



## Geauga County Job & Family Services Foster/Adoptive/Kinship Newsletter



### May is

458 reports of child abuse or neglect were received by the Social Services division of Geauga County Job and Family Services in 2011. April is recognized nationally and locally as Child Abuse Prevention Month. GCJFS is the county agency designated by law to provide for the care, protection and placement of abused, neglected and dependent children in Geauga County. The 458 reports came from every area of the county and from all kinds of households regardless of family income or education.

GCJFS is participating in the “Pinwheels for Prevention” campaign to bring attention to child abuse and neglect throughout Ohio. Each pinwheel planted represents one report of child abuse or neglect in Geauga County. Pinwheels are on display at the corner of Rt. 44 and Rt. 322 across from Junction Auto.

Don't miss the **Child Abuse Prevention Month Kick Off** on Wednesday, April 11th at 11:30 at GCJFS. Light refreshments will be served. Please RSVP by Friday, April 6th to Danette Richards 440-285-1288 [RICHAD@odjfs.state.oh.us](mailto:RICHAD@odjfs.state.oh.us)

There's still time to register for the 3rd annual **Child Abuse Prevention 5k Race & Fun Walk** on April 28<sup>th</sup> 9:00am at Punderson State Park. Registration forms can be found online at [www.geugajfs.org](http://www.geugajfs.org). Call

### Bullying—Not Just a Part of Growing up

30 percent of students in grades six through ten are involved in moderate or frequent bullying – as bullies, vic-

#### Warning signs of Targets:

- ◆ Have poor social and interpersonal skills.
- ◆ Feel inadequate or have low self-esteem.
- ◆ Believe they can't control their environment.
- ◆ Are physically younger, weaker, or smaller.
- ◆ Have family members who are overly-involved in their decisions and activities.
- ◆ Are repeatedly teased, picked on, pushed, or have unexplained bruises, torn clothing, or stolen/damaged property.
- ◆ Are often alone or excluded from peers.

#### Warning signs of Bullies:

- ◆ Control others through verbal threats or physical actions.
- ◆ More prone to anger or use of force.
- ◆ Possess little empathy for the target.
- ◆ Have often been exposed to aggressive behavior.
- ◆ Tease others in a malicious way.
- ◆ Influence others to do the bullying while they watch from sidelines.
- ◆ See aggression as the only way to preserve their self-image.

tims, or both. 19 percent participate in bullying.

#### Tips On How To Protect Children From Bullying:

**Get to know your child's teacher, school counselor and principal.** Understand the bullying policies at school and work together to ensure they are being properly enforced.

**Help your child develop healthy relationships.** There is safety in numbers and bullies are less likely to pick on children who have a network of friends.

**Teach your children that violence is unacceptable.** Since 60 percent of children are witnesses to bullying, they play a critical role in influencing the behavior of other children and helping victims. Parents can be role models in fostering value systems that do not tolerate violence.

## Child Spotlight of the Month— DOB



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? Contact Rebecca Calabrese at Geauga County Job and Family Services, 440-285-1265.

## Fourth Annual Foster Parent Conference

Are you in need of training hours? The Fourth Annual Foster Parent Spring Conference on May 10-12, 2012 offers many interesting and exciting topics to choose from. The conference will be held at the Summit County Education Center. For more information please see all the details under the training section and sign up now!



## Reminders

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](mailto:Julie.Hayden@geauga.gov), 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>

**Foster Parents you can receive up to 1/3 of your training hours through Foster Parent College. That means that you can get up to 13 hours over 2 years of your training hours online. For more information go to [www.fosterparentcollege.com](http://www.fosterparentcollege.com).**

## Training Opportunities

Training for parents, foster parents, guardians and those working with at-risk children is available at no cost. There's still time to register for **Trust Based Relational Intervention training**. The enclosed flyer provides additional information and a form for registering for this free training course. Free childcare is available on a limited basis so be sure to send in your registration as soon as possible.

Geauga County Educational Service Center will hold a training on **Preventative Techniques to help Parents Manage Challenging Behaviors**. This training will be held Thursday, April 26th from 5:00 p.m. to 8:00 p.m. at the West Woods, 9465 Kinsman Road (Rt. 87) Russell, OH 44072. For questions or to RSVP please call Glee Slivka at 440-479-1723 or e-mail [aglee.slivka@geaugaesc.org](mailto:aglee.slivka@geaugaesc.org)

## 8th Annual Kidsfest coming May 5th

Mark your calendars for Kidsfest, a fun-filled day of free activities, entertainment and refreshments. This popular family event will be held Saturday May5, 2012 from 10:00 a.m until 2:00 p.m. at Metzenbaum Center, 8200 Cedar Road, in Chesterland. **For more information, call 440-285-2282**

Bring a friend and join in the fun and entertainment including:



- ◆ Spitunia the Clown—Face Painting
- ◆ The Jasmine Dragons (11:30—12:30 p.m.)
- ◆ Bandjo the Clown—Balloon Animals
- ◆ Geauga deputy “Rick O’Shay” the miniature horse (10:00—11:00 a.m.)
- ◆ A guest appearance by Superman
- ◆ Door prizes

This event is funded by:

- ◆ The Geauga County Board of Mental Health & Recovery Services
- ◆ Geauga Family First Council
- ◆ Help me Grow
- ◆ United Way Services of Geauga County
- ◆ University Hospitals
- ◆ Tri-County Association for the Education of Young Children (AEYC)

## Health Fair

In celebration of Minority Health Month, a health fair will be held April 21st at Chagrin Falls Park Community Center, 7060 Woodland Avenue, Chagrin Fall, 44023. The fair is funded by the Ohio Commission on Minority Health and will take place from 10:00 a.m. until 2:00 p.m. For more information call 440-247-6030.

- ◆ Prizes and Refreshments
- ◆ Bone Density and Glucose Screenings
- ◆ Heart, Vascular and Digestive Assessments
- ◆ Cholesterol, Blood Pressure and Balance Assessments

## Crafts & Activities

### Butterfly Bounty

#### Supplies:

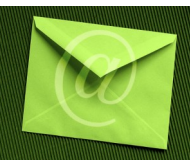
Clothespins	Small crackers, dried fruit, trail mix, etc
Glitter Glue	Snack-size zip bags
Glue	Pipe Cleaners
Googly Eyes	



#### Directions:

1. For each bag, decorate one side of a clothes pin (glitter glue). Glue two small googly eyes near the gripping end of the clothespin and let the glue dry.
2. Put small crackers, dried fruit mix or whatever you’d like into a snack sized zip bag until it’s about half full. Seal the bag, cinch the middle with your fingers, and clip it with the clothes pin.
3. Fold down the tips of a 4 ½ inch length of pipe cleaner, then bend the entire piece in half. Clip the pipe cleaner in the clothespin.

## Help Support the Geauga JFS Foster/Adoptive/Kinship Newsletter



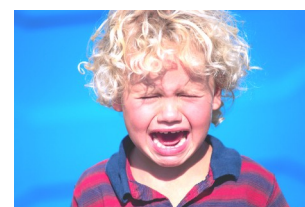
Please take a moment to help support the Geauga JFS Foster/ Adoptive/Kinship Newsletter. You can opt to receive your issues of our monthly newsletter via e-mail and help us keep costs down.

Simply send your email address to Kathi Serafino, LSW at [serafk@odjfs.state.oh.us](mailto:serafk@odjfs.state.oh.us) or Dawn Bates at [batesd@odjfs.state.oh.us](mailto:batesd@odjfs.state.oh.us)

## Coping Tips for Parents and Caregivers

There is no magic formula to taking care of children. Just when you feel you understand your two-year-old, she will turn three, and you will feel like you are starting all over. This is natural...but challenging! When your nerves are wearing thin, try one of these simple tips.

- ◆ **PUT YOUR HANDS BEHIND YOUR BACK**—This will help prevent you from using them to threaten or hit the child.
- ◆ **TAKE A DEEP BREATH**—Count to 10. Imagine that with each deep breath, you are letting out your anger.
- ◆ **TAKE A BREAK**—Ask someone you trust to relieve you for a few minutes and take a walk or get away for a short time.
- ◆ **REMOVE YOURSELF FROM THE ROOM**—If you can't leave where you are, get someone to watch the child/children and go into a separate room for at least three minutes and try to cool off.
- ◆ **CALL A FRIEND, FAMILY MEMBER, OR SUPPORT LINE**—Talk to someone about your situation. Geauga County Job and Family Services can be reached at 440-285-9141.
- ◆ **WRITE IT OUT**—Take a pen and paper and write everything that comes into your head. Crumple it up and throw it away.
- ◆ **RELEASE PENT-UP ENERGY**—Do 15 jumping jacks, or run up and down a set of stairs. Be careful, and do not do this if you feel it will frighten your child.



## Recipes

### Baked Brunch Omlet

**Servings:** 12

**Ingredients:**

½ loaf (1 pound) white bread, cut into cubes  
 2 cups milk  
 1 ½ pounds cheddar cheese, shredded  
 1 pinch salt  
 1 cup cubed cooked ham

1 dash hot pepper sauce, or to taste

8 eggs

¼ cup chopped green onion

**Directions:**

1. Lightly grease 9x13 baking pan. Place half of the bread cubes on bottom of baking pan. Sprinkle with half of the ham and then half of the cheese; repeat.
2. In a large bowl, beat together eggs, milk, salt, hot sauce and green onions. Pour egg mixture into pan.
3. Place in refrigerator to soak overnight.
4. Preheat oven to 350degrees. Place pan in oven andbake for 60 minutes, or until eggs have set.



### Carrot Cake with Cream Cheese Frosting

**Servings:** 24

**Ingredients:**

3 cups grated carrots	1 t ground cinnamon
2 cups flour	4 eggs
2 cups white sugar	1 ½ cups vegetable oil
2 t baking soda	1 ¼ t vanilla
1 t baking powder	1 (8oz) can crushed pineapple with juice
1/2 t salt	
¾ cup chopped pecans	

3 1/2 cups confectioners' sugar

1 (8oz) package of cream cheese

1/2 cup butter, softened

**Directions:**

1. Preheat oven to 350 degrees. Grease and flour a 9x13 pan
2. In a large bowl, combine grated carrots, flour, white sugar, baking soda, baking powder, salt and cinnamon. Stir in eggs, oil, 1 ¼ t vanilla, pineapple and ¾ cup chopped pecans. Spoon batter into prepared pan
3. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
4. To make frosting: In a medium bowl, combine confectioners' sugar, cream cheese, ½ cup butter and 1 ¼ t vanilla. Beat until smooth, then stir in 1 cup chopped pecans. Spread on cooled cake.