



Fostering Footnotes

First Edition

2019

Quarterly Training Dates to Remember:

Family & Children Services is partnering with the **Region 3 Resource Team (R3RT)** this year to bring you great trainings! All the information is below. Don't forget to RSVP and we look forward to having you participate!

All trainings are located at the Kalamazoo Office in the Board Room (1608 Lake Street, Kalamazoo, MI 49001)

February 23, 2019 – RSVP to luginia_srygley@judsoncenter.org or 734-528-2004

Time: 9:30 am – 12:30 pm

Snacks provided by F&CS

Childcare provided by R3RT (must RSVP as there is limited availability)

PARC; Brandy Woods: Black Hair/Skin Care

Brandy Harris-Woods, MA Family Ecology PARC Worker (Judson Center) – Brandy is an advocate for Strong Families and has worked in the human services field for more than a decade. Brandy has assisted a multitude of families transitioning from crisis to stability. Brandy Woods is the founder and CEO of Family Matters Culture Counts. Founded in 2006 to help

Many families foster and adopt outside their own race; so, obtaining knowledge about proper hair care is important. Caring for your child's ethnic hair can be challenging. However, it doesn't have to be. Do not be intimidated. You can master the art of caring for ethnic hair. It is a skill that can and should be learned. Together let us discuss techniques and products to build your child's confidence in having healthy, beautiful, ethnic hair.

Together we will explore

- * What You Should Know About Black Hair Care
- * What are the different black hair types
- * Hair Care Tips by Type
- * Necessary Tools for Black Hair Care
- * Community resources

June 29, 2019 – RSVP information will come at a later date

Time: 9:30 am – 12:30 pm

Snacks provided by F&CS

Childcare provided by R3RT (must RSVP as there is limited availability)

PARC; Jane Argiero: IEP/Special Education Advocacy

IEP and 504 Plans to Meet the Needs of Children with Behavioral Challenges.

Jane Argiero, BA, is a former foster parent to 29 children, an adoptive parent and a biological parent. She is a

former foster care licenser and foster care worker, and is currently a Post Adoption Resource Center worker. Jane has training in IEP/504 policy, and has helped her own children as well as other families in advocating for the school support they need.

Do you have a child who is frequently in trouble at school, getting sent to the office, suspended or expelled? Are your child's grades suffering due to behaviors? Are you stressed out from the negative phone calls and notes from the school? Learn how to get an IEP or 504 plan which supports your child's emotional and behavioral challenges, to allow for success in school, a happier child and less stress at home.

August 10, 2019 – RSVP information will come at a later date

Time: 9:30 am – 12:30 pm

Snacks provided by F&CS

Childcare provided by R3RT (must RSVP as there is limited availability)

PARC; Brandy Woods: Inter-racial adoption Self Esteem

Help support your children by being sensitive and aware of cultural differences and biases that exist. By learning how to help a child from a culture outside of your own build his or her own identity, you can work toward minimizing the trauma suffered by being removed from their culture of origin.

October 12, 2019 – RSVP information will come at a later date

Time: 9:30 am – 12:30 pm

Snacks provided by F&CS

Childcare provided by R3RT (must RSVP as there is limited availability)

TBRI-Certified; Elizabeth Cary: Safety First!

Creating an environment of felt safety to help your children heal from trauma.

Save the Date:

The **Annual Easter Egg Hunt** sponsored by the Kalamazoo Junior League will be **April 13th** from **10:00 am to 11:00 am** at the Kalamazoo location. The event starts at 10:00 am with games and socializing and the egg hunt will be at 10:30 am. Please RSVP to Melissa Brink at melissab@fcsource.org. **A formal invitation will be sent shortly.



Reading Corner

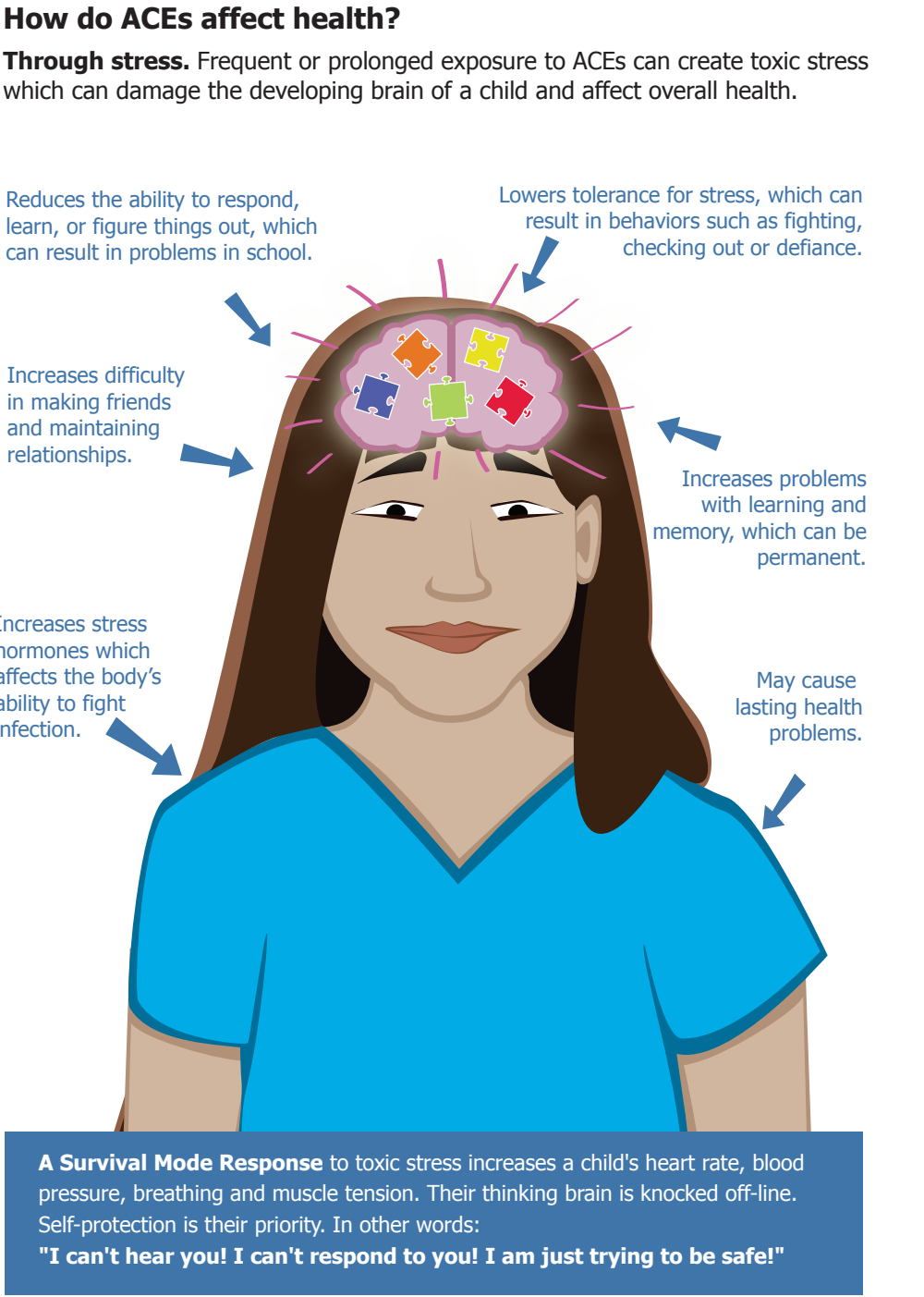
STRESS & EARLY BRAIN GROWTH
Understanding Adverse Childhood Experiences (ACEs)

by the Community & Family Services Division at the Spokane (WA) Regional Health District
What are ACEs?

ACEs are serious childhood traumas -- a list is shown below -- that result in toxic stress that can harm a child's brain. This toxic stress may prevent a child from learning, from playing in a healthy way with other children, and can result in long-term health problems.

- Adverse Childhood Experiences can include:**
1. Emotional abuse
 2. Physical abuse
 3. Sexual abuse
 4. Emotional neglect
 5. Physical neglect
 6. Mother treated violently
 7. Household substance abuse
 8. Household mental illness
 9. Parental separation or divorce
 10. Incarcerated household member
 11. Bullying (by another child or adult)
 12. Witnessing violence outside the home
 13. Witness a brother or sister being abused
 14. Racism, sexism, or any other form of discrimination
 15. Being homeless
 16. Natural disasters and war

- Exposure to childhood ACEs can increase the risk of:**
- Adolescent pregnancy
 - Alcoholism and alcohol abuse
 - Depression
 - Illicit drug use
 - Heart disease
 - Liver disease
 - Multiple sexual partners
 - Intimate partner violence
 - Sexually transmitted diseases (STDs)
 - Smoking
 - Suicide attempts
 - Unintended pregnancies



The good news is resilience can bring back health and hope!



What is Resilience?

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of ACEs.

Resilience trumps ACEs!

Parents, teachers and caregivers can help children by:

- Gaining an understanding of ACEs
- Helping children identify feelings and manage emotions
- Creating safe physical and emotional environments at home, in school, and in neighborhoods

What does resilience look like?

1. Having resilient parents

Parents who know how to solve problems, who have healthy relationships with other adults, and who build healthy relationships with their children.

2. Building attachment and nurturing relationships

Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.

3. Building social connections

Having family, friends and/or neighbors who support, help and listen to children.

4. Meeting basic needs

Providing children with safe housing, nutritious food, appropriate clothing, and access to health care and good education.

5. Learning about parenting and how children grow

Understanding how parents can help their children grow in a healthy way, and what to expect from children as they grow.

6. Building social and emotional skills

Helping children interact in a healthy way with others, manage their emotions and communicate their feelings and needs.

Resources:

ACES 101

<http://acestoohigh.com/aces-101/>

Triple-P Parenting

www.triplep-parenting.net/glo-en/home/

Resilience Trumps ACEs

www.resiliencetrumpsACEs.org

CDC-Kaiser Adverse Childhood Experiences Study

www.cdc.gov/violenceprevention/acestudy/

Zero to Three Guides for Parents

<http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/>

Thanks to the people in the Community & Family Services Division at the Spokane (WA) Regional Health District for developing this handout for parents in Washington State, and sharing it with others around the world.

Why You Should Stop Yelling at Your Kids

By: Stephen Marche (The New York Times)

The use of spanking to discipline children has been in decline for 50 years. But yelling? Almost everybody still yells at their kids sometimes, even the parents who know it doesn't work. Yelling may be the most widespread parental stupidity around today.

Households with regular shouting incidents tend to have children with lower self-esteem and higher rates of depression. A 2014 study in The Journal of Child Development demonstrated that yelling produces results similar to physical punishment in children: increased levels of anxiety, stress and depression along with an increase in behavioral problems.

How many times in your parenting life have you thought to yourself, after yelling at your kids, "Well, that was a good decision..."?

It doesn't make you look authoritative. It makes you look out of control to your kids. It makes you look weak. And you're yelling, let's be honest, because you are weak. Yelling, even more than spanking, is the response of a person who doesn't know what else to do.

But most parents — myself included — find it hard to imagine how to get through the day without yelling. The new research on yelling presents parents with twin problems: What do I do instead? And how do I stop?

Yelling to stop your kids from running into traffic is not what we're talking about here. We're talking about yelling as a form of correction. Yelling for correction is ineffective as a tool and merely imprints the habit of yelling onto the children. We yell at our kids over the same stuff every day, and we yell at them some more because the original yelling doesn't work. Put your clothes away. Come down for dinner. Don't ride the dog. Stop hitting your brother.

The mere knowledge that yelling is bad, in itself, won't help, said Alan Kazdin, a professor of psychology and child psychiatry at Yale. Yelling is not a strategy, it's a release.

"If the goal of the parent is catharsis, I want to get this out of my system and show you how mad I am, well, yelling is probably perfect," Dr. Kazdin said. "If the goal here is to change something in the child or develop a positive habit in the child, yelling is not the way to do that." There are other strategies, and they don't involve screaming like a maniac.

Many think of positivity as a form of laziness, as if parents who are positive aren't disciplining their children. But not yelling requires advance planning and discipline for the parents, which yelling doesn't.

Dr. Kazdin promotes a program called the ABCs, which stands for antecedents, behaviors and consequences. The antecedent is the setup, telling a child, specifically, what you want them to do before you want them to do it.



Behaviors are where the behavior is defined and shaped, modeled by the parent. And the consequence involves an expression of approval when that behavior is performed, an over-the top Broadway-style belt-it-to-the-back-row expression of praise with an accompanying physical gesture of approval.

So instead of yelling at your kid every night for the shoes strewn across the floor, ask him in the morning if he can put his shoes away when he comes home. Make sure when you come home that you put your own shoes away. And if your child puts his shoes away, or even puts them closer to where they’re supposed to be, tell him that he did a great job and then hug him.

The ABC method of praise is a highly specific technique. You have to be effusive, so you actually have to put a big dumb smile on your face and even wave your hands in the air. Next thing is you have to say, in a very high, cheerful voice, exactly what you’re praising. And then the third part is you have to touch the child and give him some kind of nonverbal praise. The silliness is a feature, not a bug. It makes the kid notice the praise that accompanies correct behavior. And that’s the point.

“We want to build habits,” Dr. Kazdin said. “The practice actually changes the brain, and in the process of that, the behaviors that you want to get rid of, having all kinds of temper tantrums and all the fights, all that just disappears.” Furthermore, he noted, “as a side effect, when you do these things, the parents’ depression and stress in fact go down and family relations pick up.”



If our kids behave better, then we won’t feel like yelling. And if we don’t yell, our kids will behave better.



Important to Note - Foster Parent Maintenance Rate (from Department of Health and Human Services Policy):

The **maintenance rate** refers to the scheduled uniform rate which is to be paid for a child who requires no extraordinary care in relation to age other than what is normally expected of children placed in foster care.

The amount of the maintenance rate was established based on the U.S.D.A. study of the average cost of raising a child in the Midwest for a low-income family. Thus it is reimbursement for the extra expense an additional child in the home causes to the family’s budget such as the extra electricity used, the additional food, the additional gasoline needed for the family car, the child’s clothing, miscellaneous medical expenses not covered by medical insurance, and the child’s recreation/enrichment activities. **The maintenance per diem payment is to cover all ongoing, routine, normally expected activities in raising a child. It is not a wage or salary paid to the foster parent.**

The **room and board portion** of the maintenance rate is intended for food, shelter, personal care, transportation and medical supplies not available through Medicaid.

The **allowance and personal incidentals portion** is intended to cover the child’s weekly allowance and out-of-pocket expenses such as magazines, books, recreation, etc. The exact determination of how much and on what basis the foster family provides the allowance to the youth is a matter for joint family and worker determination, as well as the allowance policy.

The **portion of the maintenance rate intended for clothing** is for incidental clothing needs through the year. The semi-annual clothing payment made each September and March is to provide for seasonal clothing needs for children in foster family care. Both rates have been established on the premise that the child has an average wardrobe at the onset of foster care.



A child
enters foster care
every two minutes
in the U.S.

Source: Adoption and Foster Care Analysis and Reporting System, 2014

Helpful Resources:

Are you in need of a behavior chart but don't know where to start? At www.freeprintablebehaviorcharts.com, there are a lot of different charts to help you and your child succeed! Some examples of the charts available are; school behavior management charts, rewards cards, chore charts, personal hygiene charts and daily routine charts. One chart I wanted to specifically draw your attention to is the money/allowance tracking charts as you have to track that you are providing your foster children allowance as required. Please check it out!

At www.envolveu.com/foster-care-edu/caregiver-training.html, you can find many free trainings to help achieve your training goals. Some topics include; helping your child cope with bullying, trauma training, whole brain parenting, attachment in children and Fetal Alcohol Spectrum disorders.

Braden's Closet is a resource for any foster parent who is in need of clothing, shoes, sheets, blankets, or comforters for the children in their care. Braden's Closet is a part of Fostering Hope and all items are tax deductible. They also accept donations of new and gently used clothing. Braden's Closet is located at 110 North Farmer Street, Otsego, MI 49078. You can visit their page on Facebook or call them at 269-567-0603 for more information.

We Need Your Help!

To spread the word about becoming a Foster Parent, I would like to hear from you. What ideas or events do you think would be a great opportunity to get the word out? For example, attending your church to speak about becoming a Foster Parent or any event you think would be beneficial. Please email your ideas to Krista Ploski, Licensing Supervisor, at kristap@fcsource.org.



Have you ever considered completing a Facebook testimonial about your experience as a foster parent to encourage others to follow your lead? If you decide to do a testimonial and post it on Facebook, email Krista Ploski (with a copy of what you posted), to be entered in a drawing to win a gas card. This drawing will take place on June 20, 2019 so there is a good amount of time for everyone to be involved.

Foster Care ON-CALL Telephone Number (269) 569-8294

This phone number is an important resource for you and for foster children. This number should be utilized when the agency is closed and your worker is not available. Typically this would be between the hours of 5 pm and 9 am and on weekends. If something happens that requires a trip to the emergency room, behaviors escalate etc., please be sure you are calling this number. During normal office hours, contact your foster care specialist directly.



Fun in the Kitchen



Easy Honey Bread Recipe (from the *Mess for Less* website)

This Easy Bread Recipe is perfect to make with kids. With just a hint of honey, it is sure to become a favorite!

The dough doubling time is 1 hour and 30 minutes; you will want to do this ahead of time.

Ingredients

- 1 package active dry yeast
- 1 1/4 cup milk, warm 110 to 115 degrees
- 1/4 cup honey
- 1/8 cup melted butter
- 1 teaspoon salt
- 3 cups all-purpose flour

Instructions

1. Preheat oven to 375 degrees.
2. Dissolve one package of yeast into a bowl of the warmed milk. Next add the honey, melted butter, and salt. Mix to combine.
3. Add 3 cups of flour and mix with hands until a soft dough forms. Use additional flour for dusting.
4. Place the dough on a floured surface and begin kneading for about 10 minutes.
5. When you are done kneading, place the dough in a greased bowl and cover it. Place the bowl in a warm place so it can rise and double. This will take about an hour.
6. Next, punch down the dough and place it in a greased loaf pan. Cover the dough and place in a warm place for another 30 minutes until it rises and doubles.
7. Bake for 30-35 minutes at 375 degrees. You may need to cover the top with foil if it gets too brown. Remove from pan when done and allow to cool.

Thank you for taking the time to read Fostering Footnotes.

Please contact Krista Ploski at 269-344-0202 ext. 4609 or kristap@fcsource.org if you have comments, ideas or suggestions.



