



**Children's
Service Society**
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QUARTERLY NEWSLETTER

HOME
VISITATION

OCTOBER - DECEMBER

655 E 4500 S STE 200, SLC, UT 84106

HALLOWEEN SAFETY TIPS

With Halloween just around the corner, it's good to have a family plan of how to navigate the spooky season. Whether you're going Trick-Or-Treating as a family or your kids are venturing out on their own, knowing ways to stay safe can help ensure everyone has a good time!

- Ensure costumes/makeup are safe
 - Fire resistant
 - Appropriate length so children don't risk tripping
 - Pre-test make up to ensure children's skin doesn't have an adverse reaction
 - If wearing a mask, make sure it doesn't obstruct vision
 - Make sure children's costumes can be seen in the dark
 - Using reflective tape or glow sticks can be a fun way to ensure your child is safe
 - Ensure children stick to neighborhoods and areas that they are familiar with to avoid getting lost in the dark
 - Utilize the buddy system to make sure no child is left behind
 - Check children's candy before letting them eat it. Remove any treats that aren't age appropriate or that children may have allergic reactions to
 - Make sure you know the children your child is Trick-Or-Treating with
 - Check in with other parents to make sure everyone is on the same page of where they will be

NAVIGATING THE HOLIDAY SEASON

The holiday season often evokes a wide spectrum of emotions. While it brings excitement and a flurry of activities for some, it can induce stress and, at times, a sense of isolation for others. There is no singular correct approach to navigating this dynamic period. Regardless of where one stands, it's crucial to acknowledge that individual feelings/beliefs hold significance and validity, irrespective of their nature. No matter where you stand, here's a list of simple ways to help navigate this time of year.

- Plan spending: Holidays typically mean spending money. Help alleviate stress by creating a budget and sticking to it. Gifts don't have to cost an arm and a leg to be meaningful. Even a simple handwritten card can mean a lot to someone.
- Create relaxing surroundings: Whether it be turning on calming music, lighting candles, or going for a walk, make sure to take time to yourself
- Respect differences: Friends/Family can have different viewpoints. Focusing on similarities can help alleviate tension. If that doesn't work, simply walking away for a few minutes to collect your thoughts/emotions can help avoid future confrontations
- Stay connected: Make sure to leave time for friends and/or family who value you for who you are
- Just say no: It's okay to say no when you've been asked to do more than you can. Remember, it's YOUR holiday, too! Enjoy it how you want
- Your feelings are valid: If you feel something is not right for you, you don't have to participate/engage in that activity, without explanation

COMMUNITY RESOURCES

Every family is unique, with its own specific needs, and finding the right community resources can sometimes feel overwhelming. To make things easier, we've put together a list of local resources tailored to help support your family.



Utah Community Action is a Non-Profit with the aim to help meet the needs of the community, especially individuals experiencing poverty.

Resources they offer are: Workforce Development, Head Start Preschool, HEAT Utility Assistance, House & Case Management, Home Weatherization, and Nutrition



Community Action Network of Utah bundle services across programs and make referrals to partners and resources to help households stabilize. They have a

Diaper Distribution Program which helps connect families to community partners who can provide diapers/wipes



Women, Infants & Children is a supplemental nutrition program that provides nutrition services & healthy foods to eligible participants. WIC helps

families learn how to feed their baby, shop on a budget, and prepare quick nutritious meals. Participants will receive one-on-one counseling, online/group nutrition classes, and be provided education materials

SAY HELLO TO YOUR NEWEST STAFF!

Just like the changing of the seasons, Home Visitation had their own change! We are so excited to welcome our newest Parent Educator, Francione Neff! We are so excited to have her on the team and look forward to working together to help better our community!
Continue reading to learn more about Francione.



I'm Francione Neff, originally from Brazil, with years of experience in education, supporting low-income populations. As a former foster child, I am deeply committed to breaking the cycle of my childhood by making sure my family feels loved and that all their needs are met with care. My core values include, meditation, respect for children, integrity, hard work, compassion, and fairness, which guide everything I do. I'm also an affiliate coach for Tony Robbins and Dena Graziosi. In my free time, I enjoy playing golf, hiking, dancing, and expressing my soul through writing