



Geauga County Job & Family Services Foster/Adoptive/Kinship Newsletter October 2011

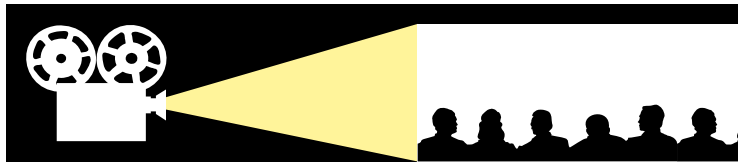


Happy October! We are in the great season of autumn with the changing colors and lots of seasonal vegetables. This is often a time to reflect on what has past and look toward the future. As a parent or caregiver, we often dream about the path our children are taking to reach their future. This leads us to question if we are doing everything we can to be a "good" parent. Remember there are no "Perfect Parents". Here are some things to remember regarding parenting:

1. Express love, affection and approval to your child. This will boost their self confidence.
2. Listen to and show interest in what they say. Create an environment that your child will come to you with big or small problems.
3. Provide order. Set boundaries, encourage responsibility, set up rewards and consequences for their behaviors.
4. Create togetherness through routines.
5. Encourage healthy eating habits (be a good example)
6. Praise your child
7. Treat your child with respect
8. Foster independence
9. Help your child improve their social skills
10. Be consistent and communicate clearly.
11. Avoid criticism of the child but focus on the behavior instead. Be clear in your expectations for their behavior and avoid public humiliation.
12. Spend time with each child individually
13. Be a good role model – young children are like sponges
14. Teach your child the value of money and budgeting
15. Avoid rescuing them. Help them to know their options, and the consequences of each one, then both you and they live with whatever option they select, generally. Allow them to learn from their mistakes.
16. Take time to recharge.
17. Laugh a lot
18. Establish some traditions
19. Parenting does not end when your child turns 18 or 21. It is a life-long role.

Each day of our lives we make deposits in the memory banks of our children. ~Charles R. Swindoll, *The Strong Family*

Community Information:



“Child Spotlight of the Month”

HEATHER

Enclosed with this month’s newsletter is a flyer for Heather who is looking for an adoptive family.

Could that family be you? Or do you know someone who might be able to provide the forever family that Heather is looking for? Take a look and let us know if you or someone you know might be interested in adopting Heather.

Successful Co-Parenting

Join for an evening of answers to make life easier and more enjoyable for your whole family.

This class is helpful for families who are going through divorce or are co-parenting a child. You will learn how to help your child cope with custody sharing situations, strategies to communicate with your ex-spouse or caregiver of your child and to recognize children’s response to shared custody situations at various ages.

When: Tuesday, October 18, 2011

Time: 6:00 to 8:30pm

Where: 470 Center Street, Bldg. 8, Chardon

Cost: \$15 per person or \$20 at the door

To register call the Ohio State University ext at 440-834-4656

Save the Date: November 4, 2011

Why? To attend a Bowling Party celebrating National Adoption Month.

This year the Permanency Planning Team is again hosting its annual adoption party. It will be held at Ernst lanes in Chardon. Last year everyone had a great time bowling and getting to know each another. We are inviting all foster and adoptive families (current and closed) to attend. In addition, we are also extending an invitation to those families that are interested in knowing more about adoption and the process.

When: Friday, November 4, 2011 from 5pm to 8pm

Where: Ernst Lanes, 10651 Grant Street, Chardon

What: Bowling, shoes, a light dinner of hot dogs or pizza and pop

Strike, spare or gutter balls we don’t care. Just tell us you will be there.

You must RSVP to Kathi Serafino, LSW at 440-285-1219 by October 27, 2011

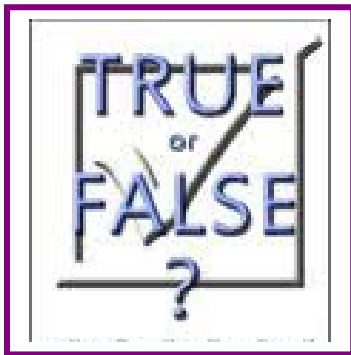
Your children need your presence more than your presents. ~Jesse Jackson

U.S. Department of Education Offers Free Publications

In recognition of the value and importance of providing access to information related to disabilities, the Department of Education has over the past several years produced a variety of free publications in the area of students with disabilities, employment and civil rights. These publications are currently available to order from the ED Pubs website at www.edpubs.gov or by calling toll free, 1-877-4-ED-PUBS (1-877-433-7827).

Grandparent/Kinship News

The Ohio Grandparent/Kinship Coalition hosted a kinship conference on September 9, 2011 in Columbus. The focus of the conference was "healing hearts-kinship care". Several informative workshops were available including understanding the IEP, healthy diets in children, and the dangers of sexting (sex messaging). There was also a panel discussion of caregivers, youth in kinship care, kinship navigators, and other professionals. The keynote speaker was Senator Charleta B. Taveres who shared her thoughts and helpful tips regarding advocating for our cause- children being raised in kinship care. Many kinship caregivers and kinship navigators, among others, were in attendance and were applauded for the work they do on behalf of Ohio's children. All in all, it was a very educational and motivationally moving day for those of us in attendance. I would encourage Geauga County caregivers to consider going to the next kinship conference; I believe you would get a lot out of it. Those who attended the conference received a book titled, "A Kinship Guide to Rescuing Children". If any caregivers are interested in borrowing my copy of the book or getting more information, please give me (Dawn Bates) a call at 440-285-1102.



Here are this month statements for you to decide if they are true or false. The answers will be in next month's newsletter.

1. Earthworms have five hearts. True or False
2. Ants don't sleep. True or False
3. Camel milk does not curdle. True or False
4. An ostrich's eye is bigger than its brain. True or False
5. A woodpecker can peck twenty times a second. True or False
6. A newborn kangaroo is about 1 inch in length. True or False
7. A rat can last longer without water than a camel can. True or False
8. Goat's eyes have oval pupils. True or False
9. Porcupines sink in water. True or False
10. A cat has two rows of whiskers. True or False

September Answers

1. Sliced bread was introduced under the Wonder Bread label in 1930. **True**
2. On average, a 4-year-old child asks 437 questions a day. **True**
3. It only takes 17 muscles to smile - - - 52 to frown. **False, 43**
4. The dollar was established as the official currency of the US in 1785. **True**
5. Money is made out of paper. **False, linen**
6. Strawberries have more vitamin C than an orange. **True**
7. The first coin minted in the United States was a silver dollar. **True, it was issued on October 15, 1794.**
8. The human brain uses approximately as much energy as a 10 watt light bulb. **True**
9. Offered a new pen to write with, 97% of all people will write Hi. **False, their own name**
10. Babies are born with 300 bones, but by adulthood we have only 206 in our bodies. **True**



Recipes:

Healthified Chicken Tortilla Casserole

Prep time: 20 minutes

Total Time: 1 hour 15 minutes

Servings: 8

Ingredients:

- 1 can (10 ¾ oz) fat-free condensed cream of chicken soup
- 1 can (4.5 oz) chopped green chiles
- 1 container (8 oz) fat-free sour cream
- 1/2 cup fat-free (skim) milk
- 2 1/2 cups shredded cooked chicken breast
- 8 yellow corn tortillas (6 or 7 inch), torn into bite-size pieces
- 1 medium green bell pepper, chopped (1 cup)
- 1 large tomato, chopped (1 cup)
- 1 1/2 cups shredded sharp Cheddar cheese or Mexican cheese blend (6 oz)



Directions:

1. Heat oven to 350 degrees F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix soup, chiles, sour cream and milk until blended. Stir in chicken, tortillas and bell pepper. Stir in tomato and 1 cup of the cheese. Spoon and spread mixture in baking dish.
2. Cover with foil. Bake 40 minutes. Uncover; sprinkle with remaining 1/2 cup cheese. Bake uncovered 5 to 10 minutes longer or until cheese is melted and mixture is bubbly. Let stand 5 minutes.

Ginger Pumpkin Bread

Prep time: 20 minutes

Total Time: 2 hours 40 minutes

Serves: 12

Ingredients:

- 12 T (1 ½ sticks) unsalted butter, melted, plus room-temperature butter for pan
- 2 ½ cups all purpose flour (spooned and leveled) plus more for pan
- 2 t baking powder
- 2t ground ginger
- 1 t salt
- 1 cup granulated sugar
- 1 cup packed light-brown sugar
- 1 can (15 oz) pumpkin puree (1 ¾ cups)
- 3 large eggs

Sugar Glaze, (Optional)

- 1 ½ cups confectioners' sugar



Directions:

1. Preheat oven to 375 degrees. Butter and flour two 8 1/2-by-4 1/2-inch (6-cup) loaf pans (see note, below); set aside. In a large bowl, whisk together flour, baking powder, ginger, and salt. In a medium bowl, whisk together sugars, pumpkin, melted butter, and eggs; add flour mixture, and stir until just combined.
2. Divide batter between prepared pans. Bake until a toothpick inserted in center of loaves comes out clean, about 50 minutes. Let cool 10 minutes; invert pans and transfer loaves to a wire rack to cool completely. [Glaze](#), if desired.-

Glaze: In a small bowl, mix confectioners' sugar with 2 to 3 tablespoons water until mixture is smooth but thick. Place waxed paper under rack for a quick cleanup. For easy pouring, transfer glaze to a liquid-measuring cup, and drizzle over loaves. Let dry 15 minutes before serving. Makes enough for 2 loaves.

Mini Football Subs

Ingredients:

Meatballs
Spaghetti Sauce

Shredded cheese
Individual-size rolls



Directions:

1. To make a batch, first prepare your favorite meatball recipe, shaping each meatball into a mini football before cooking. Once they're cooked, add the meatballs to a skillet of spaghetti sauce and warm them through.
2. For each sub, cut a V-shaped notch from the top of an individual-size roll, place a meatball in the roll, and top with cheese shred laces. Finally, get the sandwiches in a huddle on a cookie sheet and place them in a warm oven for a few minutes to melt the cheese.

CRAFTS:

Harvest Napkin Rings

Supplies:

TP roll
Scissors
Dried beans

Glue
Paint and brush (Optional)



Directions:

1. Cut your TP roll in half (or as big as you'd like your napkin ring.)
Paint each half in a fall color, or you can leave it the color it is.
2. Once the paint is dry, begin to glue your beans all the way around in any pattern or design you'd like.
3. You've created a beautiful decoration for your fall table!

The quickest way for a parent to get a child's attention is to sit down and look comfortable.
~Lane Olinghouse



This year we would like to have at least half of the families that receive this newsletter to receive it by email instead of "snail mail." If you are willing to help us with this goal please give your email address to Kathi Serafino, LSW or Dawn Bates at 440-285-9141.

TRAINING REMINDERS:

- ❖ Even if you are not currently a certified foster or adoptive family with us, you are still welcome to attend our trainings. All we ask is that you call to register.
- ❖ **Please remember that if there are less than 5 people signed up for training, a week prior to the training, the training will be cancelled.**
- ❖ To register for training you can call the county directly, call the Foster Parent Training Line at 1-866-294-3787 or contact [Julie Hayden](#), at 330-379-1976.
- ❖ Want to know what trainings are being held by other counties? Visit the Northeast Regional Training Center website at <http://www.ocwtp.com/neortc.htm>

**Geauga County Job & Family Services
On-Going Training Schedule**

Tuesday, November 8, 2011: What's Too Much? Issues of Confidentiality
Trainer: Pam Reid Time: 6-9 pm

Saturday, November 19, 2011: Discipline Your Child Without Punishing Yourself
Trainer: Beth Pilley Time: 9 am – 4 pm

**Lake County Job & Family Services
On-Going Training Schedule
440-350-4218 or 440-918-4218**

Saturday, October 8, 2011: Relating to Primary Families: Understanding Challenges, Issues and Strategies for Success
Trainer: Trisha Martinek Time: 9 am – 4pm

Tuesday, November 8, 2011: Peeling Back the layers: Seeing Past our Children's Defense Mechanisms
Trainer: Beth Philley Time: 6-9 pm

Wednesday, The Openness Puzzle: 3-2-1 Contact
Trainer: Beth Cardina Time: 6-9 pm

Monday, December 12, 2011: Moral Development
Trainer: David Zidar Time: 6-9 pm

**Lake County Job & Family Services
Pre Service Training Schedule**

Pre Service will be starting Saturday, October 1, 2011 and continuing every Tuesday and Thursday through November 3, 2011.

**Ashtabula County Children's Services Board
On-Going Training Schedule
440-998-1811**

Thursday, October 13, 2011: Life Books: The Gift that Keeps Giving
Trainer: Beth Cardina Time: 6-9 pm

Thursday, October 27, 2011: ZZZ's To A's: Supporting Sleep for Better Functioning
Trainer: Stacy Simera Time: 6-9 pm

Tuesday, November 1, 2011: Fostering Resiliency and Well-Being in Children
Trainer: Lonnie Helton Time: 6-9 pm

Monday, November 21, 2011: Pro-Social Skills
Trainer: David Zidar Time: 6-9 pm

Tuesday, December 13, 2011: Relax, It's Only a Crisis
Trainer: David Zidar Time: 6-9 pm

**Ashtabula County Children's Services Board
Pre Service Training Schedule**

Pre-Service will be held starting September 8, 2011 on Mondays and Thursdays through October 31, 2011.



Heather

Date of Birth: May 27, 1995

Heather has been described as outspoken and strong willed. She enjoys the great outdoors including fishing, camping and riding dirt bikes. She is also interested in drag racing.

Heather does well in school. Heathers future goals include getting a job and going to college to become a social worker or lawyer.

Heather would like a family that she can call her own, but is not sure if she wants to be adopted at this time. She has siblings that she would like to keep in contact with as they are not being placed together. Heather will do best in a family that is structured, very patient and if there are other children in the home, younger will be better.

Would you like to learn even more about Heather?

Agency: Geauga County JFS

Contact: Rebecca Calabrese

Telephone: (440) 285-1265