

Spotlight on Events

THRIVE

3rd Annual Asset Celebration
Friday, May 29 — 5 to 8:30 pm
Osage Centre
Free food and family fun!

For more parent education and family fun events, go to <http://www.communitycaringcouncil.org/>

Community Resource Agencies

Cape Area Family Resource Center
(573) 334-8170

Community Caring Council
(573) 651-3747

Educare
(573) 651-9171

Missouri Mentoring Partnership
(573) 332-0066

United Way of SEMO - Success by Six
(573) 334-9634

University of Missouri Extension
(573) 243-3581

Featured Recipe from MMP Favorite Recipes II

Egg casserole recipe

6 slices white bread, coarsely torn
1 lb. sausage, cooked and drained
1 c. shredded cheese
6 eggs
2 c. milk
1 tsp. salt
¼ tsp. pepper

Preheat oven to 350°
Lightly grease 9x13 baking dish. Place bread in the bottom of the pan. Sprinkle with sausage and cheese. Beat eggs, milk salt and pepper. Pour over bread and sausage. Bake until mixture is set in the middle.

Family Connect

Volume 2, Issue 1

April, 2009



Young Mom Builds Parenting Skills and Confidence, Thanks to Mentor

Shortly before her 18th birthday, Cortney Goodin was “scared to death” when she learned that she was pregnant with her second child. Things didn’t get easier once the baby was born.

Now that she’s joined the MMP’s Young Parent Program, Cortney wishes she had done so sooner. “It’s another branch of support for young parents who don’t have a lot of support,” she said.

Much of the new support Cortney receives is from her mentor, Sunshine Gibbons. Cortney is the fifth young

mom Sunshine has mentored.

Cortney and Sunshine spend a lot of time with their children in the play area at the West Park Mall. While the children play, the parents talk about many subjects from their jobs to their families. “If I have questions, I know I can ask her,” said Cortney.

A common question protégés have asked Sunshine about their children is, “Is that normal?” “Usually, when asked that, 90 percent of the time that has happened to you,” said Sunshine, which enables her to relate a personal story.

Other questions involve finding resources to help their children, according to Sunshine. “I had WIC, I had Medicaid, I know what’s out there,” she said.

Cortney credits the MMP and her mentor with the improved parenting skills she has developed, including increased interaction with her children in more productive ways such as reading to them and joining in with pretend play. Most important to her is the confidence she has developed. “They’re mine, I’m their mom,” she said.

Featured Agency: Cape Area Family Resource Center

The Cape Area Family Resource Center is a non-profit family based agency located at 1202 S. Sprigg St., in Cape Girardeau. As a local hub in South Cape, many resource organizations are able to reach the community and make a positive impact through the center every day.

Center activities and resources are “Free” for every-



one and offer a variety of benefits to people of all ages. Programs include an After School Program, Rising Star Summer Day Camp, Southside Explorers, Senior Lunch-n-Learn, Tiny Toes Snack-n-Learn family fun and learning activities, Boy Scouts, Girl Scouts and so much more! New faces to enroll in programming or volunteers willing to share their talents are always welcome.

Check us out on the web at <http://www.capefrc.org>, or call 573-334-8170 and ask for Michelle Wallace.

THRIVE Assets Corner

How to build:
Community Values



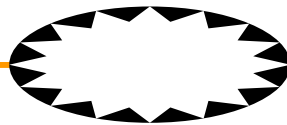
- Visit child-friendly places in your community, such as youth activity programs run by the city, a community agency or a religious organization. (ages 3-5)
- When young workers wait on you at the grocery store or restaurant, greet them warmly. (ages 12-18)
- Be patient with young workers. Don’t show irritation if a worker makes a mistake. (ages 12-18)



Successful Parenting ... Parenting With a Purpose

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Family Fun Activity: Spring into Family Fun Times

Signs of spring are everywhere!

It's the perfect time to talk a walk around the neighborhood with your children. How many colors can you find? Can you name the flowers and blooming trees? It's a fun way to learn about nature and teach your child new language.



Egg hunts are always fun. Count the eggs before you hide them so you will know when all have been found. If you use plastic eggs, you can put pennies, jelly

beans or other small items in the eggs for a surprise (keeping in mind that prize must be age appropriate for the child).

Egg races can be a great challenge!

See if you can be first to walk to a certain tree or bush and back without dropping the egg. You can use raw eggs, but they can be messy when dropped! Dye eggs with your child and use the eggs you dyed. Or, you can use plastic eggs—many stores have plastic eggs at this time of year. Give each person a wooden spoon with an egg. You must walk or run to the designated spot without dropping your egg. If you drop your egg, you must start over.

Children love to play in water.

Let them help you wash the car (or the dog). Everyone will probably end up very wet. But you'll have lots of laughter and a clean car (or dog)!



Consider planting a garden.

It can be small, large or a container garden. Your children will learn to care for plants and observe how some of their favorite foods are grown. Many children think fruits and vegetables come from the grocery store. Let them see how foods grow. It's always fun to eat what you have grown and fresh from your garden always taste better. This is a fun way to get your children to taste new foods.

Enjoy spring and look for fun things to do together. Time together helps strengthen family ties.

Janice Jones
Success by 6 Coordinator
United Way of Southeast Missouri

What's your favorite family activity? Send it to the Community Caring Council and we'll publish it in a future edition.