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THE UNIVERSITY of  
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## C4P News

### Center for Parenting Update

#### **Regional Parent Education Conferences:**

This spring the Center for Parenting will host two Regional Parent Education Conferences; one will be in West Tennessee and the other in Middle Tennessee. If you are a parent educator with a skill or technique that you would like to share at one of the conferences, please email the C4P and let us know. Details regarding date, time, and location will be available after the start of the new year.

#### **Student Intern:**

For the spring semester, the C4P welcomes our student intern Anne Kindt-Smith, who will be working to cover many of the day-to-day functions of our office. As a component of her internship, she will have several opportunities to job shadow parent educators. Please email the C4P if you are interested in having Anne spend a day with you. We are glad to have her join our team!

#### **C4P at the National Council on Family Relations Annual Conference:**

On November 7th, University of Tennessee doctoral student Heather Wallace, and master's student Melissa Rector presented a poster highlighting the work of the Center for Parenting. Heather also won the award for Best Student Proposal in Education and Enrichment. Great work!



### Featured Family Program

The **Carl Perkins Center for the Prevention of Child Abuse** is an Exchange Club organization whose mission is to provide support to West Tennessee families in preventing and dealing with child abuse and to help both parents and children meet the practical needs of preserving and improving the quality of family life. Families who see potential problems developing, or who just want to be better parents, are encouraged to attend the Parent Training classes. By helping the whole family to make positive changes the Center is often able to keep families together or reunite families that have been separated, as well as to improve their quality of life. Although the Carl Perkins Center is the largest, other similar Exchange Club Child Abuse Prevention programs exist throughout the state. Last year alone the Center served over 5,500 individuals.

For more information, contact the Carl Perkins Center at 731-668-4000 or visit their website at <http://www.carlperkinscenter.org/>.

To find other Exchange Club Centers for the Prevention of Child Abuse in Tennessee, visit the Exchange Club District website at [http://www.tennesseedistrictexchangeclubs.com/family\\_centers.htm](http://www.tennesseedistrictexchangeclubs.com/family_centers.htm).

### Featured Book

**Your Money or Your Life** by Joe Dominguez and Vicki Robin

This is a best-selling book featuring a nine-step program for personal financial transformation. It also provides resources for changing the way you earn, spend and save money as well as helping others to do the same.

The book can be purchased on the Your Money or Your Life website at <http://www.yourmoneyoryourlife.org/default.asp>.

**If you have a personal success story, organization, program, or book that you would like featured in an upcoming Center for Parenting newsletter please e-mail us at [center4parenting@utk.edu](mailto:center4parenting@utk.edu).**

### C4P Trivia Question

According to the National Center on Addition and Substance Abuse, teens who had dinner with their families 2 nights per week or less were how much more likely to smoke cigarettes than teens who had dinner with their families 5 nights or more per week?

- A. 2.5 times more likely to smoke cigarettes
- B. 5 times more likely to smoke cigarettes
- C. 10 times more likely to smoke cigarettes

Please send your answer to: [center4parenting@utk.edu](mailto:center4parenting@utk.edu). The first person to answer the trivia question correctly will receive a \$5 Starbucks gift card!

#### **The answer to last edition's trivia question:**

(c) The first wife of Feodor Vassilyev holds the record for most children ever born, 69.

#### **Last edition's winner:**

Crystal Robertson, FCS/4H Extension Agent, Unicoi County

### Keeping You Current: Families in Economic Stress

With the financial crisis that is going on both in our country and throughout the world, many families are finding themselves in economic stress. Several online resources are available to families such as the American Public Media Marketplace at <http://marketplace.publicradio.org/>, Smart Money online at <http://www.smartmoney.com>, and Kiplinger online at <http://kiplinger.com/>. Another local resource is the UT Extension Family Economics website at <http://fcs.tennessee.edu/familyecon/index.htm>.

### Parenting Success Story

Recently, **Mary Holt, a Parent Educator in Knox County's Birth with Kindergarten Program**, ran into a fellow teacher at the grocery store. The teacher gave Mary the name of a young mother whom she felt the Birth with Kindergarten program would benefit. The mother was receptive and began the program. She has grown in taking greater responsibility for her family. She has now developed bedtime and morning routines, scheduled and attended prenatal doctor visits, and cooks meals with her children. Her children are dressed and waiting for the Head Start bus daily. Mary says, "I am proud of the progress made and that she has conscientiously stayed with the program." She even called on a weekend to ask if she was cooking fresh green beans correctly.

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