

YOUTH SERVICE BUREAU

July, 2016

Volume 1

Foster Parent Quarterly

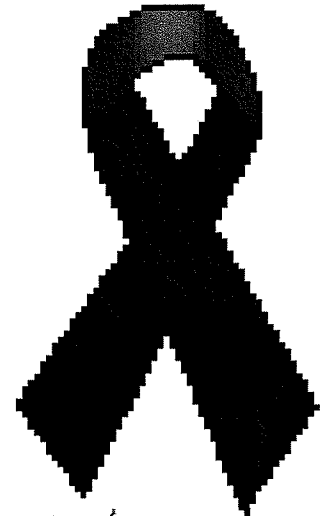
Welcome to our first quarterly newsletter . If there is any information or other training guidance you are looking for, please contact Terri Pinder at terrip@ysbiv.org or Ann Pastula at annp@ysbiv.org . At the end of this newsletter there will be question and answer part. If you complete the questions and return to Terri or Ann you will be giving an hour of training .

Therapist Corner Helping Children Heal

By Amy Adams LCPC

As a foster parent, we often start out eager to help our foster children heal and hopefully plant a seed of resiliency for their future, wherever that may be. We give all our love and try are hardest to connect with the children. Little did we realize, foster parenting is incredibly challenging and demanding! Love simply is *not* enough. If we are not careful, we too can become overstressed and begin *reacting* to the children rather than responding to their needs. Self-care for foster parents is vital and while you might not think so, you as foster parents can bring an incredible amount of healing to children just in your daily interactions.

When was the last time you took time for yourself, asked for help when you needed it or connected with other foster parents? These are the most important things you can do to keep your motivation high and to keep yourself from falling victim to burnout and fatigue. So please take time for you!!!! It will help to keep your mind off of the all the problems and instead fo-



“Like” the agency wide FaceBook page or visit our agency website at www.ysbiv.org.

- If you would like to join our Foster Parent FaceBook page please contact Kelley Lumpkin for an invite. She can be reached at kelleyl@ysbiv.org

Therapist Corner continued...

When was the last time you took time for yourself, asked for help when you needed it or connected with other foster parents? These are the most important things you can do to keep your motivation high and to keep yourself from falling victim to burnout and fatigue. So please take time for you!!!! It will help to keep your mind off of all the problems and instead focused on all the solutions to whatever your family may be going through.

Beyond foster parent self-care, helping our foster children heal begins with creating predictable routines on most days of the week. This helps to give children a sense of control over their world given theirs can seem very out of control. This can be done by setting a predictable wake up time, meal time, snack time and bedtime. As a rule of thumb, never use food as a consequence like losing snack time. For many of our foster children, food is often associated with past trauma like neglect so that consequence can end up doing more harm than good.

Another way to help children heal is to plan a daily connection time. For infants and elementary age children this can mean you reading them a bedtime story every night or special cuddle time for you both with stuffed animals. Try to make it fun and enjoyable, not a task for either of you. For older children and teens, you can try to make predictable activities that are done with them. This can be something as simple as game night every Wednesday night or baking time every Sunday. Use your imagination and focus on just "being with" them. Another rule of thumb is to always keep your connection time consistent and don't take it away as a consequence. Children need connection time with caring adults as much as they need food for physical development.



Summer Safety with the FUN!!



During this season, there is an increase in the activities in and around water. This also means hazards tied to water also increases. Foster parents are required by the National Council on Accreditation to have CPR training as a preventative. Online training can be found at <http://www.cprandfirstaid.net>. Print up the certificates for training credit and don't click certification because you will then be charged a fee. DCFS requires CPR certification if you have a pool, pond, hot tub or other water hazard on or near your property. Please contact your local fire department for certification training. Additionally, plan to go to beaches and public pools where there are life guards present for the additional eyes to watch over the children.

Other summertime hazards include:

- 1) Hot water temperatures in the home should not be higher than 115 degrees. DCFS has sent out articles in the past showing that a child can have a serious burn at 120 degrees in just about 5 minutes and at 125 degrees in 2 minutes. A child's skin is very tender and much easier to gain a serious burn than will an adult. A 2nd degree burn (or greater) should be seen by a medical professional.
- 2) Standing water in your yard, which can include: baby pools, buckets and bird baths, should be emptied each evening to prevent mosquito infestations in your yard. Remember that these and shallow ponds are also water/drowning hazards so watch the children around these.
- 3) With sunscreen, be sure to know the proper SPF levels required to prevent sunburn with young children and teach the older children how to properly apply sunscreen. Remember to seek medical help for a burn that is a 2nd degree burn or higher.

By taking measures to ensure the safety of all, you will be able to have an enjoyable and fun summer. Have Fun everyone!

Trainings

Aurora:

DCFS

Educational Advocacy (6 hrs)

8/27 9:30 am – 12:30 pm & 1:30 pm – 4:30 pm.

Northern IL University

Promoting Success in the New School year

Aurora: 8/16 10am-noon

Rockford: 8/11 10 am-noon

Champaign: 8/11 10am-noon

Peoria: 8/19 10am-noon

Remember to complete the attached quiz about the information presented in the newsletter and send it back to Terri Pinder at terrip@ysbiv.org or Ann Pastula at annp@ysbiv.org for 1 hour of training credit.

Foster Parent of the Quarter:

Deborah Schnupp has been chosen as Foster Parent for this quarter. Debbie has always been involved with children. She worked with the Girl Scouts for many years and was a Support person for Illinois Mentor for four years. Deborah received her foster parent license to open her home to children that needed a place to live. She has taken on a challenging medical fragile child that has shown great improvement in her care. With her dedication of attending several doctor appointments, therapy session in and out of her home this foster child has made great strides. Debbie is hoping with his hard work and her dedication, that he will be able to walk independently in the future.

When Deborah does have free time she enjoys cross-stitch, puzzles, gardening, bowling and reading.

Thank you Deborah for your hard work and dedication to fostering. Congratulations on Foster Parent of the Quarter!



Please SAVE THE DATE and join YSB for the 28th Annual Children's Challenge Golf Outing & Dinner. It will be held on Wednesday, September 14th at Fox Bend Gold Course in Oswego, IL (3316 US Highway 34, Oswego, IL 60543).

\$100 per golfer includes Golf/Cart, Dinner, & complementary golf towel.

Overall review

1. Foster parenting is incredibly _____ and _____!
2. When overstressed we begin _____ to the children rather than responding to their needs.
3. Helping our foster children heal begins with _____ on most days of the week.
4. Children need _____ with caring adults as much as they need food for physical development.
5. Hot water temperatures in the home should not be higher than 115 degrees. (circle) True or False.
6. Standing water in your yard increases mosquito infestations. True or False.
7. You do not need to be CPR certified if you have a pool, pond or hot tub. True or False.
8. A 2nd degree burn (or greater) should be seen by a medical professional. True or False.
9. Who do we contact if we have questions about this newsletter?

10. Is there any topic you would like more information on?

Support Contacts:

Vulnerable Children Ministry, Willow Creek Church, South Barrington,
IL.justiceservices@willowcreek.org

UIC Specialized Care for Children.

Www.nurturingparenting.com

www.empoweredtoconnect.com