



Connections

OCTOBER

La Crosse County
Human Services
Dept.
Volume 8, Issue 10
2006

School Forms

Foster parents are well aware that children in foster care will be coming home with a variety of school forms. The questions that always comes up are, "what forms can the foster parent sign and what forms **MUST** be signed by the parent or legal guardian?"

Generally speaking school enrollment forms and **MEDICAL** forms or authorizations **MUST** be signed by the parent or legal guardian. Unless you have a court order authorizing you as a foster parent to sign for medical authorization **do not** sign the form. **Ask the child's social worker or have the school contact the parent or legal guardian to sign school medical forms.**

La Crosse County Human Services has created a Parent/Guardian permission form that if the parent or guardian agrees allows the foster parent permission to sign for certain activities (see insert). This form is accepted in whole or part by the school districts. You should ask to review this form with the social workers working with the children in your home. The social worker can obtain the parent or guardian's signature, and then the form can be presented to the school district to see what they will or will not accept.



CHILDREN'S CLOTHES CLOSET

Does your Foster Child need clothes?

La Crosse County Human Services may be able to help!

The Children's Clothes Closet is stocked with donated children's clothing that is available to you free of charge.

To access the clothing, contact Rhonda Rude at 789-4834.

The Clothes Closet is always in need of replenishing and people to organize the donations. Please contact Rhonda if you have donations or time to give!

Mark Your Calendar!

Torchlight Parade, October 5th. Come walk with us! For more information, call Rhonda Rude at 789-4834.

Upcoming Workshops at Family Resources, 1500 Green Bay St.

For more information or to register, call 784-8125. Child care may be provided.

Getting Ready for Kindergarten

Thursday, October 5th from 6:30-8:00pm

School District of La Crosse Kindergarten Teachers, Priscilla Thibodeau and Lynn Lange will discuss what they teach in kindergarten and the skills that help children to be successful.

SIDS: Sudden Infant Death Syndrome

Saturday, October 7th from 9:00-10:30am

Learn more about SIDS and how to prevent it.

Live Your Values...Love Your Life

Thursday, October 12th from 6:30-8:00pm

Explore and define what is important to you and your family. What do you truly value? We'll answer this question and identify key strategies to help you and your family live in harmony.

Foundations of Literacy

Thursday, October 19th from 6:30-8:00pm

Discover the foundations of literacy including movement, rhyme, song, storytelling and imaginative play. Understand your role in laying the foundation in order to help your child experience reading success.

Helping Children Cope in Turbulent Times

Thursday, November 2nd from 6:30-8:00pm

We will discuss how to recognize and cope with emotional reactions and changes in behavior during times of stress, struggle and upheaval in our families, our nation and the world.

Daylight Savings Time is October 29th!



What Do You Mean By

Scoliosis: This term is used to describe a lateral curvature of the spine usually consisting of two curves, the original abnormal curve and a compensatory curve. Braces, physical therapy and education can help the child with the disability.

Juvenile arthritis: A chronic, inflammatory disease that affects the whole body and may cause joint or connective tissue damage throughout the body. It affects children before age 16, causing joint pain or discomfort. Juvenile arthritis can be helped by drugs and physical and occupational therapy.

Excerpted from Adopt! January 2005. Published by Adoption Resources of Wisconsin.

Wanted...

WOODEN BUNK BEDS

Please call Wendy Culp at
781-9058.

If there are any items you need or would like to donate, we'd be happy to post them in this newsletter. Information to be submitted can be sent to Sharon McHugh:
785-6056 mchugh.sharon@co.la-crosse.wi.us



**Foster Care & Adoption
Resource Center**

Looking for information on Foster Care or Adoption? Visit us at our webpage:

www.wifostercareandadoption.org

or you may feel free to contact the resource center at our toll free number: 1-800-947-8074

or via email:

info@wifostercareandadoption.org



*The house looks empty, There's no one around.
There isn't a sight, There isn't a sound.
In the darkness each year I feel the same shame --
Having eaten the treats before the kids came!*





CANDY TRIVIA

Use the clues below to figure out the brand name of a candy.

1. Galaxy
2. Red planet
3. Can't hold on to anything
4. Like a famous baseball player
5. Twin letters
6. Superman's other identity
7. A gesture of affection
8. The favorite day of employees
9. Flotation device
10. Celestial explosion



- Answers:
- | | | | | |
|--------------|-------------------|-----------------|--------------|---------------|
| 1. Milky Way | 2. Mars Bar | 3. Butterfinger | 4. Baby Ruth | 5. M&Ms |
| 6. Clark bar | 7. Hershey's Kiss | 8. Payday | 9. Lifesaver | 10. Starburst |

SPIDER TREATS

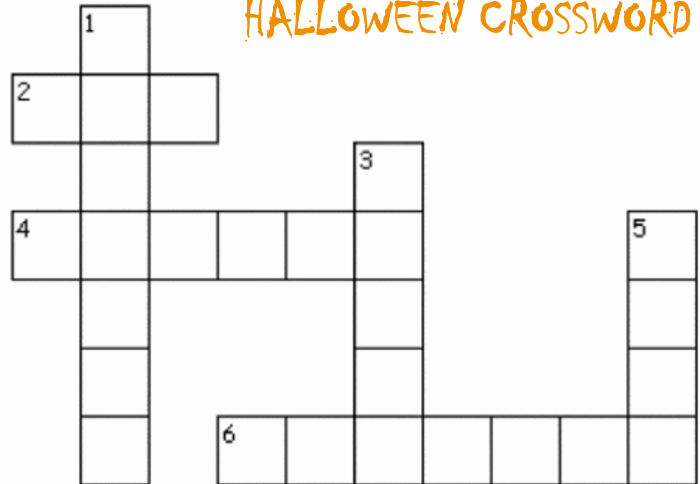
These arachnid treats are easy to make and they look positively lifelike crawling across your child's snack plate!

- For each:
- 2 round crackers
 - 2 teaspoons smooth peanut butter
 - 8 small pretzel sticks
 - 2 raisins

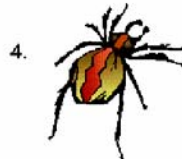


With the peanut butter, make a cracker sandwich. Insert eight pretzel "legs" into the filling. With a dab of peanut butter, set two raisin "eyes" on top.

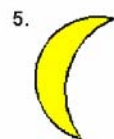
HALLOWEEN CROSSWORD



Across



Down



fostering perspectives

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Motivating Yourself... Motivating Your Child



- Make logical decisions about adding foster children to your family and include the whole family before you make a final decision. Every child in your family needs involved, motivated parents who have enough quality time for each of them. Evaluate carefully how much more time, energy and backup your immediate family and extended family have to give.
- Be a consistent, decisive and respectful parent. Set and explain the rules of the household, and enforce them consistently. Remember: Fair is not always equal. Keep in mind that good rules must be within a child's capabilities and serve reasonable purposes.
- Maintain regular contact with your child's school and teachers. Take an active interest in each child's school and social lives. As your child spends most of his waking hours at school and with his friends, maintaining regular contact with the school, the teachers and other parents can help you know what your child needs and is doing.
- Ask your child open-ended (not yes or no) questions about school or friends to start discussions. Talk during those "in-between" times, when you are riding in the car, making dinner, or playing games, so your child won't feel interrogated.
- Teach leadership and self-confidence by creating situations in which your child is in charge and is likely to succeed. Encourage extracurricular activities and the pursuit of individual interests and talents. Nothing motivates like success!
- Expect your child to take on responsibilities within the family. Having chores and deadlines will not only help your child learn self-discipline, it can help him feel that he is an important, contributing member of the family.
- Make it a priority to reward behavior you want to encourage MORE than punish those you want to extinguish. Simple smiles, praise and companionship help children know that they have done well.
- Keep communication lines open at all times. Be a good listener for what is said and what is not said. You can't listen to your child while you're talking. Letting him talk out his options in solving a problem is much more helpful than jumping in with your own solutions. How many of your mother's solutions did you use?
- Don't be too hard on yourself. You may be a 24-hour a day role model, but you are human! Admit mistakes. Teach your children that every mistake is an opportunity for learning. Observing how someone successfully handles a mistake, reacts in a crisis, and deals with difficult situations can teach many lessons. Teaching children to reason, associate behaviors with consequences, and solve problems will help children make good choices and become independent.
- Be your own best friend. Don't abuse or neglect yourself. Stay in shape. Laugh! Take care of your own personal health and well-being. Take a husband, wife or friend on a date. Don't assume the entire weight of the child welfare world --you are not alone. Meet other foster parents and make contacts with other child advocates and tap into their networks. Foster parents are already doing more for children than 99% of the population. By keeping your personal energy and motivation refreshed, you will always be a wonderful motivator for your foster children!

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