PARENTING IS HARD.

BRIDGE CAN HELP.
CALL OR TEXT TODAY.

(443) 546.0617

BRIDGE Has a New Website!

Parenting is hard. BRIDGE can help. Call or text today.

The Southern Maryland BRIDGE Project supports families who have worries or questions about their young child’s development and behavior.

Read more
somdbridge.org

The Warm Line is Taking Calls!

BRIDGE has launched a warm line that families can call if they have any concerns about their children from birth
to their 6th birthday.

- **Who answers the phone:** A parent who has worked to address their own child’s developmental and behavioral needs.

- **How can they help:** They listen to your concerns about your child and family and then connect you to a range of family and child-focused services to meet your family’s and child’s needs.

- If you have families that would benefit from extra support, **please call or have them call this number:**

  (443) 546-0617

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### The Work of BRIDGE

- In the month of July, the BRIDGE Leadership Team held a Warm Line Messaging Session during which the team worked to refine messaging about the new warm line service, developing language to encourage families to call and engage in services.

- During September, the team held a Financing and Sustainability Meeting where partners worked to prioritize sustainability goals for Year 4 of BRIDGE. Shared values were identified and successes of the project were discussed, as well as work to be focused on in the coming year.

The BRIDGE Leadership Team has presented and/or participated in the following professional development and networking opportunities during the past several months:

- **University of Maryland School of Social Work Training Institutes**, July 2018

- **The Maryland LAUNCH Fatherhood Symposium: Creating Father Friendly Environments**, August 2018

**Important Upcoming Dates:**

- **DC 0-5 Training**, College of Southern Maryland, November 29th and 30th *(rescheduled)*
  - Please email Paola at paola.andujar@ssw.umaryland.edu to confirm your attendance if you registered online for the initial training dates or to be sent the registration links.

- **SAMHSA Federal Site Visit**, Charles County Health Department, October 17th, 18th, and 19th
Clarifying Medicaid Billing Practices Can Help States Prioritize Young Children’s Healthy Emotional Development

Evidence continues to mount that healthy social and emotional development in infants and toddlers underpins a lifetime of healthy physical development. But Medicaid policy and practice solutions to improve infant and early childhood mental health ...

Read more
ccf.georgetown.edu

Supporting the Psychological Well-Being of the Early Care and Education Workforce
Supporting the Psychological Well-Being of the Early Care and Education Workforce: Findings from the National Survey of Early Care and Education

While many efforts to improve the quality of early care and education (ECE) have focused on increasing teachers' and caregivers' competencies and knowledge specific to the teaching of young children, a small body of research suggests that an ECE...

Read more
www.acf.hhs.gov

The More You Hug Your Kids – The Smarter They Get
New study: The more you hug your kids, the more their...

Are you the kind of parent that's always hugging your kids? If the answer is yes then don't stop doing what you're doing. According to new research, physical affection during a baby's development period is even more important than we thought.

Read more
en.newsner.com

The Year After Childbirth is the Deadliest for Addicted Women
The year after childbirth is the deadliest for addicted...

Katie Raftery was in a Massachusetts prison for drug-related crimes when she found out she was pregnant with her second child. A longtime heroin user, she was released to a residential drug treatment program where she stayed for seven months,...

Read more
www.pbs.org

TED Talk: The Best Kindergarten You've Ever Seen

Takaharu Tezuka: The best kindergarten you've ever seen

At this school in Tokyo, five-year-olds cause traffic jams and windows are for Santa to climb into. Meet: the world's cutest kindergarten, designed by architect Takaharu Tezuka. In this charming talk, he walks us through a design process that...

Read more
www.ted.com

LeBron James Is Schooling Us on What Education Reform Got Wrong

"James’ move should inspire a generation of policymakers to acknowledge that until we fund poverty relief in tandem..."
with academics and stronger relationships, achievement gaps and opportunity gaps will persist."

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**LeBron James Is Schooling Us on What Education Reform...**

National headlines offering hope about the state of American education this year have been few and far between. Until last week when LeBron James announced he was opening a school.

Read more  
[www.edsurge.com](http://www.edsurge.com)

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**Parent Cafés**

Families already have the most important thing they need – love. Through Strengthening Families Maryland Parent Cafés, parents can build other key factors that can help their families thrive. As part of the BRIDGE System of Care, Maryland Family Network builds local capacity for organizations in Southern Maryland to provide Parent Cafés, which are appropriate for all parents of children birth through age five.

An effective family engagement tool, Parent Cafés bring together parents of children birth through age five for structured, meaningful conversations related to the five research-informed Strengthening Families Protective Factors which have been shown to help keep families strong.

Those five Protective Factors are 1) **Parental Resilience**, which relates to being strong even when we are stressed 2) **Social Connections**, which includes giving and getting support 3) **Knowledge of Parenting and Child Development**, which includes understanding what to expect of our children at each stage so we can parent better 4) **Social & Emotional Competence of Children**, which includes helping our children manage feelings and relationships and 5) **Concrete Support in Times of Need**, which refers to getting help when we need it.

Parents tell us that participating in Parent Cafés can help reduce feelings of stress and isolation, increase parenting knowledge and skills, and help build relationships with other parents.
To find out if Parent Cafés are being offered in your community, please contact Virginia McDaniel at Maryland Family Network at 443-873-5847 or by email at vmcdaniel@marylandfamilynetwork.org.

Local Events

**FALL FAIR & OPEN HOUSE**

**WHEN**
September 27th
10-11 AM

**WHERE**
WALDORF WEST LIBRARY
WALDORF, MD 20603

**CONNECT WITH**
MOMS CLUBS, PLAY GROUPS,
COMMUNITY ORGANIZATIONS AND
OTHER RESOURCES

[www.theplayfulparent.org](http://www.theplayfulparent.org)

**SUPPORT FOR PARENTS AND CAREGIVERS**

FREE TO ATTEND

DOOR PRIZES

GOODIE BAGS

CONNECTION TO RESOURCES

**MORE ABOUT THE PLAYFUL PARENT**

THE PLAYFUL PARENT IS A RESOURCE FOR PARENTS THAT ADVOCATES LEARNING THROUGH PLAY AND PROMOTES FAMILY BONDING

The Playful Parent is hosting this event to help connect families to support networks and activities for infants, toddlers and young children that are at home with a parent or caregiver during the day. Come out and meet local moms clubs, discover community programs and other resources available in Southern Maryland.

(Click on image to expand)
Judy Center Harvest Fest!

Sponsored by Charles County Public Schools Judy Center

Harvest Fest is for children and their families birth through kindergarten that are zoned for C. Paul Barnhart, Dr. Samuel Mudd and Eva Turner Elementary schools

Saturday, October 6, 2018
11:00 am - 1:00 pm
Held at: Dr. Mudd Elementary, Transition School
3155 John Hanson Drive
Waldorf, Md 20601

The fun includes: Make & Take activities, Door prizes, Face painting, Food!

Find out information about the Charles County Judy Center and local community partners!

Don’t miss out on this FREE and fun filled event for your family

Call the Judy Center at 301-934-7493 for more information

Cut and return to your child’s teacher or to the Judy Centers by September 28, 2018

_____ I will attend
_____ I am not attending

Please explain for planning purposes:

Child’s name____________________ Teacher’s Name:____________________

Parent/Guardian’s Name____________________

How many? _____ Children (under the age of 10) _____ Children (over the age of 10) _____ Adults

Harvest Fest will not be held if school is closed all day or closes early for inclement weather, or for any reason evening activities at school are cancelled.

Share your ideas or questions with us!

Click here to reach us
policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).