

MAY 2024

CASA CORNER



UPCOMING COURT DATES

IBERIA PARISH

May 22, 2024

ST. MARTIN PARISH

May 10, 2024

May 24, 2024

ST. MARY PARISH

May 06, 2024

May 30, 2024

WOMEN'S HEALTH MONTH

Women's Health Month serves as a reminder to take care of your overall health and make it a priority in your life. This includes seeking medical help when you need it, but it also involves engaging in preventive care to keep you healthy. Use this month as an opportunity to educate yourself on the most common risks to women's health, the symptoms, the warning signs, and when you should seek medical attention, so you know when something is out of the ordinary. Here are some of the most important health concerns that women should consider during Women's Health Month:

Breast Cancer

Cervical Cancer

Ovarian Cancer

Sexual & Reproductive Health

Mental Health

Physical Activity & Diet

Osteoporosis

Cardiovascular Disease

CASA BIRTHDAYS

CASA Children w May Birthdays

Sharon Thibodeaux - 1 child (May 11th)

Theresa Burleigh - 1 child (May 16th)

Bayli Scully - 1 child (May 27th)

PLEASE contact the office about your party in a bag.

HAPPY MOTHERS DAY

No matter how old a child is, when they come home, they want to see their mother first. When a child is in trouble, they run to their mother for help. She forgets her desires while fulfilling the wishes of others. She feeds her children by preparing their favorite dishes. She narrates new stories to her children. A mother is the first teacher and the first friend of her children. Mothers teach their children good manners, equity, morality, and humanity. She carries her child in her womb for nine months and nurtures her little one with all her heart and soul. She can decipher every gesture of her children since the time they are born. She loves her children unconditionally and guides them on the right path in life. She takes care of her children and ensures their safety in every way. In fact, for every child, a mother is the most precious gift of their life.

We celebrate Mother's Day to thank our mothers, expressing our love and gratitude for them.



MAY 12TH

NATIONAL

FOSTER CARE MONTH

ENGAGING YOUTH. BUILDING SUPPORT. STRENGTHENING OPPORTUNITIES. This year's National Foster Care Month theme shines a light on how we can best support young people and help them successfully transition to adulthood. It mirrors one of the Children's Bureau's highest priorities: ensuring young people leave care with strengthened relationships, holistic supports, and opportunities.

May is an important opportunity to spread the word about the needs of the **more than 391,000 children** and young people in foster care. **Nearly 20,000 young people** transition out of the foster care system each year without a permanent family. Holistic transition planning is one way we can ensure young people have the tools they need to succeed, and taking this approach during early teenage years can make a huge difference. Planning for the transition to adulthood is an important goal of case planning for all young people in foster care, yet, it still sometimes falls short of preparing young people for the emotional, psychological, and developmental aspects of transitioning from care. Young people want to have lasting connections to the people in their lives who have shown up consistently for them, and we need to encourage and support this. We all know how much richer life can be when we have lasting bonds and lifelong connections.

Transition services, such as vocational training and housing assistance, are designed to help young people with foster care experience transition to adulthood. Participation in federally funded transition services provides a window into how well young people are being equipped for employment, education and housing. In the state of Louisiana, **4,267 children**, or 87% of Louisiana's foster care population, received a service at any point between ages 14-21. These transition services can include: life skills training, employment programs/vocational training, educational financial assistance, room and board assistance, academic support for K-12, and mentoring.

2023 LA PROFILE
TRANSITION AGE YOUTH IN FOSTER CARE

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WELLNESS MONTH

With so many factors affecting our health, from our environment to our feeding and lifestyle habits, religiously catering to our health can improve our overall well-being. What better way to embark on this journey than as a family? Family Wellness Month was created to educate and support families on their quest for wellness and not just illness treatment, as every family is encouraged to take up different wellness activities to improve the general health of the population.

To make positive and healthier choices, there are certain practices you should adopt to improve your family's health and wellness starting with making physical activity a priority and a healthy diet a must. Habits built-in childhood are hard to break as an adult. In addition, children are more likely to engage in actions and conduct they see their parents do, so, participate fully instead of simply encouraging them to do it. It may be hard since children these days like to stay indoors and play games or watch television, however, as a parent it is up to you to not only encourage physical activity but also make sure that they get their required levels of physical activity daily. This can be done by encouraging them to participate in a sport or activity they enjoy (swimming or soccer, playing outside).

Eating a balanced diet, and maintaining a healthy lifestyle reduces the risk of many diseases including cancer, diabetes, and obesity. When it comes to food-related behavior, eating at home, especially a home-cooked meal has been found to increase the chances of children developing healthy habits. Don't just advocate for healthy eating--lead your children on the journey to better eating habits! Avoid skipping breakfast yourself and make sure your family is getting their day started with a nutritious meal, or eat dinner together as a family and avoid watching television during the meal. (It is proven by studies that you eat extra when you are being unmindful, and eating while watching TV will make you eat more or less than you would have if you were eating with full attention.)

When it comes to assessing the overall wellness of our bodies, physical health can, for the most part, be easily determined. However, another, and arguably more important, wellness aspect is our mental health. This is because the condition of our mind is what determines how we handle stress, relate to others, and make choices. Being mentally healthy during childhood includes reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children are more likely to have a positive quality of life and are more likely to function well at home, in school, and in their communities.

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WELLNESS MONTH

A child's healthy development depends on their parents—and other caregivers who act in the role of parents—who serve as their first sources of support in becoming independent and leading healthy and successful lives.

The mental health of parents and children is connected in multiple ways. Parents who have their own mental health challenges, such as coping with symptoms of depression or anxiety (fear or worry), may have more difficulty providing care for their child compared to parents who describe their mental health as good. Caring for children can create challenges for parents, particularly if they lack resources and support, which can have a negative effect on a parent's mental health. Parents and children may also experience shared risks, such as inherited vulnerabilities, living in unsafe environments, and facing discrimination or deprivation. A recent study asked parents (or caregivers who had the role of parent) to report on their child's mental and physical health as well as their own mental health. One in 14 children aged 0-17 years had a parent who reported poor mental health, and those children were more likely to have poor general health, to have a mental, emotional, or developmental disability, to have adverse childhood experiences such as exposure to violence or family disruptions including divorce, and to be living in poverty.

Supporting parents, and caregivers who act in the role of parent, is a critical public health priority. CDC provides parents with [information about child health and development](#), including [positive parenting tips](#), information and support when parents have [concerns about their child's development](#), or [help with challenging behavior](#). CDC supports a variety of programs and services that address [adverse childhood experiences](#) that affect children's and parents' mental health, including programs to prevent [child maltreatment](#) and programs that support [maternal mental health during and after pregnancy](#). CDC also examines [issues related to health equity](#) and [social determinants of health](#), including racism, that affect the emotional health of parents and children. More work is needed to understand how to address risks to parents' mental health.



CDC RESOURCES
CHILDREN'S MENTAL HEALTH

happy
CASA Anniversary

**KRISTA
MAGERS**

**SHARON
THIBODEAUX**

**AMANDA
LANDRY**