



families for children
Our Children Are Our Future



FFC FYI



Vacations and Respite

Summer vacation season is just around the corner so we wanted to remind you about what you need to think about before you pack your suitcases and head out on vacation!

We encourage you to plan your family vacation to include your foster children if at all possible. However, it's important to verify what, if any travel restrictions, apply to your foster children. It may be necessary to get approval for your travel plans so please plan ahead. **You should contact your FFC social worker and the child's county social worker as soon as you know your plans.**

If you are not planning to

take the foster children with you, you will need to find respite care for the children during your vacation. This can be accomplished a number of ways depending on what works best for you and your family:

1) Ask a friend or family member to provide respite for you: The friend or family member will need to complete a number of items such as fingerprinting, CPR and First Aid, etc. We will also need a DMV printout. The easiest way to do this is for the respite person to do respite in your home but they can also do it in their home as long as we complete a home safety check in addition to all the other requirements. Con-

tact your FFC social worker for all of the items necessary for a friend/family member respite provider.

2) Use another certified FFC family for respite. One of our families may be willing to provide respite for you. You will have to pay the family who provides the respite—generally a rate per day based on the monthly stipend for the foster child. Contact your FFC social worker as soon you know you will need respite and we can provide information about possible respite providers.



Families For Children

Spring, 2010

Special points of interest:

- ☺ **Foster Parent Appreciation nights are coming up — watch for your invitation!**
- ☺ **Online Foster Parent Training hours:** www.fosterparents.com
- ☺ **Read the newsletter and win a prize!** Look for the word *Kohlrabi* somewhere in this newsletter. Be the first to contact your social worker and you'll win a Jamba Juice gift card. One winner per office.

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Teen Training Sessions—Update



We have started our teen training program in Sacramento and then will begin offering it in our other offices. The course is called "**No-Nonsense Parenting for Today's Teenager**" and is a bi-weekly training for eight

weeks. The course is for parents who are dealing with teens and children that live in a society where personal responsibility is hard to find. Topics include: *10 Things to do if your Teen/Child Won't Stop Arguing*, *The Secret to Good Communication with your Teen*, etc. This is being combined with a concurrent

support group for the teens called *PX2—The Path to Extreme Success*. This group helps teens recognize that they do have choices in life and that they are in control of the way they think. Ask your social worker for more info.

Pool Safety Reminders

Pools are great fun! What could be better than a dip in the pool and fun in the sun?

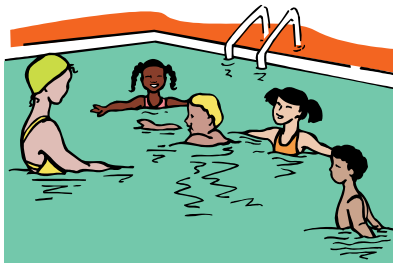
All that fun does come with some risks. Drowning is the second most common cause of death from injuries among kids under the age of 14. Most kids who have drown in backyard pools were with one or both parents five minutes before the accidents.

Drowning can happen fast — sometimes in less than 2 minutes after a person's head goes under the water. That leaves very little time for someone to help. And, it doesn't happen like in the movies — there is typically not any splashing or thrashing around, a child just quietly slips under the water.

The U.S. Consumer Product Safety Commission offers the following tips for pool safety:

⇒ Keep your pool gate locked—never prop it open.

⇒ If you have an above ground pool, remove the ladder when the pool is not in use. (Licensing requires that you keep your pool ladder locked away from the pool when



not in use.)

⇒ **Never leave a child unsupervised near or in a pool.**

⇒ Instruct babysitters about potential hazards to young children in and around swimming pools and the needs for constant supervision.

⇒ Keep all doors and windows leading to the pool area secure to prevent children from getting to the pool.

⇒ Do not consider young children

“drown proof” because they have had swimming lessons.

⇒ Do not use flotation devices as a substitute for supervision.

⇒ Never use a pool with its pool cover partially in place.

⇒ Place tables and chairs well away from the pool fence to prevent children from climbing in the pool area.

⇒ During social gatherings at or near a pool, appoint a “designated watcher.” When adults become preoccupied children are at risk.

⇒ If a child is missing, check the pool first. Seconds count in preventing death or disability.

⇒ Keep all pool chemicals in locked storage inaccessible to children.

⇒ Make sure life preservers and other rescue equipment are easily available at the pool.

We want you and your family to have a fun and safe summer!

Summer Sun Safety

The rate of skin cancer is rising sharply, and doctors are discovering 500,000 new cases in the U.S. each year, many of these in children and teenagers. Studies show that sunscreen used routinely during the first 18 years of life significantly reduces the incidence of skin cancer later in life. There is no such thing as a safe tan.

• Keep babies out of the sun as much as possible. Their skin is very sensitive to the sun and burns quickly. Dress babies in light weight long

pants, long-sleeved shirts and brimmed bands that shade the neck.

• Make sure children wear sunscreen with an SPF (sun protection factor) of 15 or greater whenever playing outside, particularly in the hottest part of the day between 10 a.m. and 4 p.m.

• Apply sunscreen at least 30 minutes before going outside.

• Use waterproof sunscreens whenever possible. Put sunscreen on your child even on cloudy days.



• Reapply sunscreen every two hours, or after swimming or sweating.

• Use extra caution near water and sand as they reflect UV rays and may result in sunburn more quickly.

Ask a Social Worker



What are the requirements for reporting "incidents" such as injuries, illness, AWOL's etc.?

In general, any "unusual" incidents related to the foster child must be reported to the agency.

Injuries/Illness: Any injury needing more than minor first aid must be reported to the agency within 24 hours of the incident. 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
- Treating physician and address of the facility
- Treatment prescribed and follow-up procedures

Annual Licensing Fee Increase

Due to state budget issues, the annual licensing fee for all foster and foster/adoption homes has been raised to \$88.00 per year. This amount is determined by Community Care Licensing, State of California Department of Social Services. You may have already had this deducted from your monthly check if you are newly certified and/or have a new placement. If not, it will be deducted from your July, 2010 check. If you have any questions about this fee, please contact Debbi Gow in the Roseville office at 916-789-8688 or dgow@families4children.com.

AWOL: AWOLs must always be reported to the agency as soon as you determine your foster child is AWOL. In addition to contacting the agency you must also contact the police and make a police report. We will need the following information:

- Time, date and details about the AWOL
- Police Department name, officer name, badge number and case number

Other incidents that must be reported to the agency include arrests, suspensions, violence to self or others, suicide threats or attempts, sexual contact with other minors or adults, etc. If you are unsure about whether to report an incident, err on the side of over-reporting vs. under-reporting. Please contact your FFC social worker if you have any questions about incident reporting.

Training — Book Review



Welcome Home Forever Child by Christine Mitchell. After expressing their excitement at welcoming their new child home, the parents acknowledge that they missed significant events and milestones in the child's early years.

The family looks forward to the experiences and "firsts" they will share and the memories they will make together. To purchase this or other adoption or foster related books, visit www.tapestrybooks.net.

Health Education—5 Ways to get Kids to Eat More Fruits and Veggies



Think Outside the Box: Freeze fresh berries, grapes and melon balls on a wax paper-lined cookie sheet, then create the world's "coolest" fruit salad. Fill an ice cream cone with fruit and vanilla yogurt and top it with granola.

Play the Name Game: Take your children grocery shopping and ask them to find produce with unusual names (Kohlrabi or Ugli fruit anyone? Bring it home and dare everyone to try it!

Use a Check List: Offer kids a way to record their journeys of discovery through the brave new world of fruits and veggies. At justrun.org (click on JUST Taste)

kids can download a checklist of 100 good-for-you foods, from apples to wolfberries, then print a certification of achievement for each new one they try.

Chart Consumption: To help kids keep track of what they're eating, hang a chart on your fridge. Put five circles on it for each child and every time a child eats a fruit or a veggie, the child can check off or color a circle. This is also a great time to talk about serving sizes and what counts as a fruit or veggie.

Get Creative: Who says you can't play with your food? In the game Veggie Hangman, kids write their letter guesses on crackers with string cheese and create a hangman with vegetables. After each round players eat their words and their vegetables. Source: Family Fun Magazine

Family Spotlights—Some of Our Outstanding Families

This section has been removed for public publication due to maintain the confidentiality of our fabulous families.



Kid Korner— PB&J Bars (a great dessert for a picnic or pot luck!)

Ingredients:

2 1/2 cups flour, plus more for the pan
1/2 cup rolled oats
1 tsp baking powder
1/2 tsp cinnamon
1 tsp salt
3/4 cup butter at room temperature
1 cup sugar
1/2 cup packed light brown sugar
1 tsp vanilla extract
2 large eggs at room temperature
2 cups creamy or crunch peanut butter
1/2 cups seedless jam
1/2 cup chopped salted peanuts

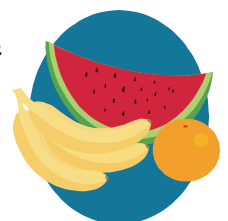
1. Heat the oven to 350 degrees. Grease and flour a 9 x 13 inch baking pan.
2. In a medium sized bowl mix the flour, oats, baking powder, cinnamon, and salt and then set aside.
3. In a large bowl, using an electric mixer set on medium speed, beat the butter and both sugars until well-blended, about 2 minutes.
4. Reduce the mixer speed to low and add the vanilla, eggs and peanut butter. Beat them all until well blended.
5. Slowly add the flour mixture and beat until a soft dough is formed.
6. Spread two-thirds of the dough over the bottom of the prepared pan, then spread the jam evenly on

top. Scatter small mounds of the remaining dough over the jam layer and sprinkle it with the peanuts.

7. Bake the dessert until golden brown, rotating the pan halfway through, about 45 minutes. Let the dessert cool before cutting it into squares. Makes 18 bars.

Make-Ahead Tip: The bars can be made up to two days ahead and stored in an airtight container.

To-Go Tip: Layer the bars between sheets of waxed paper.



Source: www.familyfun.com