

YSCC News



Kids Become Leaders

January 2012

Did you know?

- Play is the work of children! While their play may seem random, it is quite purposeful. Play allows children to work out strong feelings, rehearse real life situations, develop concentration and coordination, use up energy, learn problem solving skills, develop confidence in own abilities and much more. And as a bonus, when you play with your child, it can also strengthen family bonds by building trust and positive experiences. Take time for play today!

Issue Highlights:

Turning Over New Leaf	1
Dream Remembered	1
Research on Spanking	2
Active Families	2

January is National Hot Tea Month! Enjoy a cup with your loved ones today!

Youth Services of Creek County is a nonprofit 501(c) (3) tax exempt agency and a member of the Tulsa Area United Way. We are proud to be the only non-billing agency in the area that provides services to all Creek County residents free of charge. Contact us at www.yscc.net or 918-227-2622.

Turning Over a New Leaf

As the calendar rolls over to a new year, many of us examine our past and look ahead to what we would like to change in the new year. With our New Year's Resolutions to encourage us, we begin the process. At YSCC, 2012 saw us celebrating our 25th anniversary. We looked back to examine where we started and looked ahead to where we would like to go. What an amazing opportunity! So many wonderful faces have filled our building through the years, each

one bringing a new perspective. And of course, we are dreaming and planning many new and expanded programs to better meet the needs of children and families in our community. We are grateful to all of you. We know that our work is only possible because of amazing community support. Having volunteers donate their time, talents, monies and material goods make us especially happy to be in this community. Our focus is safe and healthy families. This year, if you want to



become involved in supporting families in our community, here are some ideas; become a member of the Child Abuse Prevention Task Force, support Headstart or Parents as Teachers, mentor a young parent or run a 5k for a great cause. The best part is that no matter which you choose our community wins!

Martin Luther King Jr. Remembered

Martin Luther King Jr. fought for equal civil rights for African Americans in 1963. Each year on the 3rd Monday of January, we celebrate his life and his dream. This year the day takes on additional significance as President Barack Obama will also be sworn into office that day. With all of the media attention that has been drawn to the correlation between the two events, I am captivated by Dr. King's words from his famous *I Have a Dream* speech,

"We cannot walk alone.

And as we walk, we must make the pledge that we

shall always march ahead. We cannot turn back."

What does his dream mean to us today?

Often, MLK Day is time to reflect on how far the United States has come toward racial equality. We must all consider how much further there is to go to achieve equality across many social divides. Dr. King's dignity and courage are to be admired, respected and reflected upon regularly. Perhaps more importantly, his legacy needs to be emulated. Many of us were not around to hear that fateful speech 50 years ago. And perhaps the life-altering significance may

have been muffled by contented living. There are still inequalities to be overcome. And victories such as experienced by the people of Dr. King's era should encourage and enliven us to continue to march ahead and make progress toward equality for all peoples.

On Monday, January 21, 2013, we celebrate the life of an activist and the inauguration our first African American President to his second term in office. Let's not be content, but continue Dr. King's dream for a nation that is filled with individuals willing to fight for justice, and sacrifice for freedom and equality.

The Consequences of Spanking



Among professionals and parents alike, there are many viewpoints on the effectiveness of physical punishment. Spanking as a behavior changing strategy has long been used, and open handed spanking on the rear end is an allowable practice according to legal standards. Most people, regardless of their utilization of the practice have an opinion about its use. Recent research has examined the practice of using physical punishment and discovered some long term outcomes. Canadian scientists researched a group of individuals aged 15 – 64 from the general population about the prevalence of and outcomes associated with a history of slapping and spanking in childhood. Below is an excerpt from their printed outcomes:

“The objectives of this study

are to estimate the prevalence of a history of slapping or spanking in a general population sample and to assess the relation between such a history and the lifetime prevalence of psychiatric disorders

The majority of respondents indicated that they had been slapped or spanked, or both, by an adult during childhood "sometimes" (33.4%) or "rarely" (40.9%); 5.5% reported that this occurred "often." The remainder (20.2%) reported "never" experiencing these behaviors. Among the respondents (without a history of physical or sexual abuse during childhood) who reported being slapped or spanked "often" or "sometimes" had significantly higher lifetime rates of anxiety disorders, alcohol abuse or dependence and one or

more externalizing problems (acting out behaviors including aggression and criminality), compared with those who reported "never" being slapped or spanked. There was also an association between a history of slapping or spanking and major depression.

There appears to be a linear association between the frequency of slapping and spanking during childhood and a lifetime prevalence of anxiety disorder, alcohol abuse or dependence and externalizing problems.”

Discipline is meant to stop an inappropriate behavior AND teach an appropriate behavior. Physical punishment does not, by itself, teach the correct behavior. And according to research, it may also result in a lifetime of issues for your child. Read the full article at: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1230651/?vm=r&s=1>

**“For last year’s words belong to last year’s language
And next year’s words await another voice.
And to make an end is to make a beginning.”**

T.S. Eliot

Get Active: Family Style

The beginning of a new year is a great opportunity to make some positive changes in you and your families fitness activities. The key is to start somewhere. Here are 3 simple activities to plan for your family today

Make Time to Play

Set aside 30 minutes three times a week to do fun exercises with your kids. Make it a part of your after-school or after-dinner routine. Kick a soccer ball around, play hide-and-seek or hopscotch with your children. Also plan at least

one family activity every weekend. It can be as simple as taking a trip to the playground or as challenging as an all-day hike. The key is to make a plan and stick to it.

2. Walk/Bicycle When You Can

Use muscle power: Bike or walk to the grocery store, library or to your child's school or sports events. Go for a 30-minute family walk after dinner. Track steps with a pedometer, and try to add more distance every week. Put a log on your refrigerator to track your

progress.

3. Plan Active Family Gatherings

Serve up family fitness as well as food at your child's next birthday party or other family gathering by planning active games such as tag, relay races or a dance party. Any gathering is also a great opportunity to play a team sport; soccer, basketball or kickball. Other active party ideas: swim, go in-line or ice skating, or climbing at an indoor rock gym.

Have fun and get active!

