal" for the support they provide breastfeeding mothers.

CHOICES: MOVING FROM QUANTITY TO QUALITY & THE USDA FNS MIDWEST REGION CROSS PROGRAM COLLABORATION CONFERENCE, AUGUST 12-13, 2008 – If you haven't registered yet to be at the Dearborn Inn for these conferences – do it now.

Choices continues to be the conference that celebrates food and health. Michigan presenters will highlight nutrition education through school gardens; choice food pantries; opportunities presented by the new WIC food package; how to develop top quality curriculum; WIC's system for delivering nutrition education by the Internet; increasing access to food through digital media; connecting food service to local food; and John Partridge, MSU, and John Loomis, Zingerman's Creamery, will address Michigan milk. Presenters from other states will bring their knowledge on linking local food with farm to school; overcoming the barriers to cooking and eating healthy on a budget; and the cafeteria/classroom convergence. In addition you'll have the opportunity to hear keynotes by Michigan FFA's 2008 best speakers and MSU's Mike Hamm covering issues of access to local food. Wynne Wright, MSU, will spotlight her keynote planned for Choices 2009 on *Fighting Over Food: A Dinner Table Divided*; and Brahm Ahmadi, People's Grocery in California will talk about creating food equity and economic opportunity in the inner city.

Bridging the two days will be a local food dinner at The Henry Ford prepared by Chef Nick Seccia. Carriages will transport diners from the gates of Greenfield Village to the Pavilion for the evening's festivities. The carousel should be operating.

The 13th is also open to everyone. There will be four learning tracks. The first will provide a day-long training in Outcome Evaluation by two of MSU's most experienced evaluators – Bob Brown and Celeste Sturdevant Reed. The second track is a day-long training in motivational interviewing and stages of change. It is presented by Jodi Spicer. The third track deals with poverty. Robin Orr director of EFNEP and FNP in Illinois will lead a poverty simulation first. That will be followed by an introduction to poverty by Karen Hinshaw, FCS Educator in Indiana. The final track will start with a longer presentation on WIChealth.org by Bob Bensley, a presentation on the "Dialogue Approach" to teaching nutrition education by Ana Claudia Zubieta, director of Ohio FSNE, and ending with a session on innovative approaches to senior nutrition presented by Emily Brooks, BRIDGES Cooking School in Connecticut.

Rarely is there a chance to get this much great professional development so close to home. Go to <http://www.mnn.fcs.msue.msu.edu/> and click on Register Now.

R.E.L.A.X. – ALTERNATIVES TO ANGER TRAIN-THE-TRAINER SESSIONS – The Human Development AoE is happy to announce that their R.E.L.A.X. – Alternatives to Anger trainings have been **approved by the Department of Human Ecology for .5 CEUs** for anyone who attends. There is no additional charge to claim CEUs.

Here is a unique opportunity to help individuals and families struggling with anger. MSU Extension's Human Development Area of Expertise is offering a one-day Train-the-Trainer session in R.E.L.A.X. – Alternatives to Anger, an anger management program with proven impact. One training remaining:

When: Friday, August 8, 2008

Where: Option 1 Credit Union
2400 West Rd., East Lansing, MI 48823

Extension employees get a break on the \$85 charge, which includes hard copy materials, a CD, activities, plus lunch and snacks. **You may register by completing the attached form and mailing it to campus or by using the online registration located on the Portal at <http://web2.msue.msu.edu/in-service/coursetitle.cfm> (MSUE employees only).**

Many people are leery about teaching what could be an emotion-packed subject. The reality is that people who struggle with anger are hurting and don't know what to do. Having new knowledge and skills empowers them to lead more successful lives. If you are an educator who loves that moment when you see the light go on, the moment when someone owns an idea, when you know they can apply this new knowledge in their life, look at the attached [R.E.L.A.X. brochure](#).

When this training was offered in Lansing in January, 20 out of 20 participants responded positively to the question: "Do you feel that you gained enough knowledge about the curriculum to present this program to others?" Some answers to the question, "What might be your target audience?" included: children to teens to parents to child care providers to foster parents, grandparents raising grandchildren, divorcing parents, agencies like drug and substance abuse prevention, neighborhood, community, and city groups. Participants felt the notebook was well organized and will be helpful; they also learned ways to deal with their own anger.

Please share this with other service agencies in your counties. They are also invited.

For MSU Extension Educator discount please contact:
Terry Jones @ 734.222.3943

For questions about the trainings please contact:
Traci Osterman: 517.353.6674 or osterma7@msu.edu

SAVE THE DATE! CHILDREN'S TRUST FUND'S ANNUAL CONFERENCE
Supporting Families with Young Children: Building Relationships One Day at a Time
The 6th Biennial Statewide Conference on the Early Years

When: November 11-13, 2008

Where: Grand Traverse Resort and Spa, Acme, Michigan

Conference brochure and registration materials will be available August 2008.

To see potential conference tracks, please visit: <http://www.michigan.gov/ctf/0,1607,7-196-47080-137305--,00.html>

For additional information, e-mail Deborah Jensen at deborahjensen@childcrt.org or call 517.482.7533
Submitted by T. Osterman

BLUE RIBBON Q&A



Q. When will the 2008-09 Member & Volunteer Information Form and Project Code list be available?

A. The new forms will be posted to the Web site by mid-August. An e-mail will be sent announcing their availability. If you need the forms prior to that date, please e-mail Gloria Ellerhorst at ellerg@msu.edu.

Contact Gloria Ellerhorst, ellerg@msu.edu or 517.353.2922 or Laura Allen, lacourse@msu.edu or 517.432.7632 if you have questions about how to use the Blue Ribbon software. Work with your IT support person if you have technical questions like software installation, back-up procedures, using WinZip, or networking issues. Additional IT support is also available in the campus MSUE offices upon request.

Deadline for Next Edition of “CYFC NEWS”

August 25, 2008, is the deadline to submit articles for the September 2, 2008, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msu.edu