

Foster Care Forum

Waukesha County
Health & Human Services
June 2012



Food, Glorious, Food! Nutrition and Cooking for Kids Leaving Foster Care By: Adoption Resources of Wisconsin - ARW/FCARC

Every cook has kitchen disasters and some have more than others. Whether you cook like a pro, or have trouble boiling water, know that cooking is a skill you can learn. Your cooking may not always be great, but good nutritious food is something you need and you can learn to turn out tasty, healthy meals.

Healthy foods

Candy and chips and soda taste great. A gigantic burger with super-sized fries and a soda is typically advertised at a lot of fast food restaurants, but a constant diet of fast food leads to being overweight, risking diabetes, and clogging your heart and arteries.

A good diet is based on:

- vegetables and fruit
- pasta, rice, bread and cereal, as much of it whole grain as possible
- protein sources such as eggs, beans, meat and nuts, and last,
- some fats and oils, and sweets occasionally, but not in large amounts.

Drink lots of fluids including water. Skip the sweetened soft drinks except as a treat. Plan treats for yourself, but not everyday, all day.

Think of eating healthy food as similar to an insurance policy. You have always wanted a safe secure life for yourself. Eating healthy doesn't guarantee that you will never get sick, but eating good food can make your chances of being healthy and having less pain and living longer a much better bet. My Pyramid is a government site that has great resources for nutrition, including menu planner, interactive tools, videos, and more. Check it out at <http://www.choosemyplate.gov/>.



Food Resources

If you don't have money for food, know where organizations such as the Salvation Army offer free meals. You need regular good nourishment to keep your mind and body healthy.

Find out where the food pantries are in your area and how often you can use them. Pantries provide free groceries items for those who cannot afford them.

If you are pregnant or have a child, use the WIC (Women, Infants and Children) program.

Now That You Have All Those Groceries, Let's Get Cooking.

You need some basic equipment, including:

- A larger pot and a frying pan
- A spatula and a big cooking spoon
- A sharp serrated (saw-toothed) blade knife
- One or two bigger mixing bowls
- Can opener
- A toaster and a microwave
- Sponge or dishcloths and drying towels
- Cups, plates, bowls, silverware
- Dish soap

Try to find these items at a second-hand store like Goodwill, or go to garage sales. Don't forget to ask - foster parents, family, friends, and

social workers. Many people are happy to help people get started. Start with the kitchen basics and add from there. Have fun.

What Can You Eat That You Don't Have to Cook or Heat?

- Peanut butter and jelly sandwich. Instead of jelly, add thick slices of banana, apples or raisins.
- Cereal and milk. Try non-sweetened kinds and add fruit.
- Sandwiches. You can put most anything in a sandwich and it can be great - lettuce, tomatoes, pickles, green pepper, cheese, olives, meat. Try whole grain bread for good nutrients.
- Salads. It can be some work when you are tired from a long day, but wash some lettuce and veggies and pile it on your plate. Buy some dressing and eat it with some bread. Make fruit salads too.

Twelve Shopping Tips

1. Plan your transportation. If you are taking the bus or walking, consider how much you can carry - you might have to make more frequent trips to the store.
2. Plan menus for the days until the next time you know you will shop.
3. Make a list of what you need.
4. Use coupons from the newspaper.
5. Pay attention to the cost of food items and get price savvy. Compare prices on everything. Store brands will be right next to name brands but will generally be much cheaper and the same quality.
6. Shop around the outside walls of supermarkets - this is where you find the veggies, fruit, dairy products, and bakery.
7. Buy processed foods sparingly. That's the food that is already cooked for you and you have to heat up. It is easy but it's not as healthy.
8. Canned vegetables are as nutritious as frozen or fresh.
9. Bring your own bags to the store if you can. Many stores give discounts for bringing your own bag.
10. Get the supermarket special shopper cards which can save a lot.
11. Buy lunch food, beverages, and snacks that you can bring to work. It's usually much cheaper than eating out.
12. Go to sites like "Super Couponing" at <http://www.supercouponing.com/> for advice on how to get the best deals.

Continued on Page 4

Prospective Foster Parents need to do Part 1 of the training on the following website:
<http://www.wcws.wisc.edu/foster-parent-training>
We will then meet to discuss the learning points and to answer your questions.

Thursday,
June 14, 2012
6 - 8 PM

All Classes are held in the Brookfield Room G137 in the Human Services Center located at 500 Riverview Avenue. Please enter the building at door 6. Call Shari Rather at (262)548-7267 to register.



Lisa's Corner

Lisa Roberts
Manager of the Children and
Family Division

I want to start by thanking all of the foster parents who attended our Annual Foster Parent meeting on May 9th. It was a WONDERFUL evening full of information/resource sharing, lively discussion, laughter, and food, food and more food! Shari and the staff did a fantastic job helping to lead discussions about confidentiality, day care support, training requirements, social work standard changes (confirming safe environments) and visitation and shared parenting. Lots of great ideas and discussion around these topics occurred. Also, Kathy Mullooly, Waukesha County Shared Services Supervisor and retired foster parent/ now adoptive mom, shared an overview of a new training she will be conducting in the fall of this year titled, Parenting the Traumatized Child. It looks like a fantastic curriculum. Keep your eye out in future newsletters for more info! Lastly, at the meeting I shared a little about the ACE (adverse childhood experience) study. It helped to show some of the long-term effects trauma can have on people's functioning and health. This data truly justifies the importance of all of us better understanding trauma and how to support those affected by trauma in their lives.

To help better understanding trauma...Waukesha County has arranged an upcoming Trauma Training by Dr. Mary Hess on June 14th from 10am to noon and repeated on June 21 from 6 to 8pm. Both trainings will be at Retzer Nature Center, here in Waukesha. The training will focus on: Children who have experienced traumatic events, such as abuse and neglect, often have developed thought and behavior patterns in response to the trauma that are now maladaptive in other situations. Everyone needs to understand the origins of this trauma response; how trauma has affected the child's brain and how and why these difficult behaviors were adaptive in the child's past. This knowledge is essential in order to develop and implement a plan that will effectively meet the child needs and support a successful foster care/school experience. In this training, Dr. Mary Hess will discuss how and why trauma affects children's behavior and offer suggestions for how you can interact with children in ways that will help them calm themselves and process their reactions, leading to healthier behavioral choices...

This is sure to be a training you do NOT want to miss...it will help increase your knowledge and awareness but also give you hands on, practical strategies for how to approach these difficult behaviors! Particularly as we move into summer, we know that all kids (especially kids who have experienced trauma) require a lot of support, structure and supervision. There are lots of camp opportunities available to our foster children. Make sure you talk to your social worker about coming up with a good summer plan. And just some things to remember...you MUST have parental permission to travel out of state (And yes, Great America is out of state!)...if your family spends time waterskiing, boating, atv'ing, etc... please make sure you talk to your social worker about whether you need special permission ...even helping to mow the lawn requires parental and agency signed permission. Don't be afraid to ask Shari or your social worker if you aren't sure what your foster child can or can't do without permission from their parent.

Lastly, I want to tell all our wonderful dads out there...HAPPY FATHER'S DAY...have a great day!

Training Offered By Waukesha County

Parent Café
July 19, 2012
5:30 PM
Center for Excellence
N4W22000 Bluemound Road
Waukesha



To register for childcare, RSVP or for questions call, 262-548-8080.

Training

Parents Place Programs
262-549-5575
www.ppacinc.org

Prices for some classes may apply. Call 262-549-5575 to register. Free pre-registered childcare is available while attending most classes. Space is limited.

Love and Logic ®

Love and Logic is a philosophy founded by Jim Fay and Foster W. Cline, M.D., and provides simple and practical techniques to help parents have less stress and more fun while raising responsible kids. This curriculum provides immediate results with techniques like: Setting limits with enforceable statements, sharing control through lots of small choices, and many more. Become a Love and Logic parent and unlock the secret of successful parenting with these effective techniques.

Mondays, June 4 - 25
5:30 - 7:30 PM

Kids Managing Anger (Parent and child class)

Parents learn to deal with their children's anger and frustrations while children learn the tools to curb their anger as well. Parents will meet with a facilitator while the children are in their sessions.

Tuesdays, June 12 - 26
5:30 - 7:00 PM

Educational Fieldtrips for Moms and Tots

Born Learning and Parenting the Early Years staff will host monthly fieldtrips

Waukesha Public Library

(Meet at specified location. Call for directions/information)
Wednesday, June 13
9:30 - 11:00 AM

Anger in Relationship

Are you sick of all the yelling? Do your differences often escalate into anger and arguments? Change the negative patterns and replace them with kindness, respect and peace.

Wednesdays, June 13 - 27
5:30 - 7:30 PM

Growing Creative and Happy Kids

A love of learning, thinking, creativity and solving problems are important qualities children need to develop. Parents will learn how to model, encourage and nurture these qualities in their children through interactive fun. Parents and children (ages 5 - 12) meet the first hour separately and in a combined group for the last hour to use the information learned by inventing, creating, experimenting and more.

Monday, June 25
1:00 - 3:00 PM

Kids Smarts: A Preschool/4K Readiness Program

Get your child off to the right start in school. These structured playgroups prepare parents and kids for the preschool or kindergarten experience.

Tuesdays, June 26 & July 10
10:00 - 11:00 AM

Save The Date:

July 18, 2012
2:00 - 8:00 PM

An Afternoon with the Animals

Milwaukee County Zoo
Sponsored by
Jack Safro Toyota



Adoption Resources of Wisconsin Events

Fourth Annual Homes for Kids Golf Outing
Thursday, August 23, 2012
The Bull, Sheboygan Falls, WI
Sponsorship opportunities also available

Contact Information: Jenna Czaplewski
414-475-1246

Successful CFTs: What Foster Parents Can Do to Help By: Fostering

As this issue of *Fostering Perspectives* makes clear, child and family team meetings are important. Here are a few ways you can help ensure their success.

Understand your role. CFTs focus on children in foster care and their families, but as a foster parent you do have an important part to play. Precisely what that part is will depend on the family's situation and the purpose of the meeting. If you are unsure, ask the person who called the meeting to clarify your role for you.



Support the children. CFTs can stir up a lot of anxiety. You are in an excellent position to help young people to prepare emotionally for these meetings. Foster parents can help by asking children how they feel about the upcoming CFT. As you discuss their feelings, make sure they understand the purpose of the meeting, who has been invited, and their own role.

Help children understand that being present at a CFT that concerns them is their right, not a privilege. If they want to be there, they have the right to be heard. If they do not want to participate or there is some reason why full participation is not possible, find out how they want their voice, thoughts, and ideas shared as part of the meeting.

Be prepared to step out of the room. If you are asked to leave the CFT at some point, don't take it too personally. It is important for children and families to be able to speak freely about their concerns, even those that pertain to your home.

Think shared parenting. Although most foster parents will have already met the birth family as part of shared parenting, CFTs offer another great opportunity to build a relationship with and obtain information from the child's parents. The box below offers good reminders of what birth families want and need from others when it comes to CFTs. Always ask the family what you can do to support their relationship with their child.

Speak up about scheduling. Those scheduling and planning CFTs should allow foster parents to have some input about when and where CFTs take place. Foster parents should not be shy on this point - ask for what you want; if you don't get it, be understanding.

Think next steps. Help everyone remember how important it is for children to be involved in what happens AFTER the meeting. With social workers and others, help young people in care understand what part they can play as the plan moves forward.



The Bottom Line

CFTs allow foster parents to be there when important information is discussed and service agreements are made and reviewed. This allows them to be part of the reunification effort, or whatever the child's permanent plan is. The bottom line? CFTs are a great way for foster parents to stay up-to-date and to be active, contributing members of the team serving the family and child.

What Birth Families Want from Child and Family Team Meetings

Before the Meeting

- Give me a chance to share my story
- Help me find my informal supports so they can come to the meeting
- Educate yourself about my child's illnesses or my situation, don't just say you don't know
- No surprises - make sure I know beforehand what we will be talking about at my meeting
- Don't have the meeting unless I can come
- Work with me to set up a time that I can be present at the meeting; be sensitive to my needs
- Recognize my feelings (e.g., angry, scared, tired of the mess)
- Help me understand my options and how the meeting works
- Listen to what I'm saying and explore why I am saying it

At the Meeting

- Allow me to introduce myself to the team
- Talk to me, not about me
- Monitor your tone of voice
- Call me by my name, not "mom", "dad", or "the youth"
- Make sure I have someone there I feel will support me
- Use words I understand
- Use humor to make me feel safe
- Give me a chance to share my story
- Help me to meet my immediate needs first (e.g., housing, transportation, child care, food, lights)
- Remind me of my family's strengths and build on them
- Provide needed services, not just mandated services - don't waste time on services that won't help my family
- Know what the family has to do in all of the agency plans so we can come up with one plan
- Listen to my needs and my family's needs
- Use visual prompts so I can follow better
- Tell the truth
- Let me explain why I behave the way I do
- Let me speak more
- Be open to our questions and opinions
- Make the meeting more active and fun
- Everyone who says they'll attend must be there
- Ask for information - don't assume you know the answers
- Know that I'm doing what I know to do

**"Speak to me
and my child as
if we're part of
the solution, not
like we are the
problem."**

After the Meeting

- Respect my confidentiality - don't talk about me to others
- Allow me the opportunity to call meetings when I feel I need to
- All team members need to be held accountable not just the parents

Source: NCSOC, 2007

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**Happy
Father's
Day!**

Food, Glorious, Food!

Continued from Page 1



What Can You Cook That is Simple and Fast?

There are lots of ideas online, some of which have video demonstrations. You can also check out cookbooks at the library.

Cook easier recipes until you learn how to use your kitchen a little better. You will make mistakes. Everyone does. Your mom's fried chicken might not be something you can make like she does when you first try. Let's hope you can laugh at your kitchen disasters and that they are not too expensive. Here are some ideas to get you started:

- The old basic, which is cheap and fast, ramen noodles. Add veggies and/or meat.
- Eggs are cheap, full of protein and easy.
- Rice and pasta cook quickly, which give you a filling basis for veggies, meat and sauces.
- Oatmeal and other hot cereals are good for you. Buy big containers - even though it takes more time to cook, it tastes better and is much cheaper than the small packets.
- Wash a potato, poke it with a knife or fork and bake it at 350° for 45 minutes or in your microwave for about three minutes.
- Soups are filling and good to eat.

Wash dishes and wipe the table and counters after you eat. You will like your kitchen and your place better if it is clean. The more it collects the harder it is to clean and to continue to cook.

Patience and Practice

Some of you are already pretty good cooks. Maybe it comes to you naturally or you learned from your relatives or foster parents. Lots of you won't be that confident in the kitchen. But either way, it is cheaper, more comforting, and fun to eat at home.

Be patient with yourself. You will learn. Maybe you can share meals and meal preparation with friends. Ask your relatives, foster family, and other adults in your life for suggestions and recipes. Soon you will be cookin'!

Books

Breaking Away, Teen Write About Leaving Foster Care: Stories of Independent Living. Youth Communication.

Do You Have What It Takes: A Comprehensive Guide to Success After Foster Care. Edited by K. Hurley. Youth Communications

I Can Do It!, A Micropedia of Living on Your Own, by Marian B. Latzko

Recipes and Other Online Resources

www.kidsacookin.com This website is for parents of small kids but it has good recipes and some video demonstrations.

<http://www.spatulatta.com> This site is also for kids, but it has 350 step-by-step video recipes.

<http://www.reluctantgourmet.com/recipe.htm> The recipes are pretty fancy but there are a lot of them and a lot of kitchen hints and ideas.

<http://www.freeallrecipes.com/> Free recipes.

<http://www.food.com/recipes/beginner-cook/healthy> Beginner cook recipes with both simple and fancy recipes and a lot of how-to information

<http://allrecipes.com> At this site, you can put in your ingredients and it comes up with the recipes. Also has videos for basic cooking directions, like how to cook pasta noodles.

<http://www.fns.usda.gov/fns/> WIC, Women, Infants and Children government subsidy website.

<http://www.dhs.wisconsin.gov/foodshare/> FoodShare helps people with limited money buy the food they need for good health.

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<http://www.wifostercareandadoption.org>

Contact Numbers:

Waukesha H & HS
262-548-7212

Children's Mental Health Outreach
262-548-7666

Medical Emergency: 911
Family Emergency: 211

Foster Parent Mentor
Jen Barcus..... 262-542-2926
David Mersfelder 262-542-2926
Nikki Mertens..... 262-246-6180

Rebecca Hollister, Supervisor
262-548-7271

Mary Alice Grosser, Supervisor
Relative Licensing
262-548-7272

Shari Rather, Foster Care
Coordinator
262-548-7267

Libby Sinclair
Relative Licensing
262-548-7277

April 2012 Placements

Regular Foster Care:
32 Children

Treatment Foster Care:
11 Children

Group Homes:
2 Children

Residential Care Facilities:
13 Children

Relative Placements:
42 Children

Level 2 Foster Homes:
114 Homes

Level 1 Foster Homes:
32 Homes

Total Homes Assisting Other
Counties
15 Homes

For Allegations of Abuse and
Neglect Support, please call:

FASPP
Norma Schoenberg
920-922-9627

Social Workers:

Jennifer Adler 262-548-7265

Bob Alioto 262-548-7262

Suzanne Arnold 262-548-7348

Kate Flansburg 262-896-6857

Laura Jahnke 262-548-7359

Maria Maurer 262-548-7345

Susan Peck..... 262-896-8574

Madeline Prange 262-548-7394

Janis Ramos..... 262-896-8069

Michael Reed..... 262-548-7347

Cindie Remshek 262-548-7639

Greg Rewolinski 262-548-7270

Elizabeth Russo 262-548-7349

Kim Sampson 262-548-7273

Mark Sasso 262-548-7346

Linda Senger 262-548-7698

We Need You!

For more information about becoming a foster parent in Waukesha County, please contact Shari Rather at:

srather@waukeshacounty.gov

262-548-7267

Or visit our website at www.waukeshacounty.gov
And follow the links to foster care.

Jack Safro
Toyota•Ford•Lincoln•Mercury
Lexus•Infiniti•Scion