



Connections



January

La Crosse County
Human Services

Volume 11, Issue 1
2009



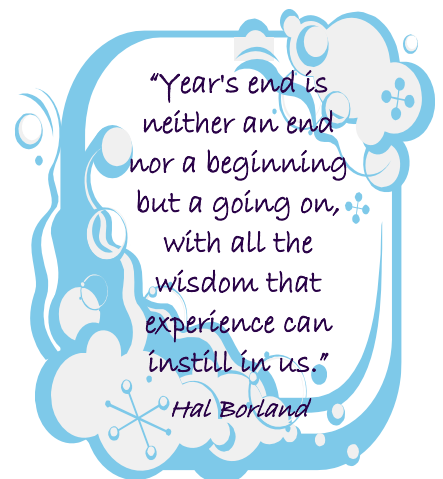
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Ten Ways to Build Your Child's Good Character

1. Be the best role model of good character you can be. In everything you do, show responsibility, respect, cooperation, fairness, caring, trustworthiness, and good citizenship.
2. Teach responsibility by assigning chores at home and by offering your child choices. Also help your child learn that choices have consequences.
3. Encourage respect by teaching your child to be courteous and considerate to everyone. Explain that it's wrong to ridicule or stereotype others.
4. Help your child learn cooperation by reminding him or her to always show good sportsmanship.
5. Encourage fairness by teaching your child to share what he or she has with others.
6. Cultivate caring by praising your child for being kind to others. If possible, involve your child in service projects.



(continued on page 4)

Mark Your Calendar!

2009 Special Events for Foster and Respite families have been scheduled!

<i>Thursday, May 28th</i>	<u>Foster Care Picnic</u>	Myrick Park (big shelter), La Crosse
<i>Thursday, September 24th</i>	<u>Foster Care Banquet</u>	Drugan's, Holmen
<i>Thursday, November 19th</i>	<u>Holiday Open House</u>	Children's Museum, La Crosse

Upcoming Community Events

January 18th-25th Winter Rec-Fest Locations and times vary
Variety of winter events including figure skating, torchlight ski/hike and fireworks, sports, kids' carnival and snow sculpting contest, and more. Call (608)789-7533 or check out www.cityoflacrosse.org for more information.

Saturdays, 10:00am Frosty Flicks Marcus Cinema, Ward Ave., La Crosse
All seats only \$2.50. FREE popcorn with every paid admission.
1/24 Madagascar: Escape to Africa 2/14 Journey to the Center of the Earth
1/31 Delgo 2/21 Star Wars: The Clone Wars
2/7 Igor

Wednesday, April 1st Child Abuse Prevention Month Mayoral Proclamation
April is Child Abuse Prevention Month! The community comes together to support anyone raising children and to remind us to spend one-on-one time with our kids as much as we can. It truly does take a village to raise a child. Please mark your calendars to attend a Mayoral Proclamation to support child abuse prevention at one of the following locations:

La Crosse County Health and Human Services Building	9:00am
La Crescent Elementary School	11:00am
Holmen (location to be determined)	11:00am
Onalaska City Hall	1:00pm
West Salem Boys and Girls Club (location not confirmed)	1:00pm



Training Opportunities

FOUNDATIONS SPRING 2009 SCHEDULES

Wednesday evenings, 5:30-9:00pm
Feb. 4, 11, 18, Mar. 4, 11, 18, 25, and April 1
Trainers: Dawn Miller and Denise Green

Thursday evenings, 5:30-9:00pm
Jan. 8, 22, 29, Feb. 5, 12, 19, 26, and March 5
Trainers: Sarah Koenen and Rita Wolcott

Call Rhonda Rude at (608) 789-4834 to sign up. There will also be a Saturday class offered this spring...dates and times to be announced!

Mark Your Calendar!

Training Opportunities (continued)

Tuesday, Feb. 10, 6:30-8:00pm

Wheezing and Sneezing

Gundersen Lutheran Rasmus Center
1900 South Ave., La Crosse

Presentation by Pediatric Allergist Todd Mahr, MD with information on the diagnosis and treatment of asthma in children, allergic rhinitis or hay fever, identifying and preventing triggers, environmental control and management, and what can be done to reduce a child's risk of developing allergies. Free. For more information contact Jennifer Peterson at 775-3258 or 800-362-9567, ext. 53258.

Saturday, Mar. 7, 1:00-3:00pm

Lifebooks: How to Present and Adopted Child's Life Story

Catholic Charities
3710 East Ave. S., La Crosse

Jennifer Demar from Scrap and Tell will be presenting a lifebook workshop for pre- and post-adoptive and foster families. Register by calling Magen Duffy at (608)782-0710 ext. 223 or Jennifer Demar at Jennifer@demtron.com. Cost is \$15 per person. Registration due Friday, March 6th.

Thursday, Apr. 2, 4:30-6:00pm or 6:30-8:00pm

Taming the Spirited Child: Strategies for Parenting Challenging Children without Breaking Their Spirits

Radisson Hotel, La Crosse

Child Maltreatment Conference pre-conference presentation by Dr. Michael H. Popkin, Founder of Active Parenting Publishers. Free. No registration required.

Thursday, Apr. 3, 8:30am-4:00pm

12th Annual La Crosse Child Maltreatment Conference

Radisson Hotel, La Crosse

This year's conference will focus on children living in homes with parents/caregivers who struggle with major mental illness or substance abuse. Registration fee is \$95. Look for further details in an upcoming newsletter.

Upcoming Workshops at Family Resources, 1500 Green Bay St., La Crosse

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



Tuesdays, Jan. 27-Feb. 24*, 5:30-6:30pm

Infant Massage

Infant massage helps promote attachment and bonding between parents and their babies. It can be beneficial for growth and development both physically and emotionally for a baby and is relaxing for babies and parents. Series of four training sessions. *No class Feb. 10th.

Thursday, Feb. 5, 6:30-8:00pm

Parents as Teachers

Can a child's IQ really be improved before they begin school? Learn what you can do as a participant in the Parents as Teachers program to maximize your child's developmental windows of opportunity. Presented by Lisa Metz-Belzer, Parent Educator—Family Resources

Thursday, Feb. 19, 5:30-8:30pm

1-2-3 Magic

Parents want their kids to listen and they want to enjoy their family life. Learn how to get your kids to start doing what you want them to do. Light meal provided. Please bring a non-perishable item to benefit WAFER. Presented by Ted Stein, M.S., L.P.C., N.C.C



Welcome New Foster Parents

Please welcome **Maria and Francis Holicky** to the enriching world of foster care. Maria and Francis became interested in providing foster care because of a specific child that was in need. The family lives on the north side of La Crosse but hope to move to the Holmen area in the future. They have a very very large dog that loves to be affectionate with others when it is not sleeping. Maria has experience in caring for children with special needs and the couple also is familiar with the adult foster care system through a relative that provides care for adults. She has recently decided to be a stay at home parent for the children that are placed in her home. Maria has already completed the Pre Placement training that is required of newly licensed foster parents and her husband plans to attend the training at the beginning of 2009. You may see them at up and coming foster care events (Picnic May 2009) or trainings (Foundations) so please give an encouraging welcome to these new Everyday Heroes!

Please welcome **Christie Eid** to our community of foster parents. She currently lives with her mother, Gwen La Pour, an already established foster parent. She plans to assist her mother in providing care to children in the home but also hopes to provide foster care on her own when she establishes herself in the community. Christie has already completed the PACE training that was required of newly licensed foster parents. Christie brings with her the experience she has gained through her work with children at Family Resources of La Crosse and through her mother's experiences in foster care. Christie is also pursuing a career in the local school districts as teacher's aid and hopes to work within the special needs populations of children. You are likely to see her at future ongoing trainings and other foster care events so please welcome her to our foster care community.

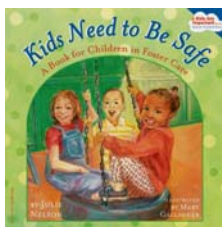
10 Ways to Build Your Child's Good Character (continued from page 1)

7. Teach trustworthiness by emphasizing the importance of being honest and dependable.
8. Teach good citizenship by performing your civic responsibilities such as voting and obeying the law.
9. Talk openly about good character and point out examples of it in others both in your community and in the media.
10. Explain to your child that inappropriate behavior needs to be corrected. Equally important, praise your child lavishly for showing good character.

Remember: By teaching your child to treat others as he or she wants to be treated, you will encourage good character as a way of life.

Family Notes, October 2008

CHECK IT OUT! Recommended reading for parents and children



Kids Need to Be Safe: A Book for Children in Foster Care

By Julie Nelson and illustrated by Mary Gallagher

"Kids are important... They need safe places to live, and safe places to play." For some kids, this means living with foster parents.

In simple words and full-color illustrations, this book explains why some kids move to foster homes, what foster parents do, and ways kids might feel during foster care. Children often believe that they are in foster care because they are "bad." This book makes it clear that the troubles in their lives are not their fault; the message throughout is one of hope and support. Includes resources and information for parents, foster parents, social workers, counselors, and teachers. For ages 4-10.

This book can be borrowed from our **Alternate Care unit library**. Stop in and check it out!

Placemat Design Contest!



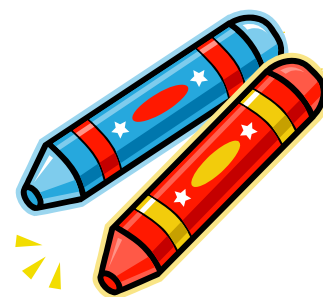
May is National Foster Care Month. Here in La Crosse County we would like to celebrate this month with a placemat design contest for foster families.

The theme this year is "La Crosse County Everyday Heroes". We are asking that interested foster families (including all children in the home) submit a drawing about who they believe are the "heroes" of foster care.

You may draw this on an 8 $\frac{1}{2}$ x 11 piece of white paper, with marker or crayon but it can only contain the colors of **navy blue and red**. Please remember that no names should be included on the drawings.

Once you have your design, please mail it by **March 1** to:

LaCrosse County Human Services
Attn: Rhonda Rude
300 N 4th St,
LaCrosse, WI 54601



We will select one design to be printed on placemats for local restaurants for use during National Foster Care Month.

If you have any questions, please feel free to contact Rhonda Rude at 789-4834.

Thank you for being our heroes and we look forward to your design submission.

You Have So Many Miles Yet to Travel

~Deanna Beisser

How many miles have you traveled in your lifetime?
How many more do you think are out there waiting for you?
That's part of the mystery of life...How long does it last?
All of us have a road to journey down
And a life to experience and understand.
No one can ever guess which way the wind will blow
And which way our lives will flow...
We are in a constant current of changes.
The ones who find a way to gently
Accept their talents and promote themselves
Are the ones who are writing their own life stories.
Many of us think that our lives are already written,
But that is far from the truth.
Every single day, we are given a chance to change our lives.

Sometimes the changes that occur are little changes,
But changes nonetheless.
And after days of small and tiny alterations to our lives,
We become different individuals
Learning how to enjoy our true spirits.
So, if you feel trapped in the same situation,
You must rethink your thoughts and understand that
Standing still for a while doesn't mean you are not moving,
But that at this time you are aging and changing within
the quiet realm of life.
Make the miles you have left to live ones that are worth walking.

Submitted to Connections by: Denise Green

fostering perspectives

Sponsored by the NC Division of Social Services and the NC Family and Children's Resource Program

Respite

by Meg Youravish

Respite was a word I knew nothing about in my beginning years of foster and adoptive parenting. I had heard the word but never cared to understand it, since it seemed to have something to do with “time for me” and “someone else watching my children.” I thought that no one could handle my children except for me. After all, they are special needs children. I was their parent, friend, counselor, and caretaker. What a wonderful thought.

When I was finally exhausted, emotionally drained, and dreaming of monster poopie diapers and children throwing rages and tantrums running down a long, long, narrow hallway after me yelling “Mommie, Mommie, more!” and found myself waking up with sweat pounding on my forehead, I decided to learn more about “Respite.”

Now, nine years (with seven years of using respite) later, I have had a chance to look forward and make plans for the future. Our respite needs vary; it could be once a week, once a month, and/or a big one once a year. I used to feel guilty about using respite until I realized my children are much different with other people. I came to realize they need a respite, too.

I have grown used to the idea that once seemed so impossible to me: there are actually other adults who can care for my children and who enjoy them.

At first it was overwhelming, but we eventually adjusted. Now I LOVE respite. You actually feel human again with a little “time off” for everyone.

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Maple Syrup and Snow Candy



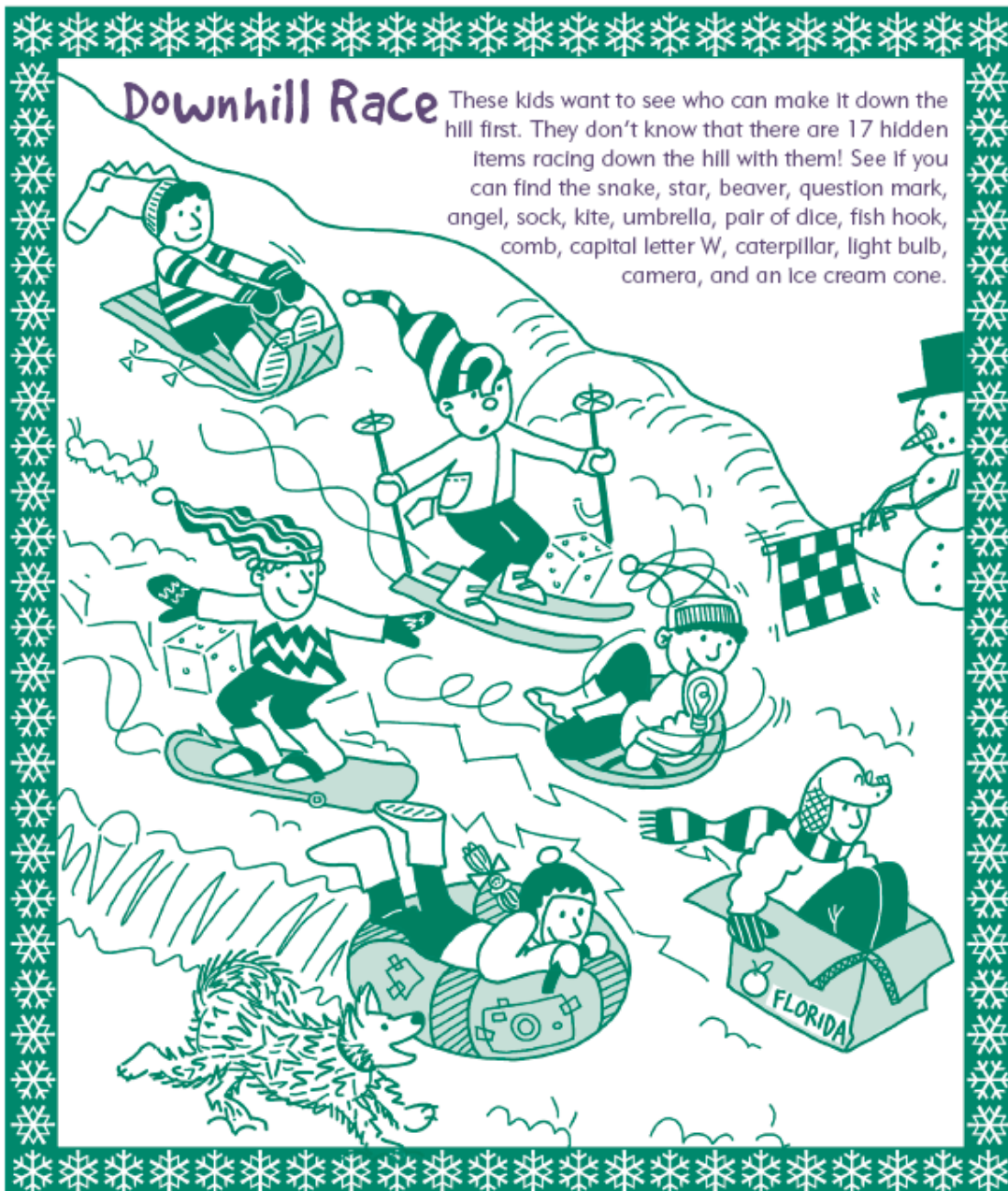
Get the whole family together to enjoy this fun winter treat!

Ingredients:

- 1 cup real maple syrup
- 1/4 cup salted butter
- Fresh snow, vanilla ice cream, or shaved ice

1. Heat the syrup and butter in a medium saucepan over medium-high heat, stirring to avoid a boilover. (Heating syrup is strictly a parent's job).
2. The mixture is ready 6 to 7 minutes after it boils (220 to 234 degrees on a candy thermometer). It should stiffen when dripped onto a plate.
3. Remove from heat and cool 2 minutes before pouring over the snow, ice cream, or ice. It cools so quickly that kids can taste it right away.

Wondertime.go.com



Downhill Race These kids want to see who can make it down the hill first. They don't know that there are 17 hidden items racing down the hill with them! See if you can find the snake, star, beaver, question mark, angel, sock, kite, umbrella, pair of dice, fish hook, comb, capital letter W, caterpillar, light bulb, camera, and an ice cream cone.

familyeducation.com

Connections



LA CROSSE COUNTY HUMAN SERVICES

300 4TH SREET NORTH
LA CROSSE, WISCONSIN 54601

RETURN SERVICE REQUESTED

Pass the word on!

Do you know anyone who's interested in being a foster parent? Orientation sessions for those who'd like to learn more about the program are held the first Monday of every month from 6:00pm to 7:30pm. Those interested in attending should call Rhonda Rude at 789-4834 to sign up.

Is there anything you'd like to contribute to our newsletter?

Please send your ideas, comments, or suggestions to:

Attn: Sharon McHugh
La Crosse County Human Services
300 N. 4th St.
La Crosse, WI 54601
mchugh.sharon@co.la-crosse.wi.us
(608) 785-6056



Foster Care & Adoption
Resource Center

Looking for information on foster care or adoption? The Foster Care and Adoption Resource Center provides the following services:

- Resource lending library
- Links to training opportunities and resources
- *Fostering Across Wisconsin* quarterly newsletter

Visit their webpage at www.wifostercareandadoption.org or contact them at their toll free number I-800-947-8074 .