

Nami Migizi Nangwiihgan



Domestic Violence, Sexual Assault, & Stalking Services

If you or someone you love has been a victim of sexual assault, domestic violence, or stalking, you know how much they have been hurt. As a loved one, you suffer too. Help is available for victims and their families. Please call:

Nami Migizi Nangwiihgan : 989-775-4400

Behavioral Health Program: 989-775-4850

National Sexual Assault Hotline: 1-800-656-4673

National Domestic Violence Hotline: 1-800-799-7233 (SAFE)



Individual Counseling

Case Management

Cultural Sensitivity

Confidentiality/Privacy



July is Purposeful Parenting Month

This summer, look for opportunities to give your child age-appropriate independence. Its important to give your child as much responsibility as they can manage.

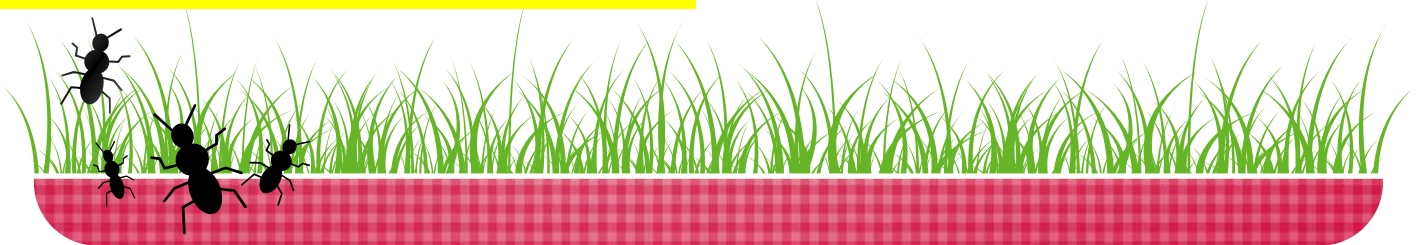
Clearly communicate expectations. Make the consequences of breaking rules clear. Be firm and fair. Mistakes will be made. It is important to remain consistent and issue appropriate consequences.

Five tips on how to be a Purposeful Parent:

1. **Connect and interact.** For many families, relaxed summer days offer opportunities for parents to initiate meaningful conversations. Find opportunities to engage in common interests. Join your child in activities they are interested in. parents who strive to have close, positive relationships are more likely to have children that make healthy and safe decisions.
2. **Be aware of where children are and what they watch.** When children are not at home or school, you should know where they are. Use parental controls on phones, computers and tablets. Trust them to a certain level. If they break the rules, implement consequences.
3. **Take concrete steps to help adolescents avoid harmful situations.** Be home at key times of the day (in the morning, after school, at dinner and bed time). Watch social media usage. Todays parents face unique challenges in protecting kids in the digital world.
4. **Make family time a priority.** Eat together as a family every-day. Eliminate cell phones and interruptions. Try to squeeze in time on the weekends, when there are fewer commitments. Implement movie or game night.
5. **Pay attention to your own well-being.** If you don't take care of yourself, you wont be in the position to take care of your child. Include physical activity, a healthy diet, and plenty of sleep into your daily routine. Parenting is difficult. None of us are perfect. Forgive yourself for mistakes. There are lessons demonstrated by apologizing to your kids for parental mistakes.

There are 8 elements to Purposeful Parenting:

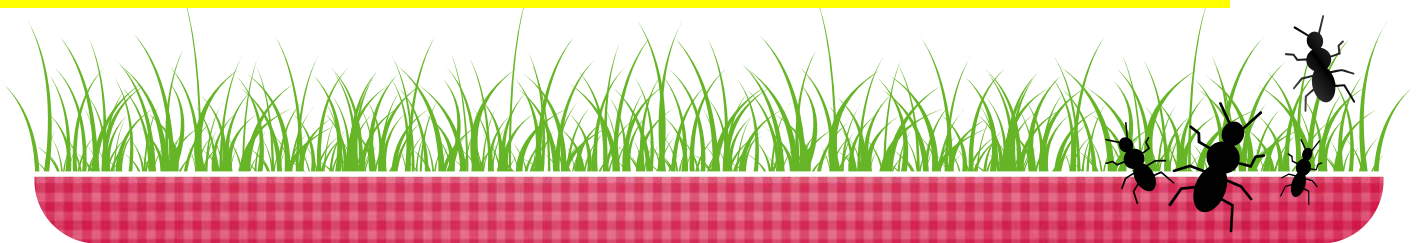
1. Structure and order
2. Responsibility and accountability
3. Firmness and fairness
4. Limits and boundaries
5. Consistency
6. Problem-solving skills
7. Understanding
8. Unconditional love



How to teach your children about body safety



1. Give them ownership of their body. Teach them that it's their body and no one has the right to touch them unless it's OK with them. Even if it's something like holding hands, having a friend hug or kiss, let them know they have the right to say no if they don't like it.
2. Use appropriate language. Teach them the correct names for their anatomy.
3. Keep conversation light and easy. Let these conversations happen naturally by talking about it during bath or potty time so kids feel comfortable talking about it and asking questions.
4. Use the swim suit rule. If your swim suit covers it, it's a private area and no one should be seeing or touching that area. It's a simplified version that is easy for younger children to understand.
5. Explain what safe touch is. Explain that on occasion, parents and doctors might have to do something they don't like to keep them safe and give concrete examples— like getting a shot at the doctor's office,
6. Empower them to say NO. stress that if someone touches them in a way that they don't like to tell that person to stop and always tell someone about it. Keep lines of communication open especially with private areas.
7. Use books about good touch bad touch.
8. Don't force affection. Never force your child to hug someone if they don't want to. Empower them to have control over their physical body.
9. Help your child trust their feelings. Kids should be taught that a touch from anyone that makes them feel bad or uncomfortable is a bad touch.
10. Practice or role play. Practice what they should say 'No I don't like that. STOP!' if they are ever asked to show or are touched in their private areas.

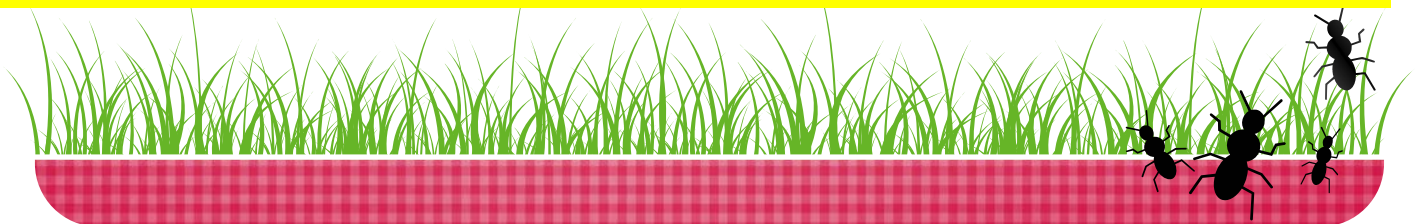


Summertime Safety Tips For Kids...



- * Apply sunscreen with an SPF of at least 15, 30 minutes before going outdoors and reapply every 2 hours or more often if swimming or sweating.
- * Dress children in sun- protective clothing and hats with wide brims.
- * Don't forget your child's eyes when you are out and about. Look for sunglasses that block 99-100% of UVA and UVB rays.
- * Remember that you can still get a sunburn even if it is cloudy. Sunburns do not happen only on sunny days; up to 80% of the suns UV rays can penetrate the skin, even on cloudy days.
- * Protect against bugs. Insects such as potentially disease carrying mosquitos and bees can be harmful to kids. To protect your child against bugs: use insect repellent to guard against ticks, which can carry lyme disease, and mosquitos, which can carry the West Nile and other viruses. Many repellents are made with DEET which is and effective, but toxic insecticide. If you use a product containing DEET it is crucial not to apply the product to a child's hands or face. Wear long sleeve shirts and pants when going outside, particularly at dusk when mosquitos are more likely to be present. Never leave stagnant pools of water around the house, as pools of water can serve as breeding grounds for mosquitos.
- * Prevent dehydration. Frequent water breaks are very important to prevent dehydration. Your child should drink water about every 15-20 minutes during play and exercise. On particularly hot and humid days, it is also a good idea for parents to spray kids down with water from a spray bottle.
- * Don't forget helmets. Your child should wear a helmet whenever they are on anything with wheels. A helmet is the most important device available that can reduce head injury and death from a bicycle crash, according to safe kids USA.
- * Practice food safety. Foodborne illnesses increase in the summer because bacteria grow faster in warmer temperatures and humidity. To prevent foodborne illnesses: be sure to wash your hands before preparing or serving any food. Never cross contaminate. Do not let any raw meat or poultry come in contact with any other food, plates, or utensils. Consider the temperature. Use a thermometer and be sure to cook all meat and poultry to the correct temperatures to kill any harmful bacteria. Keep all perishable foods in the refrigerator and do not keep left-overs unrefrigerated for more than 2 hours.
- * Guard against drowning. Each year, more than 830 children ages 14 and under die as a result of accidental drowning, and an average of 3,600 children are injured in near-drowning incidents. It is crucial to put multiple safety measures in place to keep kids safe: put barriers around pools to restrict access. Never leave kids unsupervised. Remember that drowning can happen silently. Do not use flotation devices- inflatable flotation devices can give kids who cannot swim a false sense of security. Learn CPR. Knowing CPR for adults and children can mean the difference between life and death in an emergency. Learn about the dangers of secondary drowning- which can happen on dry land, and hours after a child inhales water into the lungs.
- * Guard against burns. About half of all accidental burns that occur each year happen to kids under age 4. small children should never be unattended around hot appliances, such as a grill or stove, and should be kept at a distance while you are cooking or using sparklers.

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FREE Fun In The SON!



- * June 16- kids and culture Mt. Pleasant Children's Museum. Free admission from 10am-12pm.
- * June 16- Zoo in the park 11am-1pm. Located at island park. Admission is free and activities include: petting zoo, activity stations, popcorn and cotton candy, face painting, raffles and giveaways, & much more!
- * June 17- Dad Fest! 10am at Island Park. Celebrate dads with a fun event for the whole family. There will be a bacon tent, cool cars, giant inflatables, game, and live music. Admission is free.
- * July 23-28 - Native Fest at Ziiwing cultural Center. Celebrate American Indian Culture with this 6 day event including car bingo, music/comedy night, collection showing, inflatable bouncers, face painting, balloon animals and caricatures.
- * Saturday's in August Movies by Moonlight at the City Hall. Enjoy outdoor movie, popcorn, and fun for the whole family. August 4-Leap. August 11- Star Wars The Last Jedi. August 18- Coco. August 25- Jumanji. '
- * August 10- Kids Health & Safety Day at Island Park 12pm-4pm. Bring the kids out for a fun day of face painting, food, games, vision testing and more! Hosted by Isabella community credit union.
- * August 11- Public Safety Night . All of the area's finest are coming out to make public safety fun for all! Located downtown Mt.Pleasant City Hall parking lot 6pm-8pm.

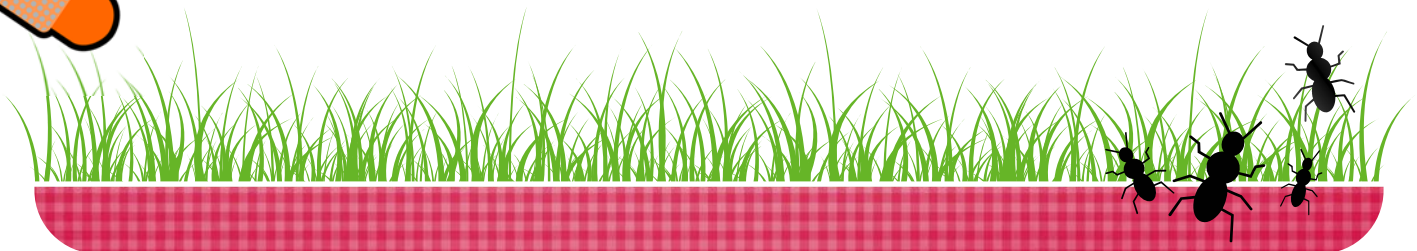
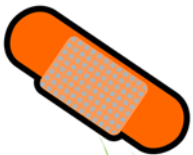
First Aid Kit Essentials

What better time to stock a first aid kit than at the start of the summer season , when many accidents occur. While you cant prevent all accidents, you can be prepared. Here is a list of helpful things to include:

- Tweezers
- Washcloths
- Cold packs
- Infant and children's Motrin or Tylenol
- Oral antihistamine
- Rubbing alcohol
- Digital thermometer



- Band-Aids
- Soap
- Antibacterial gel
- Triple-antibiotic ointment
- Hydrocortisone cream
- Sterile gauze pads
- Adhesive tape



Patriotic Poke Cake

Ingredients:

- 1 (15.25oz) boxed white cake mix
- 1 c. boiling water
- 1 (3oz) box strawberry flavored jell-o
- 1/2 c. cold water
- 1 (8oz) tub cool whip
- 1 (8oz) package cream cheese softened
- 1 c. powdered sugar
- 1 tsp. vanilla
- 1 pound strawberries sliced thin
- 1 c. blueberries



*American Flag Strawberry
Poke Cake*



Directions:

- Make cake as directed on the back of the box for a 9x13" pan
- Let the cake cool for 20 minutes. And poke the cake with a large fork all over
- Mix together the boiling water and jell-o until completely dissolved. Mix in the cold water and pour evenly over the cake
- Cover the cake with plastic wrap and refrigerate for 3 hours
- Combine the cool whip, cream cheese, powdered sugar and vanilla and beat until smooth with a hand mixer, spread on top of cake
- Top with strawberry slices and blueberries to match flag pattern. Refrigerate until ready to serve.

Patriotic Wreath

Supplies:

- Wire wreath frame
- Wood cutout stars, assorted sizes
- Red, white and blue acrylic paint
- Glue gun & glue sticks
- Clothespins (amount needed depends on size of wreath)

Directions:

- Paint clothes pins
- Let clothes pins and stars dry
- Put clothes pins on wire wreath frame— putting all blue clothes pins together, and then alternating 5 red clothes pins followed by 5 white.
- Hot glue stars to the blue clothes pins.



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