



# Early Childhood Iowa Area Board Newsletter

Volume 19 - January 2017

## Greetings and Happy New Year!

It's time to gear up for the new year! The 87th Iowa Legislative Session will begin January 9, 2017 and it should conclude April 28, 2017. When the session ends, Iowa needs a sound strategy to ensure a brighter future for all of us! That strategy must:

- \* Begin at birth
- \* Focus on the whole child
- \* Promote quality
- \* Address needs of children and families
- \* Be efficient and effective

## Early Childhood Investments Produce Results

Mounting scientific evidence demonstrates that early childhood is an unmatched period of brain development and investing in quality early childhood programs produces the following results:

- \* Higher reading and math scores
- \* Higher graduation rates
- \* Better health
- \* Greater self-sufficiency
- \* Higher salaries
- \* Less crime
- \* 7-10% return on investment

Policy makers will have some difficult decisions to make this year due to budget shortfalls and you can be part of the solution. You are encouraged to keep up to date during the next legislative session as well as educate your local legislators on the importance of investing in our youngest Iowa's. Here is a great [advocacy tool](#) from the Iowa Public Health Association to assist you in your advocacy efforts.

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You have the chance to invest in our youngest citizens...and all you have to do is volunteer your time!

The Iowa 4 R Kids Early Childhood Area Board is seeking applicants who want to help children age 0-5 grow, learn and prepare for Kindergarten. With state financial resources, our twelve member board awards Early Childhood grants to ensure young children will be healthy and successful.

Board membership is available to residents who reside or work in Adair, Dallas, Madison, or Warren County, and do not directly or indirectly receive funds from the Board. For more information download the [4 R Kids Board membership application](#) or contact the

## Iowa Earns a B [The Council for Strong America](#)

measured citizen-readiness utilizing three indicators (workforce, crime and **military\***) which demonstrates whether today's young adults are contributing to a strong citizenry. Kansas, Minnesota and Connecticut along with Iowa earned a B. There were only 3 states that earned an A, Hawaii, Massachusetts and Vermont.

## \*Did you know that 71% of Iowan's age 17-24 are ineligible for military service?

*(The best state was Hawaii with 62% and the worst was Mississippi at 78%.)*

## Se Habla Espanol

Babies and kids have a remarkable capacity to learn a second language. A "Newsweek" article stated that "*A child taught a second language after the age of 10 or so is unlikely ever to speak it like a native.*" The same entry also goes onto say that students of a foreign language score higher on standardized tests conducted in English.

ECI Director, Debra Schrader.

The 4 R Kids ECI Area Board has a Facebook Page! 

Debra Schrader

4 R Kids Executive Director

### Unless You're Dad

With a philosophy that speed trumps quality, the average dad takes one minute, thirty seconds to change a diaper. This still adds up to about two 40 hour work weeks a year if dad did all of the diaper changing.

### Child and Domestic Violence

[The National Child Traumatic Stress Network \(NCTSN\)](#) has a series of fact sheets created for parents whose children have been affected by domestic violence. The set of 10 fact sheets gets to the heart of the experiences and needs of these children and families, and offers education in support of their resilience and recovery.

### Trauma-Informed Interventions

NCTSN has summarized various types of clinical and research evidence pertaining to trauma-informed interventions, especially as these interventions relate to diverse cultural groups (as defined by such factors as race, ethnicity, sexual orientation, socioeconomic status, spirituality, disability, and geography). You can find a list of 46 different proven models such as Parent-Child Interaction therapy [here](#).

### "Expensive Problems" Researchers Say High Cost Adults Can Be Predicted At Age 3

A new study suggests that your earliest years may be even more critical than previously thought: Your brain health before you're 3, it finds, may well predict how much you cost society in mid-life, including your health care bills.

"About 20 percent of the population use the lion's share of public services," summed up senior researcher Terrie Moffitt, a professor at Duke University. Among the New Zealand population followed, those services ranged from hospital stays and drug prescriptions, to criminal courts and prisons, to welfare benefits and insurance claims. To read more about this research visit [Common Health](#).

### Early Childhood Iowa

Stay up to date with Early Childhood Iowa. The [Early Childhood Iowa](#) website has a plethora of information.

### Save the Date

The 2017 Child Abuse Prevention and Family Support Conference will be May 1-3, 2017 at the Iowa Events Center in Des Moines. Keep checking the Prevent Child Abuse Iowa [website](#) for more information.

### Centre for Cultural in Ageing

You can download [Communication Cards](#) in 25 languages that depict a wide range of daily activities and situations and can be used to prompt discussion, assist with directions, clarify a client's needs, etc. This is a wonderful tool to communicate with those that do not speak the English language.

### 4 R Kids ECI Board Meetings

February 16, 2017

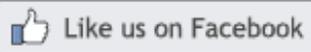
March 16, 2017

April 20, 2017

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4 R Kids Early Childhood Iowa Area Board Vision  
*"Every child beginning at birth will be healthy and successful"*