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## C4P News

Center for Parenting Update	Featured Family Program
<p><b>Regional Parent Education Conferences:</b></p> <p>On <b>March 2<sup>nd</sup></b>, the Center for Parenting will host the South Central Regional Parent Education Conference at Lane Agri-Park in Murfreesboro Tennessee.</p> <p>On <b>March 3<sup>rd</sup></b>, the Center for Parenting will host the Southwest Regional Parent Education Conference at West Tennessee Research and Education Center.</p> <p>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.</p> <p>If you are interested in attending or know of others who might be interested, please let us know by emailing the C4P at <a href="mailto:center4parenting@utk.edu">center4parenting@utk.edu</a>.</p> <p><b>Graduate Assistant:</b></p> <p>For the spring semester, the C4P welcomes <b>Juli Sams</b> as our new Graduate Assistant. Juli has returned to UT to get her PhD in Child &amp; Family Studies. Her primary role will be to locate grants for the C4P, evaluate a local parent education program as well as contribute to manuscripts and presentations. We are very happy to have Juli here with us!</p>	<p>The <b>Lisa Ross Birth &amp; Women's Center</b> is a non-profit women's healthcare and wellness center located in Knoxville, Tennessee. Their mission is to close the gap in health disparity for women who are vulnerable to poor health outcomes and to provide a safe environment for excellent outcomes for women, mothers and babies. Lisa Ross has three part-time parent educators dedicated to teaching parents about many topics ranging from brain development and breast feeding to the birth and postpartum process. They are now offering group prenatal visitation classes and are beginning one new Spanish and English speaking Centering class each month. Centering classes go through post-partum checkup and follow a traditional prenatal appointment schedule. Parent educators have found that their Spanish speaking population has many barriers to healthcare including language and travel. Therefore they are going into some of the Spanish speaking patients' homes and having one-on-one discussions to teach the parents what they can do to help promote prenatal brain development.</p> <p>The Lisa Ross Birth &amp; Women's Center hopes to offer classes in Prenatal Massage and Dr. Harvey Karp's <i>The Happiest Baby On the Block</i> in the future.</p> <p>For more information, contact the Lisa Ross Birth &amp; Women's Center at (865) 524-4422 or visit their website at <a href="http://www.lisarosscenter.org/">http://www.lisarosscenter.org/</a></p>
<p><b>Featured Books</b></p> <p>This month we are featuring three books related to body image and young/ adolescent girls. Each of these books is available at your local bookstore or internet book supplier:</p> <p><b>Reviving Ophelia Saving the Lives of Adolescent Girls</b> by Mary Pipher, Ph.D.</p> <p>An eye-opening look at the everyday dangers of being young and female and how adults can help.</p> <p><b>Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body</b> by Courtney E. Martin</p> <p>"Calling on young women to harness their intellectual and emotional energy and learn to enjoy their bodies, 'imperfect' though they may be."</p> <p><b>The Lolita Effect: The Media Sexualization of Young Girls and What We Can Do About It</b> by M. Gigi Durham</p> <p>Durham offers practical suggestions for overcoming these falsehoods, including sample questions for parents and children.</p>	<p><b>C4P Trivia Question</b></p> <p>According to The Guinness Book of world records. What is the age of the youngest naturally conceiving mother and of the oldest naturally conceiving mother?</p> <p>A) 10; 70        B) 5; 59        C) 8; 66</p> <p>Please send your answer to: <a href="mailto:center4parenting@utk.edu">center4parenting@utk.edu</a>. The first person to answer the trivia question correctly will receive a \$5 Starbucks gift card!</p> <p><b>The answer to last edition's trivia question:</b></p> <p>(a) According to the National Center on Addiction and Substance Abuse, teens who had dinner with their families 2 nights per week or less were 2.5 times more likely to smoke cigarettes than teens who had dinner with their families 5 nights or more per week.</p> <p><b>Last edition's winner:</b>        Sharye Hendrix, Coordinator, University of Tennessee at Martin</p>
<p><b>If you have a personal success story, organization, program, or book that you would like to have featured in an upcoming Center for Parenting newsletter please e-mail us at <a href="mailto:center4parenting@utk.edu">center4parenting@utk.edu</a>.</b></p>	
<p><b>Meetings and Trainings</b></p>	
<p><b>10th Annual National Fatherhood &amp; Families Conference</b> will be held March 2nd -5th in Phoenix, AZ. Please see <a href="http://www.azffc.org/show_page.php?id=140">http://www.azffc.org/show_page.php?id=140</a> for more information.</p> <p><b>23rd Annual "Kids are Worth It!" Conference</b> will be held March 4th - 6th, 2009 in Baton Rouge, LA. Please see <a href="http://www.pcal.org/Website/webpages/Events/events_kidsworthitconference.htm">http://www.pcal.org/Website/webpages/Events/events_kidsworthitconference.htm</a> for more information</p> <p><b>21st Annual Children's Advocacy Days: Growing the Next Generation</b> will be held March 10th - 11th in Nashville, TN. Please see <a href="http://www.tn.gov/tccy/cad.pdf">http://www.tn.gov/tccy/cad.pdf</a> for more information.</p> <p><b>New York State Child Abuse Prevention Conference: Transformation 2009</b> will be held April 20th - 22nd in Albany, NY. Please see <a href="http://www.preventchildabuseny.org/conf09/index.shtml">http://www.preventchildabuseny.org/conf09/index.shtml</a> for more information</p>	