



families for children
Our Children Are Our Future



FFC FYI



Back to School!

How can Summer be almost over! We hope you have had a fun and safe summer and as you get ready to start school again we wanted to give you a few reminders for the school year:

School Schedules and Home Visits with Your Social Worker

We know that it's difficult to plan a time during the day when everyone is available for a home visit with sports, after school activities, etc. However, we are required, by CCL to complete these visits so we are asking families be as flexible as possible and think creatively as

we discuss home visit schedules with you.

After School Supervision

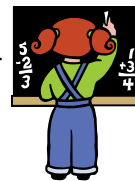
Just as a reminder, foster children have to be supervised when school is not in session unless there is an approved Unsupervised Time Exception (for children 15 years or older).

Confidentiality

Foster children have the right to privacy and confidentiality, including in the school setting. Foster parents, family members, foster siblings, etc. should only share information about a foster child's situation on a

need-to-know basis. Some foster children want to keep their situation private and others may be comfortable sharing it. In general, we recommend that you follow the foster child's lead in discussing his/her specific situation with teachers, friends and other parents. See the book review on page 3 for information on how to handle school assignments that may be tricky for foster/adoptive students.

Have an excellent school year!



Families For Children

Summer, 2010

Special points of interest:

- ☺ **Online Foster Parent Training hours:** www.fosterparents.com
- ☺ **Read the newsletter and win a prize!** Look for the word *magnet* somewhere in this newsletter. Be the first to contact your social worker and you'll win a Starbucks gift card. One winner per office.
- ☺ **Daylight Savings Ends November 7th.** Set your clocks back one hour. 

Reports — New and Improved



We are pleased to announce that we have revised some of our standard reports to make them more efficient.

Monthly Client Report

The monthly reporting process has been streamlined significantly. **You no longer have to itemize the clothing**

you purchase for your foster children or submit receipts! Instead, your FFC Social Worker will do a visual check of the foster child's clothing during the home visits. The rest of the report remains the same—you will still keep track of personal property added or removed, appointments, visits and any other information to report.

Appraisal/Needs and Service Plan (NSP)

The format has been significantly streamlined but still includes all the necessary information.

If you have any questions about the new reports, please ask your social worker.

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Babysitters & Fingerprints - Important Clarification

We have received many questions about how the **Prudent Parent Standard** applies to extra curricular activities and babysitting. See our Fall 2009 newsletter available on our website at: www.families4children.com for more discussion about the Prudent Parent Standard.

Extra Curricular Activities: The Prudent Parent Standard applies to infrequent and non-routine events that benefit the well being of the foster child such as sleep-overs, school events and trips, etc. For example, you have the discretion to allow your foster child to spend the weekend at a friend's home IF it is for the benefit of the foster child

not because you need babysitting that weekend.

Babysitting: The Prudent Parent Standard also gives you the discretion to use a babysitter for occasional, non-routine babysitting needs as long as it is not for less than 24 hours. If you require babysitting or child care on a regular or scheduled basis your provider must complete the background check process.

The Prudent Parent Standard requires that you give the person providing care:

- information about the child's needs

- any medication prescribed for the child that must be administered by the babysitter
- emergency contact information.

When choosing a provider, you must consider the following:

- The child's age, maturity, mental and physical health, developmental level, behavioral propensities and the ability of the babysitter to provide appropriate care.
- Weigh the foreseeable risks in leaving the child with a babysitter.

Please contact your FFC Social Worker if you have any questions!

Homework Central—Make the Ultimate Homework Station

The challenge:

Getting kids to settle down to homework in the midst of the evening hubbub. An ingenious solution: turn display tri-fold boards (available at major retail and office supply stores) into study carrels that can be set up in a flash with all the necessary supplies close at hand. Easily stowed in a corner or closet, these customizable stations keep kids focused on learning by providing a fun home base for tackling their assignments.

You need:

- Tri-fold display board (48" x 36", makes 2 stations)
- Yardstick and pencil
- Craft knife
- Con-tact paper or paint (optional)

1. Cut the board in half horizontally.



Set one half aside if you plan to make just one carrel. Lay the other half facedown. To make the carrel easy to fold even when stocked with hanging supplies, pencil a vertical line parallel to each existing fold, 2 inches closer to the center. Using the yardstick as a guide, score the lines, cutting through only the top layer of the cardboard.

2. Fold along scored lines. Cover the carrel's back with Con-Tact paper or paint, if desired.

Ideas for the supplies (all optional):

- Use glue dots to affix clothespins to one side for holding important papers and notes.
- Adhere magnets with hot glue to scissors, the back of a stapler and other frequently used supplies. Use magnet clips for a calendar. Adhere a magnet strip to the carrel.
- Use adhesive-backed Velcro dots to attach supplies that need to be easily removed: ruler, calculator, pencil box, small clock, etc.
- Hang a zip-close binder pouch from an adhesive hook to hold small supplies

The carrel can be customized to fit the needs of each child!

Source: Family Fun Magazine

Ask a Social Worker



What are the requirements for routine Doctor and Dentist visits for Foster/Adoptive children? And, what if I need to take my child to the ER?

Foster children are required to have a **well-child exam on an annual basis**. We need to receive the CHDP form back from the child's doctor. If you need copies of the form, please contact your FFC Social Worker.

Foster children are required to have a **dental exam every 6 months** after the age of one. There is a specific form that we need the dentist to complete which you can get from your FFC Social Worker.

Foster children are required to have a **TB test annually**, starting at age three.

If a child is hospitalized, taken to the emergency room or urgent care, you must call the agency *immediately* and if after business hours, leave a message with the answering service. If your child needs medical care, we will need the following information:

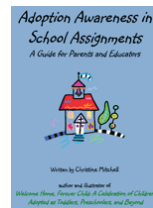
- Time, date and details about the injury/illness
- Time and date taken to the emergency facility
- Treating physician and address of the facility
- Treatment prescribed, medications proscribed and follow-up procedures
- Date and time discharged from the emergency facility.



iPhone App for IEPs

For those lucky enough to own an iPhone, there is a new application for managing the IEPs. IEP Checklist iPhone app, developed by the Parent Educational Advocacy Training Center, is the very first iPhone application for special education. It displays goals, student placement, prior written notice, and 10 more primary categories. You can even make notes under each category, so all your info is easy to reference. The app is free at iTunes-Apple.com.

Training — Book Review



Family Tree, Star of the Week and other common school projects can be difficult for foster or adopted children. The problem with each specific school project is described, and suggestions are provided to make the assignments more inclusive. This useful guide will help foster and adoptive parents advocate for their children.

An e-book: can be purchased and downloaded from www.Tapestrybooks.net.

Health Education-5 Ways to Pack a Healthier Lunch



1. **Use a Bento Box:** Japanese-style bento boxes and their nesting compartments are perfect for kid-size nibbles. Best of all, when your child pops the lid, the entire spread is at their fingertips, which puts the carrots on par with the PB&J and grapes for super-easy grazing! (Find them at www.laptoplunches.com)
2. **Sneak in Extra Veggies:** If the produce in your kids' lunch is making the return trip home, consider hiding it. Add finely grated carrots to tuna salad or swap lettuce for nutrient-dense baby spinach.
3. **Add More Whole Grains:** Pick whole wheat pretzels instead of other salty snacks and use whole wheat

bread for sandwiches. If your kids balk at whole wheat use one slice of white and one slice of wheat then cut the sandwich into quarters and arrange into a checkerboard.

4. **Offer Nutritious Snacks:** Applies not making the grade? Try freeze dried fruit. Have three bowls of snacks : 1) freeze dried fruit, 2) nuts and 3) bite sized snacks such as pretzels or whole wheat crackers and have the kids make their own snack bag the night before.
5. **Serve Low-Sugar Drinks:** In lieu of traditional juice boxes, pack a juice-and-water blend or make your own flavored water and fill up a thermos.

Source: Family Fun Magazine

Family Spotlight —Two of Our Outstanding Families

This section has been removed from for general publication to protect the confidentiality of our fabulous foster parents.



Kid Korner: Pineapple-Raisin Muffins (made with Rice Krispies®)

Ingredients:

Muffin mix:

- 1 1/4 cups all-purpose flour
- 1/2 cup sugar
- 2 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/4 tsp ginger
- 1 1/2 cups Rice Krispies® cereal
- 1 can (8 oz) crushed pineapple (juice pack), undrained
- 1/3 cup fat free milk
- 1 egg beaten
- 2 TBSP vegetable oil
- 1/2 cup raisins

Topping:

- 1 TBSP sugar
- 1/2 tsp cinnamon
- 1/2 cup Rice Krispies® cereal

1. Stir together flour, 1/2 cup of sugar, baking powder, 1/2 tsp cinnamon, salt and ginger. Set aside.
2. In a large bowl combine 1 1/2 cups cereal, undrained pineapple and milk. Let stand about 2 minutes or until cereal softens. Add egg and oil. Beat well
3. Add raisins and flour mixture, stirring until just combined.
4. Portion evenly into twelve 2 1/2 inch muffin pan cups coated with

cooking spray or lined with foil bake cups.

5. In a small bowl stir together 1 tablespoon sugar and 1/2 teaspoon cinnamon. Sprinkle over tops of muffins.
6. Sprinkle 1/2 cup cereal on top.
7. Bake at 400°F about 17 minutes or until toothpick inserted near center comes out clean. Cool in muffin pans for 5 minutes. Remove from pans. Cool completely.

Serves: 12

A quick out-the-door breakfast on school days!

Source: www.familyfun.com

