



# Foster Care Forum

Waukesha County  
Health & Human Services  
July 2010



## Summer Safety Tips—Part I By: American Academy of Pediatrics

Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP).

### FUN IN THE SUN

Source: <http://www.aap.org/advocacy/archives/tanning.htm>

Babies under 6 months:

- The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infants face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

For All Other Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100 % of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours—between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays.
- Be sure to apply enough sunscreen—about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming and sweating.
- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.

### HEAT STRESS IN EXERCISING CHILDREN

Source: <http://www.aap.org/policy/re9845.html>

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.
- Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.

### POOL SAFETY

Source: <http://www.aap.org.family/tippool.htm>

- Install a fence at least four-feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through.
- Make sure pool gates open out from the pool, and self-close and self-latch at a height children can't reach.

- If the house serves as the fourth side of a fence surrounding a pool, install an alarm on the exit door to the yard and the pool.
- Never leave children alone in or near the pool or spa, even for a moment.
- Keep rescue equipment (a shepherd's hook—a long pole with a hook on the end—and life preserver) and a portable telephone near the pool. Choose a shepherd's hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.
- Children age 4 and older should be taught to swim. Parents must choose to start swimming lessons before age 4 if their children are developmentally ready, but swim programs should never be seen as "drown proofing" a child of any age.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."
- Avoid Entrapment: Suction from pool and spa drains can trap an adult underwater. Do not use a pool or spa if there are broken or missing drain covers. Ask your pool operator if your pool or spa's drains are compliant with the Pool and Spa Safety Act.
- Large inflatable above-ground pools have become increasingly popular for backyard use. Children may fall in if they lean against the soft side of an inflatable pool. Although such pools are often exempt from local pool fencing requirements, it is essential that they be surrounded by an appropriate fence just as a permanent pool would be so that children cannot gain unsupervised access.

### BUG SAFETY

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.

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**Pre-Placement Training  
for Prospective Foster Parents**

**Monday, July 12, 2010 6-9 PM**  
**Monday, July 19, 2010 6-9 PM**

**Monday, August 2, 2010 6-9 PM**  
**Monday, August 9, 2010 6-9 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.**



# Jesse's Corner

Jesus Mireles  
Manager of the Children and Family Division

## 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.

I cannot believe the 2009-10 school year just ended and summer is here! I'm sure the children are excited about summer vacation and getting a well deserved break from school. It appears most of our foster children have done well in school. As you probably know, as a group, foster children do not do as well aca-



demically in comparison to other children but it's good to know that you were actively involved in the education of our foster children to enable them to succeed. I believe the structure, time and effort you spent assisting them with homework had a lot to do with their academic success. We truly appreciate your efforts!



I spoke to our foster care coordinator, Shari Rather, and she wanted me to remind all foster parents that they should obtain parental permission for any summer activity such as riding a lawn mower ATV, jet skis, and water-skiing (licensing rules require a child be at least 14 years of age to do some of these activities with parental per-



mission and permission from our Department. Please check with your worker if you have questions). I know many of our foster parents also have access to swimming pools, lakes, ponds, etc. so please make sure you inform the birth parents of your plans for these activities. As always, please be careful and enjoy the summer!

There are several initiatives that we are implementing including Strengthening Families Parent Cafe's, Trauma Informed System of Care, Fostering Connections (family interaction/visitation) and Family Team Meetings to name a few. I am mentioning these because I want to stress the importance of training for all foster parents.



I think one of the most valuable and important training that you need to attend is **Shared Parenting**. I also believe that this is the most challenging and rewarding aspect of fostering that most foster parents did not realize. In my experience, the relationship our staff and foster parents develop with the birth parents is critical to finding a permanent home for foster children. The **Shared Parenting** training gives foster parents the information and skills to build a trusting relationship with the birth parent. I can imagine what you are thinking when you read this. I will admit that **Shared Parenting** may not be effective with some birth parents however I believe the strategies and techniques will work with most of our birth parents. I have been thinking about this for awhile and I will be directing our staff to make **Shared Parenting** a **mandated training** for all foster parents. We will ensure that we have sufficient Shared Parenting training and different times and locations that are convenient. This training will be required during your first year of being licensed as a foster parent.

One of the areas we covered in our most recent child welfare service review was "Permanency Pathways". The main purpose of this review was to evaluate the transition of foster care cases through the adoption process and determine whether there were any opportunities for improvement. Since that review I've heard more concerns about the special needs adoption process that I plan to follow up with the State of Wisconsin-Special Needs Adoption Section to discuss this further. I want to thank the foster parents and staff that brought this issue to my attention. I will provide an update in future "Jesse's Corner" articles as needed.

Jesse



### The Argumentative Child

Mondays, July 5 - 26  
6 - 7:30 p.m.

When parents get caught up in arguments with their children, they give away their power and expose that they don't know a better way to handle the situation. Put an end to parent-child arguments with these effective problem-solving techniques.

### Disciplining the Child

Tuesdays, July 13 - August 3  
6 - 7:30 p.m.

Many parenting experts recommend a variety of discipline techniques, focusing on punishments and rewards, but too often they just don't work. This class will give parents essential skills for effectively disciplining their child.

### Teenagers: A Parent's Nightmare?

Mondays, August 2 - 30  
6 - 7:30 p.m.

Teenagers often present parents with extraordinary challenges. Is your teen out of control? Have you tried everything and nothing improves the situation? Are you feeling frustrated and hopeless? Join us for a 5-week session for changing your teen's anger and defiance into responsible cooperation. Parents are encouraged to bring their teen to the last session on August 30th.

### A Support & Educational Program for Parents with Children Facing Multiple Challenges

This class is on-going and meets every 1st and 3rd Wednesday of the month from 6 - 7:30 p.m.

This is a support and education program for parents who have children experiencing the following:

- Attention deficits
- Anger management problems
- Sensory integration issues
- Poor social skills & self-esteem issues

Parents will gain support, share experiences, learn about new resources and listen to experts on several topics.

The child's class will meet separate from parents and offer education focused on each child's developmental stage. Through art and play activities, they will build self-esteem, social and organization skills.

### Parenting Between Two Homes

Meets every 2nd and 4th Wednesday of the month from 6 - 7:30 p.m.

Divorce can leave parents frustrated and children torn between two homes. This group will offer suggestions on how to put a halt to this damaging process, so you can maintain your balance and integrity.

### Playgroup

Tuesdays or Wednesdays  
9:30 - 11:00 a.m.

A free on-going group for parents, grandparents, primary caregivers and children.

## Local Fireworks

|                  |                   |                |
|------------------|-------------------|----------------|
| Brookfield ..... | 9:15 PM .....     | Mitchell Park  |
| Hartland .....   | 9:30 PM .....     | Nixon Park     |
| Milwaukee .....  | 7/3/10-Dusk ..... | Veterans Park  |
| Muskego .....    | 7/3/10-Dusk ..... | Idle Isle Park |
| New Berlin ..... | Dusk .....        | Malone Park    |
| Oconomowoc ..... | Dusk .....        | City Beach     |
| Pewaukee .....   | 10:00 PM .....    | Lakefront      |
| Sussex .....     | 9:20 PM .....     | Village Park   |
| Waukesha .....   | 9:15 PM .....     | Expo Center    |
| Wauwatosa .....  | 9:30 PM .....     | Hart Park      |



## Training Offered By Waukesha County



### Parent Café

July 27  
5:30—8:00 PM  
Center for Excellence  
Call to register: 548-8080  
Child care provided

### Foundation Training Fall 2010

#### **September 11, 2010**

Partners in Permanency 9:00 to 12:00  
Cultural Issues in Placement 12:30 to 3:30

#### **September 16, 2010**

Child Abuse and Neglect 6:15 to 9:15

#### **September 25, 2010**

Guidance and Positive Discipline 9:00 to 12:00  
Family Connectiveness 12:30 to 3:30

#### **September 30, 2010**

Child Development 6:15 to 9:15

#### **October 9, 2010**

Attachment 9:00 to 12:00  
Placement and Separation 12:30 to 3:30

#### **October 14, 2010**

Sexual Abuse 6:15 to 9:15

#### **October 28, 2010**

Effects of Fostering on the Family  
Potluck  
6:00 to 9:15

Call Shari Rather to register at 262-548-7267

All Classes are at Waukesha County Health and Human Services  
Enter at Door 6

### **Summer Safety Tips—Part I** **Continued from Page 1**

- To remove a visible stinger from skin, gently back it out by scraping it off horizontally with a credit card or your fingernail.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Use insect repellents containing DEET when need to prevent insect related diseases, such as ticks which can transmit Lyme disease, and mosquitoes which can transmit West Nile Virus and other viruses.
- The current CDC and AAP recommendation for children over 2 months of age is to use 10—30 percent DEET. DEET should not be used on children under 2 months of age.
- The effectiveness is similar for 10-30 % DEET but the duration of effect varies. Ten percent DEET provides protection for about 2 hours—20 % for about 5 hours—choose the lowest concentration that will provide required length of coverage.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when back indoors.
- As an alternative to DEET, Picaridin has become available in the U.S. in concentration of 5-10%.

For more information on DEET: <http://www.aapnews.org/cgi/content/full/e200399v1>

#### **PLAYGROUND SAFETY**

Source: <http://www.aap.org/advocacy/archives/maytra.htm>

Source: <http://www.aap.org/family/playgrd.htm>

The playground should have safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches. The protective surface should be installed at least 6 feet (more for swings or slides) in all directions from the equipment.

- Equipment should be carefully maintained. Open “s” hooks or protruding bolt ends can be hazardous.

- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these.
- Make sure metal slides are cool to prevent children’s legs from getting burned.
- Do not allow children to play barefoot on the playground.
- Parents should never purchase a home trampoline or allow children to use home trampolines.
- Parents should supervise children on play equipment to make sure they are safe.

#### **BICYCLE SAFETY**

Source: <http://www.aap.org/family/bicycle.htm>

Source: <http://www.aap.org/family/tbikmyth.htm>

- Do not push your child to ride a 2-wheeled bike until he or she is ready, at about age 5 or 6. Consider the child’s coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experience for hand brakes.
- Take your child with you when you shop for the bike, so that he or she can try it out. The value of properly fitting bike far outweighs the value of surprising your child with a new one. For more information on finding the proper fit, go to <http://www.aap.org/family/bicycle.htm#choosing>
- Buy a bike that is the right size, not one your child has to “grow into.” Oversized bikes are especially dangerous.
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Set the example: Whenever you ride, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet’s sizing pads can help improve the fit.

#### **SKATEBOARD, SCOOTER, IN-LINE SKATING AND HEELYS SAFETY**

Source: <http://www.aap.org/advocacy/archives/marskate.htm>

Children should never ride skateboards or scooters in or near traffic.

- All skateboarders and scooter-riders should wear a helmet and other protective gear; wrist guards are particularly important.
- Communities should continue to develop skateboard parks, which are more likely to be monitored for safety than ramps and jumps constructed by children at home.
- While in-line skating or wearing Heelys, be sure to wear appropriate protective equipment and only skate on designated paths or rinks and not on the street.

#### **LAWN MOWER SAFETY**

Source: <http://www.aap.org/family/tiplawn/htm>

- Try to use a mower with a control that stops the mower from moving forward if the handle is let go.
- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Do not allow children to ride as passengers on ride-on mowers.

# Camp Hope

Join us on the High Seas July 19–23...

Camp Hope is a high-energy, fast-paced, fun environment for kids and is located at the Strong Links Farm in Pewaukee.

Each day, kids will be out in the sun having a blast and burning up lots of energy. Camp Hope is especially designed for children who are currently in foster care entering 1st through 6th grade. This is a half day camp, which includes lunch, where kids can choose from one of five adventures to go on.

Camp starts at 8:30 and will run until 12:30, and the cost is \$20\* for the week.

## PAINTS AND MORE

Budding artists come in all shapes and sizes. Paints and More is built so that each child, whether a beginner or the next Picasso, will have fun using a variety of art supplies. Get your creative juices flowing, and join us for this “masterpiece” of a week.



## ROCKETS & ROLLER COASTERS

This week is filled with the high-flying adventure of model rocketry and loop-d-loop roller coasters. Each child will build and launch their own rocket and create a marble roller coaster with enough drops and turns to make you dizzy.



## ADVENTURE

Come prepared to have a different and exciting adventure every day. Of course, the highlight is Wednesday when we enjoy our WET, WILD, Water day! EXTREME is for those kids who like the adventurous side of camp. The week will include some rollerblading, team building and FUN! Bring your A-Game and be prepared for an extreme adventure! (Required Safety Gear: helmet, knee pads)



## CRAFTS & COOKING

This camp is filled with good eats and fun projects. Under the watchful eye of our staff, the campers will create many culinary masterpieces (good foods). Those with good taste will sign up for this adventure.



This is a Christian-centered camp.

\*Scholarships available, please call Traci at 920-390-2279  
Please contact Traci at 920-390-2279 for a registration form.



## Waukesha County Human Services and Jack Safro Toyota Presents

### Foster Parent Appreciation Event

“An Afternoon with the Animals”

on

August 4, 2010

3:00 to 8:30

Dinner at 5:45

Oak Grove Picnic Area

See you there!

Milwaukee County Zoo

Reserve your spot by calling

Shari Rather @ 262-548-7267 or Danielle Dickey @ 262-896-6857



### 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

Nikki Mertens  
262-246-6180

Lisa Roberts, Supervisor  
262-548-7271

Shari Rather, Foster Care  
Coordinator  
262-548-7267

Libby Sinclair  
Relative Licensing  
262-548-7277

FASPP (Support for Allegations of  
Abuse and Neglect)  
Norma Schoenberg  
920-922-9627

### May 2010 Placements

Regular Foster Care:  
50 Children

Treatment Foster Care:  
18 Children

Group Homes:  
2 Children

Residential Care Facilities:  
11 Children

Relative Placements:  
45 Children

Total Homes Assisting Other  
Counties  
18 Homes

### Social Workers:

Jennifer Adler 262-548-7265

Bob Alioto 262-548-7262

Suzanne Arnold 262-548-7348

Angie Briggs 262-548-7275

Maria Maurer 262-548-7345

Susan Peck 262-548-7348

Janice 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

Deanna Stevlingson 262-896-8570

Rick Wimmer 262-548-7359

### 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](http://www.waukeshacounty.gov)  
And follow the links to foster care.



Let us host or cater your next special event! Check out our menus online at [machineshed.com](http://machineshed.com) or stop on in! 262-523-1322

