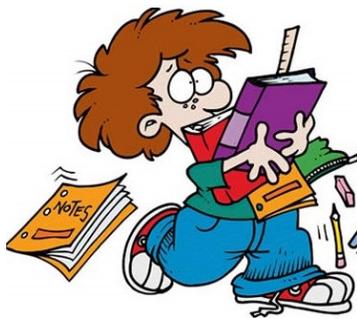




## **Spotlight on Back to School Tips to Make This the BEST School Year Ever**



By: Heather Forbes, LCSW

It's back to school time! While this is an exciting time of year, it can also be one of the most stressful times of year. School should be fun (for both the teacher and the students). However, trauma has a way of turning classroom fun into chaos, frustration, and despair.

I'm writing this eNote to give you, whether you're a parent or a teacher (or both), some resources to make this the best school year ever. Yes, despite the barriers that trauma creates, our children can return back to the love of learning. It is possible.

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I know this from my own personal story. I can remember when my two children entered Kindergarten twenty years ago. They completely fell apart in the school environment, not because of their teachers or their school but because of their early histories of trauma. Every single day, day-in and day-out was a struggle. Every. Day. Was. A. Struggle! I seriously didn't know how they were going to make it to the next grade, much less to a high school graduation. But I'm proud to say that they are now both college graduates and in two weeks I will be dropping my daughter off at one of the most sought after art schools in the country as she begins grad school.

What did it take? It took tenacity of believing in them and believing in our educators. Then it took looking at their needs each school year and making the modifications they needed in order to move forward not only in their academic journeys but in their own personal healing journeys.

Every child has an innate love for learning. It is our moral and ethical responsibility to help them remove the walls of protection that have built up from trauma. They have it in them. We simply need to create the right environments and offer the loving relationships they need to become everything they are designed to be.

I hope the following resources help you create the environments that your children or students need:

Feel free to cut/paste the following links to download the articles. Print as many copies as you need to share with others or save them and pass them along electronically:

1. Teaching Trauma in the Classroom [http://www.heathertforbes.com/articles/TeachingTraumaInTheClassroom.pdf?mc\\_cid=ba81974ac0&mc\\_eid=0c96d82359](http://www.heathertforbes.com/articles/TeachingTraumaInTheClassroom.pdf?mc_cid=ba81974ac0&mc_eid=0c96d82359)
2. The Language of Trauma [http://www.heathertforbes.com/articles/TheLanguageOfTrauma.pdf?mc\\_cid=ba81974ac0&mc\\_eid=0c96d82359](http://www.heathertforbes.com/articles/TheLanguageOfTrauma.pdf?mc_cid=ba81974ac0&mc_eid=0c96d82359)
3. Effective Back to School Strategies for Parents [http://www.heathertforbes.com/articles/EffectiveBackToSchoolStrategiesForParents.pdf?mc\\_cid=ba81974ac0&mc\\_eid=0c96d82359](http://www.heathertforbes.com/articles/EffectiveBackToSchoolStrategiesForParents.pdf?mc_cid=ba81974ac0&mc_eid=0c96d82359)



On Friday, August 3, 2018, the Substitute Care Unit sponsored **A Night at the Museum**. The private event was held from 6 p.m. to 9 p.m. at the Rockford Discovery Center Children's Museum. A pizza dinner kicked off the festivities.

Those attending had full access to the inside and outside areas of the Discovery Center. Children and adults alike, could be seen climbing in and out of play equipment, using water tables, playing interactive video sports games, making tornadoes, and driving a tractor! The Discovery Center provided a fun and educational environment, packed full of exhibits, workshops, and experiments. It was definitely an adventure for the entire family!

The Substitute Care Unit enjoyed seeing all of the interactions within families and between families. Adults and children were observed smiling and having the time of their lives. Everyone appeared to leave the event exhausted, including those that drug their feet in leaving the Discovery Center.

We hope that you enjoyed the event as much as we did! This was one way in which we could express our heartfelt thanks for all that you do!!



## *Tips for a Successful Respite*

You may choose to utilize respite because of a one-time need, like traveling or attending an event, or you may take advantage of respite on an ongoing basis, to attend weekly training sessions or for the wellbeing of yourself and/or your family. In either case, it is helpful if the children and the respite provider have an opportunity to meet prior to the respite, preferably at the respite provider's home. This can reduce anxiety on the child's part and make the transition easier. Additionally, this is a good time to discuss the child's typical schedule, bedtime routine, medication schedule, behavioral issues, etc. If you anticipate using respite on a repeated basis, it is ideal if you can work it out to use the same respite provider each time. Be sure you are communicating with your social worker about your need for respite, available respite providers, and the appropriate rate to pay the respite provider.

It is all too easy to forget to pack necessary items that make the respite experience successful for both your child and the respite provider. A packing list such as the following may be helpful.

### Suggested Packing List:

Pack an outfit for each day of respite, plus some extras (depending on the age of the child and length of respite). Be sure the clothes are the correct size and appropriate for the weather forecast.

- socks and shoes and/or sandals.
- seasonal clothes as appropriate such as winter boots, snow pants, swim suit, etc. (you may want to discuss the need for

these items with the respite provider before packing)

- diapers and wipes, if needed
- toothbrush and toothpaste
- comb/brush and hair care supplies, including ponytail holders, ethnic hair care products if appropriate
- pajamas
- any necessary medications, including those used occasionally, such as an inhaler
- a favorite or familiar blanket and stuffed animal makes sleeping in a different place easier for many children

Don't forget to include a sheet with important information. Your social worker may give you one to fill out, or make your own. Be sure to include the full name and birthdate of each child (important if a doctor needs to be called), name and contact information for the child's social worker, doctor's name, clinic and phone number as well as the medical assistance card. If the child receives phone calls from family members, those name(s) and phone numbers should also be included. If a visit is scheduled during the respite period, also include the PSG workers name and phone number.

Providing respite can be a positive experience with a little planning. Gathering information prior to the arrival of the child(ren) makes for an easier time for all involved. You can gather this information via phone, email, or at a pre-respite meeting. It's really helpful to have a written copy of the answers to refer back to during the respite. For older children who are inclined to argue, hav-



ing a written copy can also forestall problems; i.e. "Your (foster parent) says right here that your bedtime is...."

### Helpful Information to Gather:

- \*typical daily schedule - am wake up time, nap times, meal times, bedtime routines, etc.
- \*favorite foods, food dislikes, any allergies
- \*date and time of any scheduled visits or other appointments
- \*info about who may have contact with the child, and any rules about that contact; i.e. do calls need to be supervised? Is there a schedule for phone calls, or limits on number of phone calls?
- \*details about the beginning and end of respite - what time will the child be dropped off? How and when is the child returning home at the end of respite?
- \*Do you have the proper size car seat or booster seat, or do you need the foster parents to provide the child's seat?
- \*Whether or not the foster parent will be available during the respite period to answer questions that may come up.

Respite is a partnership between foster parents, with the ultimate goal of making the experience as comfortable as possible for the child. Be flexible and make accommodations if the child arrives for respite without a necessary item. Be understanding if a child returns home without all their socks. With some planning and good communication, respite can be a positive experience for all involved.

# RCFCP Logo

Extreme awesome-ness goes to a very special 10-year old Rock County foster child for designing the new logo for the Rock County Foster Care Program!! Show your pride and support of foster families by ordering t-shirts, hoodies, cups, bags & aprons! Orders due to Chris Darr by September 24<sup>th</sup> with delivery by mid-October—see attached order form and information. Celebrate foster families with great products, designed by a great kiddo, for a great program :)



Youth sizes:  
 YXS=2/4, YS=6/8,  
 YM=10/12,  
 YL=14/16

## Orders & Payment DUE Monday, September 24<sup>th</sup>

Attn: Christine Darr, HCC-251, P.O. Box 1699, Janesville, WI 53577

Name \_\_\_\_\_  
 Foster Parent? \_\_\_\_\_ Staff? \_\_\_\_\_ Other? \_\_\_\_\_  
(please check) (contact information including phone/location)

T-shirts (WHITE) \$12  
 \_\_\_YXS \_\_\_YS \_\_\_YM \_\_\_YL  
 \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_2XL (add \$2) \_\_\_3XL (add\$3) Total \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

T-shirts (FOSTER CARE BLUE) \$12  
 \_\_\_YXS \_\_\_YS \_\_\_YM \_\_\_YL  
 \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_2XL (add \$2) \_\_\_3XL (add\$3) Total \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

Sweatshirt Hoodies (FOSTER CARE BLUE) \$25  
 \_\_\_YXS \_\_\_YS \_\_\_YM \_\_\_YL  
 \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_2XL (add \$2) \_\_\_3XL (add\$3) Total \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

Aprons (BLACK) \$12 (one size) Total \$ \_\_\_\_\_

Reusable Tote Bags (FOSTER CARE BLUE) \$5 each or 4/\$12 Total \$ \_\_\_\_\_

Cups (COLOR CHANGING) \$2 each or 4/\$5 Total \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

(cash or check payable to the Rock County Foster Care Program)

Help spread the word that foster parents are the superheroes of our communities... Proceeds made will go towards retention, support, and training of foster parents.

Please contact Christine Darr with any questions at (608) 757-5167 or via email at [christine.darr@co.rock.wi.us](mailto:christine.darr@co.rock.wi.us).

Support your local Rock County Foster Care Program by wearing apparel designed and inspired by our local foster parent heroes! Need a bag to carry your items in? We have those too! Want to enjoy a refreshing beverage while watching the foster parent logo turn colors? We've got you covered!



Newly licensed foster homes:

- Pam & Al Belanger
- Annabelle Strzyzkowski
- Mary & Nate Tillman
- Ashley & Joseph Zummo



Happy Anniversary to the following homes who were licensed in August & September

**1 Year**

- \*Angela Potter & Mzee Wa-mzee
- \*Leah & Curt Watson
- \*Jennifer DiMattina

**2 Years:**

- \*Nicole & Brice Fischer

**3 Years:**

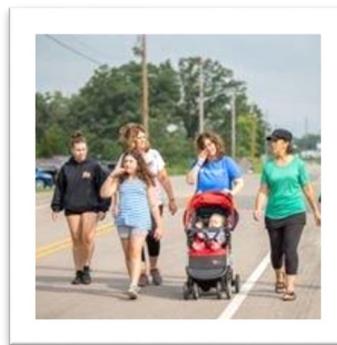
- \*Dana & Jeff Schwartz

**5 Years:**

- \*Rachel & Kent Martin

## *Fun at Fast Feet For Families*

Thanks to all of you, we raised \$8,416.81 this year!





Special thanks to the Zielke family for hanging in there to provide excellent care to children without knowing all of the information!

~Tricia Stilen

Awesomeness goes to the Hunt family for their continued efforts in being strong advocates for children ☺

~Chris Darr

To the Peterson family,

From multiple doctor appointments per week to meeting with multiple workers and service providers, it is clear that you are committed to providing the kids in your home with the best possible care! Your dedication is admirable!

~Tricia Stilen

I would like to welcome the Hilliard family to the Rock Foster Care Team....and give them kudos in working with birth families on a such a smooth transition plan!

~Chris Darr

Special appreciation to the Godek foster family....your hard work, struggles, and time you spend fostering is appreciated. Thank you for all you do!

~Chris Darr

Much appreciation to the Millard home for doing respite that allowed sibling contact...it wasn't easy to coordinate but it worked well!!

~Chris Darr

Thank you and greatness goes to the Blay-Stahl home for helping with coordinating respite for some young ladies....we appreciate your willingness to problem solve with us!!

~Chris Darr

Joan and Paul,

Thanks for your willingness to work with birth families and to mentor young parents! Your dedication to the children in your care is much appreciated!

~Tricia Stilen

Thank you to all the foster parents who volunteered their time at the recent Rock County 4H Fair....we helped spread the word of the significant need for more foster families in our communities!! Thanks to all the foster parents who stopped to say hi too!!

~Chris Darr

Respect to the Collicott home for their understanding and ability to overcome a difficult situation, always keeping the child's wellbeing above all else ☺

~Chris Darr



Barlass foster home,

Amanda does very well with communication and rapport with bio-parents. I was able to reunify a child in July and thanks to Amanda's great relationship with the mother, the child had an easier transition back home. ~Kayce Wilson

I would like to thank Janet Hemauer for her kind words and thoughtfulness. Giving myself and our family time to work through the unexpected loss of my sister. Thank you to all the staff for the very nice card.

~Vicky & Will Knowles

Thank you to Peg Cadd for opening her house up to foster families and all our kiddos. Our kids had so much fun and it was unbelievably wonderful to get to sit and chat with other foster parents.

~Kelly Berg

Schuhmacher foster home,

I want to send out a big kudos to Linda and Dan for all of the hard work they did for the kiddos who were just reunified home. You two always had great communication with the bio-parents which has created a lifelong connection for the children and the family as a whole! The case with these kiddos went back and forth a few times which isn't just hard on the bio-parents and children but also the foster homes who love and care for the children. Thank you for always staying loving and positive throughout the whole process! ~ Kayce Wilson

## Foster Parent Kudo's to Staff

Thank you to all the staff that helped with the Fast Feet event and all the amazing gift baskets they put together. Especially all the cool stuff Chris (I believe it was) scored for the cause. It means a lot you guys give up a Saturday morning to help raise money for the foster homes.

I also want to add it was a lot of fun volunteering!

~Shiann Oldenburg

Kudos to the workers that organized and came to the Discovery Museum. It was awesome! Thanks for providing us all dinner and a super cool event for our kiddos. ~ Kelly Berg



Chris Darr is amazing and a great fit for us. She is extremely supportive and always goes to bat for us. Thank you, Chris, for everything!

~Tara Colicott

SAVE THE  
DATE

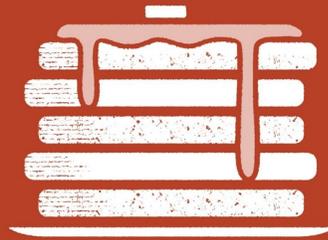


Monday, September 10th, 4-8 p.m.

Culver's Scoopie Night

2676 Cranston Rd., Beloit, WI

SHORT STACKS FOR A  
TALL CAUSE



Support

at your neighborhood Applebee's located at

TICKETS \$5.00 DATE TIME 8:00am - 10:00am

October 13th



applebees.com ©2017 Applebee's Restaurants LLC



Wednesday, November 7th, 11 a.m. - 9 p.m.

Hu Hot

2431 Milton Ave., Janesville