



Connections



Summer 2011

La Crosse County
Human Services

Volume 13, Issues 7-9

SUN SAFETY

It's that time of year to enjoy some fun in the sun! Here are a few tips for keeping children safe:

1. **Avoid the Strongest Rays of the Day.** Seek shade when the sun is at its strongest (10am to 4pm). If kids must be outside between these hours be sure to apply and reapply protective sunscreen, even on cloudy days.
2. **Cover Up.** Dress children in light long-sleeved shirts, pants, and wide-brimmed hats. Umbrellas, tents, and other gear can also be used to shield the family from harmful UV rays. Sunscreen should not be applied to babies under 6 months of age so they absolutely must be kept out of the sun whenever possible.
3. **Use Sunscreen Consistently.** Select a sunscreen with an SPF of 30 or higher that protects against both UVA and UVB rays (referred to as "broad-spectrum" sunscreen). Apply about 15 to 30 minutes before kids go outside so that a good layer of protection can form. Reapply about every 2 hours or more often if children are sweating or swimming.
4. **Use Protective Eyewear for Kids.** Sun exposure damages the eyes as well as the skin. Look for sunglasses with labels ensuring they provide 100% UV protection.
5. **Double-Check Medications.** Ask the doctor or pharmacist if any prescription (especially antibiotics and acne medications) and over-the-counter medications can increase sun sensitivity.
6. **If Your Child Gets a Sunburn.** Burns may not be visible until hours after the sun exposure and can produce symptoms including pain, itching, chills, and feelings of sickness. To ease a child's discomfort use a cool bath or compress, aloe vera gel or a topical moisturizing cream, and anti-inflammatory medication (like acetaminophen or ibuprofen). Do not allow children to pick at peeling or blistered skin as this could make it more vulnerable to infection.
7. **Be Sun Safe Yourself.** Be a good role model for children by consistently wearing sunscreen and sunglasses and limiting your time in the sun.



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Source: kidshealth.org; Adapted from an article by Dr. Kate Cronan, August 2010

Mark Your Calendar!

UPCOMING COMMUNITY EVENTS

River Valley Cross-Cultural Adoption Support Group's Retreat

Saturday, July 23 | 10:00am-2:00pm | Tarantula Arms Retreat, Rushford MN

The River Valley Cross-Cultural Adoption Support Group holds an annual retreat for families with bi-racial or cross-cultural children (biological parents, adoptive parents, foster parents, and other caregivers are all welcome!) The Tarantula Arms Retreat site is located on 43 acres of beautiful land with a pond, farm animals, gardens, hiking/biking trails, and more. For more information call 608-779-0676 or visit <http://aaman.us/adoption.html>.

Cruisin' to End the Bruisin': New Horizons' 3rd Annual Horizon Ride

Saturday, July 23 | Starts at 10:00am | Nutbush City Limits (3264 George St., La Crosse)

A fundraiser for New Horizons Shelter and Outreach Centers. The ride is not only for motorcycles. Cars, trucks, and vans are also invited to take a scenic drive through a mapped out route. Also enjoy prizes, food specials, music (4-8pm), and a classic car and motorcycle show. Cost: \$25 pre-registration; \$30 day of. Call 608-791-2610 ext. 303 for more information.

FREE Car Seat Safety Check

Thursday, July 28 | 4:00-7:00pm | Toys R Us (2906 Market Place, Onalaska)

Safe Kids Coalition of the La Crosse Coulee Region is partnering with Toys R Us to provide free car seat safety checks. Come learn the recommendations and laws regarding car seat use and how to check for expired or recalled seats. Children must be present to check your car seats for proper fit.

Sand on the Riverfront

Friday, August 19—Sunday, August 21 | Riverside Park, Downtown La Crosse

Come enjoy larger-than-life sand sculptures, games, entertainment, and non-stop family fun. This event is a fundraiser for Riverfront, an agency which provides services to adults with disabilities. Admission is free. For more information visit www.riverfrontinc.org.

Children's Summer Festival 2011

Saturday, August 27 | 9:00am-12:00pm | Myrick Park, La Crosse

The Parenting Place's annual children's festival with fun, food, and games for parents and their young children. Buttons can be purchased at The Parenting Place for \$4 (3 for \$10) if purchased in advance; \$5 the day of the event. Children under 2 are free. For more information call 608-784-8125 or visit www.theparentingplace.net.

La Crosse Storytelling Festival

Friday, September 9—Saturday, September 10 | Myrick Park, La Crosse

A family event featuring local and national talents, two story stages, music, children's area, food tent, silent auction, and more. For more information visit www.lacrossestoryfest.com.

Du Run Run: Kids' Duathlon benefiting Special Olympics

Sunday, September 18 | 8:00am—12:00pm | Riverside Park, Downtown La Crosse

Participants compete against kids their own age and gender in a run/bike/run. \$15 per child. For more information visit <http://www.specialolympicswisconsin.org/durunrun.asp> or call 608-789-7596.

Mark Your Calendar!

TRAINING OPPORTUNITIES

PRE-SERVICE TRAINING—FOUNDATIONS

To register for Foundations or for a make-up session contact Rhonda Rude at 789-4834.

Sessions 1, 7 and 6

Saturday, October 15 | 8:00am-4:00pm | La Crosse County Human Services—basement auditorium

Trainers: State worker Karla Hasart and foster parent Suanne Kraft

Sessions 8 and 5

Saturday, October 29 | 8:00am-4:00pm | La Crosse County Human Services—basement auditorium

Trainers: State worker Karla Hasart and foster parent Suanne Kraft

Sessions 2 and 4

Saturday, November 12 | 8:00am-4:00pm | La Crosse County Human Services—basement auditorium

Trainers: Social worker Richelle Zimmerman and foster parent Suanne Kraft

Sessions 3 and 9

Saturday, December 3 | 8:00am-4:00pm | La Crosse County Human Services—basement auditorium

Trainers: Social worker Richelle Zimmerman and foster parent Suanne Kraft

LCHSD ONGOING FOSTER PARENT TRAINING

Registration is required for all participants! Contact Rhonda Rude at 789-4834 to register.

Working with Schools and Advocating for Foster Children

Tuesday, September 13 | 5:30pm-8:30pm | La Crosse County Human Services—basement auditorium

Trainers: Foster parent Suanne Kraft and social worker Tracy Puent

Deadline to register: September 8th, 2011

Development of Infants and Toddlers

Saturday, October 22 | 9:00am-3:30pm | La Crosse County Human Services—basement auditorium

Trainers: Foster parent Suanne Kraft and social worker Richelle Zimmerman

Deadline to register: October 17th, 2011

Legal Risk Adoption Case Planning

Sunday, October 23 | 1:00pm-5:00pm | La Crosse County Human Services—basement auditorium

Trainers: Foster parent Rita Wolcott and social worker TBA

Deadline to register: October 17th, 2011

Culture of Birth Parents

Tuesday, November 8 | 5:30pm-8:30pm | La Crosse County Human Services—basement auditorium

Trainers: Foster parent Suanne Kraft and social worker Will Herber

Deadline to register: November 3rd, 2011

Mark Your Calendar!

You See Policies, We See Values

Saturday, November 19 | 8:30am-12:30pm | La Crosse County Human Services—basement auditorium
Trainers: Foster parent Suanne Kraft and social worker TBA
Deadline to enroll: November 14th, 2011

Co-Parenting

Sunday, November 20 | 1:00pm-5:00pm | La Crosse County Human Services—basement auditorium
Trainers: Foster parent Suanne Kraft and social worker TBA
Deadline to enroll: November 14th, 2011

COMMUNITY TRAINING OPPORTUNITIES

NOTE TO FOSTER PARENTS...please remember that per policy all training hours earned from outside resources must be pre-approved and verifiable. Be sure to retain a copy of the training certificate, flyer, or agenda.

Massage For Infants

Monday, August 1 | 7:00pm-8:30pm | Gundersen Lutheran—5th floor (1900 South Ave., La Crosse)
Regular gentle massage helps form stronger attachments and develops a healthier brain. During this class you'll learn how to increase circulation, increase blood flow through the muscles and calm your infant with therapeutic massage. Designed for infants 3 weeks old to those just beginning to crawl. Fee is \$20. For more information, contact Megan at 608-775-6878.

To Pee Or Not To Pee

Thursday, August 11 | 6:00pm-7:30pm | The Parenting Place In Onalaska (1035 Riders Club Road)
Learn to recognize the signs of toilet learning readiness, how to proceed, and how to avoid turning toilet learning into a major power struggle. Presented by Fran Swift, Parent Educator. For more information or to register call (608)784-8125.

Stewards of Children: Training for Prevention of Child Sexual Abuse

Tuesday, September 13 | 5:30pm-8:30pm | The Parenting Place (1500 Green Bay St., La Crosse)
This nationally acclaimed training opportunity is designed to educate adults to prevent, recognize and react responsibly to child sexual abuse. This workshop is highly recommended for all adults who work with children and youth—including teachers, parents, volunteers and other interested adults. For more information or to register call (608)784-8125.

Suicide Prevention Summit

Wednesday, September 14 | 8:30am-5:00pm | South Hall—La Crosse Center
Summit Goal: To increase our understanding of suicide, its prevalence, and the risk factors for specific populations, and acquire tools for prevention, assessment and intervention. Everyone can assist individuals at risk for suicide, including social workers, counselors, teachers, nurses, law enforcement, youth leaders, family survivors and community members. Cost: \$75. For more information or to register visit www.uwlax.edu/conted/suicideprevention/index.html.
An awareness event will also be held at Riverside Park on Tuesday evening (September 13th) at 6:00pm.

Mark Your Calendar!

Happiest Baby On the Block

Tuesday, September 20 | 5:30pm-7:00pm | The Parenting Place In Onalaska (1035 Riders Club Road)

Find out how to soothe crying and colicky babies with the 5 S's: five easy techniques that will calm your baby and turn on his (or her) amazing "calming reflex"! For more information or to register call (608)784-8125.

What's The Parenting Place All About?

Monday, September 26 | 8:30am-9:30am | The Parenting Place In Onalaska (1035 Riders Club Road)

Come to this quick-paced overview of all the services that Family Resources offers to the La Crosse/Onalaska area and how participants can take advantage of using them. Registration is appreciated. Call Fran at (608)784-8125.

Baby Signing

Thursday, October 20 | 6:00pm-7:30pm | Gundersen Lutheran—5th floor (1900 South Ave., La Crosse)

This class will help participants understand the impact parents have on the learning and emotional well-being of their child. Learn about the importance of baby sign language and how to use it with your baby. Fee is \$20. For more information, contact Megan at 608-775-6878.

BACK TO SCHOOL PROJECT

Catholic Charities will be collecting school supplies to distribute to over 1,000 children throughout La Crosse county. From July 25th until August 12th they will be collecting everything for school including: backpacks, notebooks, pens, pencils, folders, colored pencils, crayons/markers, scissors, glue, school boxes, wide/college ruled loose leaf paper, etc.

If you have any items you wish to donate please drop them off at the Catholic Charities office (3710 East Ave. S., La Crosse) or look for barrels, carts, or containers at Kwik Trip, Shopko, Wal-Mart, local churches, and other community locations.

Families in need of supplies may sign up August 1st-4th in the lobby of the La Crosse County Human Services building or at Catholic Charities. Applications will be available at these locations to be completed and returned to a drop box.

Items will be distributed to families on Tuesday, August 23rd (2-7pm) and on Wednesday, August 24th (9am-7pm) at the Catholic Charities office.





FAMILY RESOURCES HAS A NEW NAME!

Family Resources is now "The Parenting Place". Their name and logo have changed, but their staff, programs, and services have not. The Parenting Place is still a place for all who care for children, including parents, grandparents, educators, child care providers and many others. Their programs educate, strengthen, and support parents and caregivers by creating a greater understanding of the impact they have on the lives of children in their care.

For more information about the programs and services The Parenting Place has to offer visit their website: www.theparentingplace.net.

Or, come to a presentation about their programming at their new Onalaska location. See the "Mark Your Calendar" section in this newsletter for details.



fostering perspectives

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Turning Our Busy Bees into Worker Bees

by Trishana Jones

Studies show that many youth who age out of foster care experience high unemployment and unstable employment patterns.

Cultivating a Work Ethic

Caregivers are in a perfect position to teach young people what it means to work. In actuality, the notion of work is first introduced into the lives of children and youth as chores around the house.

Cleaning up one's personal space, washing dishes, sweeping, and mopping the floor are aspects of work done at home as well as at places of businesses such as banks, restaurants, etc. Caregivers, like workplace supervisors, will usually demonstrate how they want a chore

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completed and then ensure the child successfully finishes the task. Delegating age- and ability-appropriate chores is a good way to teach children about personal responsibility and basic cleanliness and to establish a work ethic.

A work ethic is a set of values a person applies to completing a job or range of duties. A work ethic can consist of values such as being dependable, punctual, taking initiative, and asking questions to get a job done correctly. Building up a child's work ethic can influence how they handle other interests, such as playing on a pee-wee football team or learning to ride a bicycle.

Work Experience Resources

By the time children reach school-age, teachers revisit the concept of work by asking the probing question: "What do you want to be when you grow up?" Children often respond with answers such as fireman, doctor, lawyer, nurse, teacher, or basketball player. However, the world's economy and technology have evolved and, in turn, diversified the types of careers available to today's youth.

All caregivers should introduce young people to good work skills and provide them with the information and experiences they need to select a possible career as they approach young adulthood. Resources that may prove helpful in this task include:

Volunteerism: Foster and adoptive parents can volunteer with their children at an rescue animal shelter, senior living facilities, homeless shelters, or hospitals and use the experience as an opportunity to donate time to their community and simultaneously expose the children to different types of careers.

Job Shadowing: Some public school systems participate in job shadowing, which immerses youth in the world of work and provides first-hand experience for certain job skills and careers. Call your local school system to find out if it offers a job shadowing program to its students.

Summer Jobs: Many agencies and non-profits in your area may operate summer employment programs to help eligible teenagers and young adults acquire job skills and gain paid work experience.

Apprenticeships: For youth interested in professions requiring specific hands-on skills not obtainable in a four-year college, apprenticeships are feasible alternatives. Some apprenticeship programs are housed in secondary (high school) and postsecondary settings.

Internships: Internships present young adults the chance to perform in-depth, professional tasks in their career of interest. Career placement centers at colleges and universities are the standard clearinghouse for many listings of internships from numerous companies and organizations nationwide.

Trishana Jones, MSW, is a child advocate with the NC Youth Advocacy & Involvement Office.

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 5:30pm to 7:00pm. 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 Wisconsin 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 1-800-947-8074 .

THIS NEWSLETTER IS ALSO AVAILABLE ON THE LA CROSSE COUNTY FOSTER CARE WEBSITE!
VISIT www.co.la-crosse.wi.us/HumanServices/FC/docs/fostercare