

## Foster Parent Quarterly

Hope this newsletter finds everyone doing well . On October 12, 2016 , 4pm-6pm there is an Implementation Plan Feedback Meeting at YSB offices in Aurora/Glen Ellyn, Ottawa and Rockford.

If there is any information or other training guidance you are looking for, please contact Terri Pinder at [terrip@ysbiv.org](mailto:terrip@ysbiv.org) or Ann Pastula at [annp@ysbiv.org](mailto:annp@ysbiv.org) .

## Therapist Corner Helping Children Heal

Creative Discipline  
By Amy Adams MS, LCPC

Discipline, by definition means “to teach”. Parenting is difficult and it can be quite challenging to teach children right from wrong at any age. Foster children often have ongoing stress related to being a foster child and a history of trauma which means they really need predictability (know what to expect) and structure (set times/ routines). Adding a little creativity to this can help particularly if it helps ease the tension and brings the child a sense of control over their world. Here are some creative methods that may work.

Try a TIME IN: If you have a child having a meltdown, the goal is to teach the child how to calm and cope with difficult situations. A time out is often used despite it being an ineffective discipline. Children need caring adults to help them learn about feelings and how to cope. Have the child sit near you in the same room while you remain calm. Just patiently wait for them to calm. Remember, all behaviors represent a need.



“Like” the agency wide FaceBook page or visit our agency website at [www.ysbiv.org](http://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](mailto:kelleyl@ysbiv.org)

## Therapist Corner continued...

If you struggle with hearing crying, you may want to try ear plugs.

**Put the TOY in TIME OUT:** For example, if the child threw the toy across the room . The toy can go in time out for a specified period of time.

**Use a KITCHEN TIMER:** For toys in time out, time ins, snack time and other things.

**Make a CONSEQUENCE JAR:** You and your child can write down and come up with consequences which are folded in a jar. When the child is disrespectful or defiant, they can pick a card out of the jar.

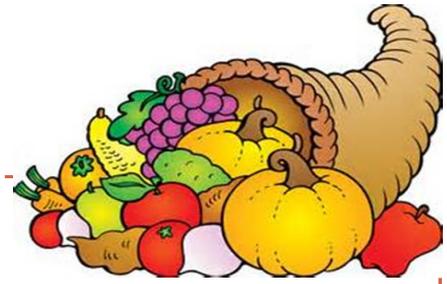
**CHORE Jar:** Similar to the consequence jar, a chore jar can be put together with your children and filled with household chores to be used for child misbehaviors.

**MAGIC 1, 2, 3:** This works well with younger children, simply begin counting (with a pause after each number) after giving your child a direction. Almost always they will do it before the count of 3.

**Three Minute BURST of CONNECTION:** For children feeling needy, constantly coming to you for something, chances are they need connection. Research shows that often times, three minutes of your undivided attention goes a long way at providing “just enough” to help them get through it.

Whatever you do, don't forget that rewarding positive behaviors is just as effective at reducing negative behaviors. This can include catching the child doing something right or giving some type of reward. This does not have to be expensive and may include giving out good job slips. You can handwrite built in rewards on the slips of paper that children turn in at the end of the week. Depending on age, it can be something as simple as getting an ice cream cone, trip to dollar store, or 30 minutes later on bedtime. Most importantly, *do not* use connection time with the child as a reward or a consequence. They need time with you every day one on one, even if it is only 10 minutes. When done consistently on a daily basis with nurturing can reduce misbehaviors in children.

## OCTOBER: FIRE PREVENTION MONTH



How many of us remember teachers, scout leaders and other adults shouting at us, back when we were kids, to “STOP! DROP! AND ROLL!”? October is fire prevention month. Please check with your local fire department for any and all advice/instructions to protect yourselves and all in your home. A fire department in northern Will County has stated that smoke and carbon monoxide detectors should be changed out every 8 years to be sure that they are working properly. How old are your detectors? Remember that DCFS requires foster homes and relative caregivers to:

- 1) Have at least one smoke and one CO detector (combo detectors work as well) on every level of the home and no further than 15 feet from the bedrooms/sleeping areas
- 2) Change the batteries at least 2 times in a year
- 3) Test the detectors monthly (to be sure that they are sounding their alarms)
- 4) Practice your fire/emergency escape 4 times a year (minimally)

Ask the fire department for: any classes they may offer such as 1st Aid and CPR; any advice/suggestions for your fire escape plan; any advice/suggestions on how to teach children about the escape plan; any teaching aids they may offer such as coloring books and/or visits to the fire house.

This becomes especially important as we get into the fall and winter holidays. Many of the holidays (and outdoor temperatures) will have you lighting candles, fireplaces, fire pits/camp fires and strings of lights for all of these different celebrations. Examples of the holidays with lighting of electrical and/or open flames are: Halloween, Thanksgiving, Christmas, Hanukkah, Kwanza and New Year’s Eve/Day. Let’s keep them all safe and enjoyable for everyone, especially yourselves and the kids.

## Trainings

### Aurora:

#### **Meeting the Developmental Needs**

Oct. 6th, 13th, 20th & 27th from 6pm-9pm.

#### **Changes in School Discipline**

Aurora, Oct. 20th from 10am-12pm

Rockford, Nov. 10th from 10am-12pm

Maywood, IL,  
Oct. 25th, from 10am-12pm

**Refresh Conference**  
Nov. 11th & 12th.  
Wheaton IL.

#### **African American Hair Care**

Nov 5th, 10am-12pm  
Rockford Office

Remember to complete the attached overall review and send it back to Terri Pinder at [terrip@ysbiv.org](mailto:terrip@ysbiv.org) or Ann Pastula at [annp@ysbiv.org](mailto:annp@ysbiv.org) for 1 hour of training credit.

## Foster Parent of the Quarter:

Dr Terrence Bugno and Christine (Rogers) Bugno came to YSB as an HMR home for their granddaughter. They not only took in their 2 year old granddaughter but also the pug, Abby. Dr Bugno is an oncologist and director of his department. Christine has experiences in mediation work. Both have experiences with caring for special needs children and youth. They jumped into fostering with both feet and were quickly licensed as relative caregivers and shortly after that converted their license to foster other children by taking PRIDE and completing the application form for DCFS's traditional care homes. They have maintained contact with other PRIDE trainees from their class, joined the local McHenry County support group (listed in the "support contacts" of this newsletter) started by another YSB family and their friends.

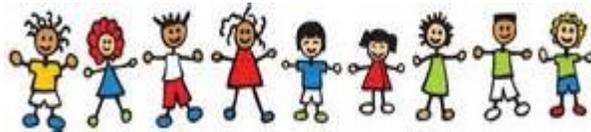
They have also helped out their license worker at recruitment events, sent other families to the YSB recruiter to be foster families and are now asking about how to get others to support the agency financially and/or with physical needs. The Bugnos have embraced the work and spirit of foster care in a manner that is above and beyond all expectations.

**OTHER THINGS TO NOTE:** As the weather gets colder and you find yourself not going outside as much, find things to celebrate with the kids. Plan and be purposeful. Find special events at parks, museums, etc. Celebrate their heritage and yours (both ethnic and faith). Help them plan gifts, or homemade cards for their parents.

With older children, ask about traditions from their home for holidays and add in what you can with your holiday traditions. Find other foster parents to hang out with in your geographic area/region. And other foster children for the kids to hang out with so that you and they don't feel different, left out or lonely. Mostly to avoid that "cabin fever" feeling.

## Overall review

1. What is the definition of discipline? \_\_\_\_\_
2. For children feeling needy, constantly coming to you for something, chances are they need \_\_\_\_\_
3. What is the goal of TIME IN ? \_\_\_\_\_
4. Rewarding \_\_\_\_\_ behavior is just as effective as \_\_\_\_\_ behaviors.
5. Do not use \_\_\_\_\_ with a child as a reward or a consequence.
6. How many times should you practice your fire/emergency plan per year?  
\_\_\_\_\_
7. What is your understanding of Burst of Connection?  
\_\_\_\_\_
8. Who can you contact for fire prevention classes? \_\_\_\_\_
9. Name one of your holiday traditions?  
\_\_\_\_\_
10. Would you be interested in hosting a Coffee Clutch at your home with YSB recruiter and your friends?  
\_\_\_\_\_



### Support Contacts:

DCFS DeKalb Foster Parent Support Group 815-787-5300

Church of the Resurrection Support and Educational Groups 630-653-3888

Family Matters Information and Parent Training Center (online support)

DCFS DuPage County Foster Parent Support Group 630-681-2426

McHenry County—Sherman Family at [duaneandamy@yahoo.com](mailto:duaneandamy@yahoo.com)