



Family Voices Inc.

Prepare More, Meet Less Doing Your Pre-Meeting

Homework Will Make You a Hero. Part I of III

The more you prepare for meetings the shorter they will be. Most meeting attendees and leaders are sorely under prepared and hence their meetings drag on longer than they should, and usually with mediocre results. A smooth running meeting or group event takes a bit of work behind the scenes before the event. Herein lies another common reason why most meetings are less than phenomenal— few people are willing to do the necessary homework. But, those who do stand head and shoulders above the vast majority of their meeting peers, and they can really help move a meeting forward. Have you done your homework?

The most successful people in the world come to meetings prepared. The number of people willing to do their homework, as you may have noticed, is rather low. So simply showing up prepared for a meeting sets you apart from the group, granting you increased credibility and says something very positive about the kind of person you are. Use the following tips as a guide to help you show up thoroughly prepared, move meetings forward more quickly and with better results, whether you're the meeting leader or a participant.

Set your personal goal for the meeting

How will you know if the meeting you're attending is a success for you? Spending a few minutes to define your goals or measures of success can go a long way to making them a reality. Use the following questions to help clarify these measures for yourself.

- What will distinguish success from failure in this meeting?
- What do I want to have accomplished by the time this meeting is over?
- What kind of relationships do I want to leave this meeting having developed or improved?
- How do I want people to view me as a member of this organization?

©2004. FacilitatorU.com. All Rights Reserved.

We've found a semimonthly e-newsletter from John C. Maxwell— Leadership Wired—that has really great info to assist leaders in developing personal leadership skills and those around them. Questions and topics are built around developing leaders, adding value and equipping leaders. Check out www.maximumimpact.com to learn more about this free e-newsletter filled with cutting edge ideas and information.

Courage is the most important of all the virtues, because without courage you can't practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage.

-Maya Angelou

SPOTLIGHT

Cassie Johnston, President of Family Voices Board of Directors, has been selected for a National Parent Leadership Award from the National Infant Toddlers Coordinators Association. This is a well desired honor. ITEIP is proud to have Cassie as the Washington Parent Participation Coordinator for ITEIP and early intervention services. Her work helps them continue to have families/parent involved in policy development and implementation of family centered early intervention services. The award will be presented at the National IDEA, Part C Conference the first of February 2005. Cassie is only the second parent to have been honored with this award. Way to go Cassie!

January as the National Birth Defects Prevention Month

January has been designated as Birth Defects Prevention Month to highlight the public health importance of birth defects. Public health campaigns to increase folic acid consumption and stop high-risk behaviors during pregnancy are making progress in decreasing the number of children born with preventable birth defects. Folic acid awareness and food fortification has successfully reduced the number of babies affected with spina bifida and anencephaly. However, there is much more work to be done to support these important prevention strategies, as well as treatment and care options for children born with a birth defect and their families.

For more resources and information, please go to: <http://nbdpn.org/NBDPN/bdpm2005.html>



ReCap of FV Talk

This information is a summary collected from Family Voices Talk listserv

News & Stories

Title V Block Grants

This is a great learning process – we learn as much as we give!

Each state is different and has unique challenges, but recognizing how resources are being utilized – and to what outcomes - has been enlightening.

It's a great way for parents to learn challenges posed to states by the federal program and what . . .they can do to assist their state to meet its goals and objectives.

These are some of the comments made by family reviewers of this year's Title V Block Grant Reviews. All said being a reviewer had strengthened or reinforced their knowledge of state Title V programs. Families are almost universally enthusiastic about the benefits of participation, tempering this with saying what hard work it is!

Each year Family Voices is pleased to participate with the Maternal and Child Health Bureau in the review of the Maternal and Child Health Block Grants. The Bureau selects 10 - 15 family members (who have received training from MCHB) as reviewers. Family Voices provides information and support from experienced FV Network members.

Reviewers also indicated that their participation helped put their own state's activities into perspective. In some cases they planned to take ideas back; in other cases they felt their state was ahead.

Very eye-opening to what other states are doing and where we could vastly improve

. . .let [others] know what bold strategies other states are trying

[I'll] pay closer attention to the 5-year needs assessment

We're ahead of the curve as far as parent involvement is concerned

The Family Voices' conference will offer an opportunity to attend a session on Title V Block Grants, conducted by staff from MCHB. If you've been wanting to take the training or if you'd like a chance to ask questions, this is your opportunity! While participation in the federal reviews is limited, all Family Voices Network Members can benefit from learning how the Block Grants, the foundation Title V activities in our states, work and the important roles for families.

Inspiration

Need a little inspiration each day? One of the best sites we've found for "food for thought" is www.readyaiminspire.com, where you'll find "rare and inspiring quotes for innovative leaders." Sign up for the Quote of the Day e-mail.

Do you know why birds of a feather flock together? Because they're all going in the same direction. They share a common vision.

Jeff Olson
The Slight Edge

To receive "Friday's Child" on e-mail:

Send an email to

fridayschildnews-subscribe@yahoogroups.com

To become a member of our family and for more information please visit our website: www.familyvoices.org



2340 Alamo SE, Ste. 102 Albuquerque, NM. 87106

Phone: 505-872-4774 Fax: 505-872-4780

Toll-Free: 1-888-835-5669

Email: kidshealth@familyvoices.org