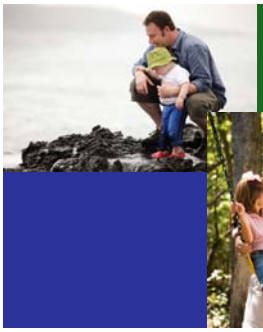

Foster Care Forum

Waukesha County
Health & Human Services
June 2010

Foster Care - Training - Time Outs

By: PSG (Professional Services Group) CIP (Community Impact Programs) Website

http://www.psgcip.com/FosterCare/Training/TimeOuts.php
(Hold down the CTRL Key and select the Hyperlink to take you to the website.)

To receive one training credit, please read the article below and answer the questions on the website listed above. **To receive training credit, forward completed questions to Shari Rather.**

Time outs work most successfully with ages 2-12. Older children and teens resist time outs. Requiring older children to perform extra chores or taking away privilege works better.

The reason time out works well is children aren't getting the attention they love. They are more likely to change the negative behavior to avoid time outs. Time outs also give the acting out child time to calm down while removing them from the situation where the problem started.

Time out stops the negative behavior from getting worse and stops the negative attention the child is getting from the poor behavior.

Time out works better in home with a positive atmosphere. Children need lots of positive praise and encouragement to behave. If the home has a negative environment the child won't miss being removed from the chaos. If this is the case, then time outs probably won't work as well.

Before Time Out: Find a place to send the child for a time out. This place should be away from the major activity, but still in view of an adult. The younger the child the closer they need to be to an adult. Places that work vary from one child to another. Some suggestions of places that work are the dining room, mud room, laundry room, bathroom, indoor porch, or hallway. Giving a younger child a chair, pillow or blanket to sit on in time out seems to work better.

Prepare the Time Out Place: The time out area should be boring, away from TV or music. The area should be safe. Remove dangerous objects like sharp objects, medicines, breakable glass that children can get at.

Amount of Time: Time outs should last one minute for each year of the child. Some older children can be told to leave time out when they are calm or happy. Use an egg timer, or an oven timer to let the child know when time out is over. This way they will be able to remain quiet and not ask you when it's over.

Be Consistent: Choose one behavior to change at a time. Children get confused easily.. Let them know they will go to time out every time they demonstrate a certain behavior; such as hitting. Make sure you start with a simple behavior that you think will be easy to change. Only try to change one negative behavior at a time. Don't use for time out for hitting others and then later use time out for screaming. If the older child refuses to go to time out be prepared to take away a privilege for the next hour.

Guidelines for Time Out:

- Give the child a warning or two or three (like baseball, strike 3 your out). Give the warnings before the child is out of control. Stay calm, not threatening when you give these warnings.
- Even if the child changes his behavior, follow through with a time out. The child may have finally done the chore or stopped throwing the toy but they still need to go to time out because they didn't listen the first time.
- Name the misbehavior. "Go to time out for hitting your brother, even though you stopped when I asked." or "You didn't stop arguing. Go to time out."
- Send the child to time out before you get angry. Take action while you are calm.
- The time out starts when the child is quiet, not screaming, sitting in a required place, or extend the time out for the older child. Stay calm. Ask the child several times to comply. Add on minutes to the time out for the older child and if he still refuses to take a time out tell him he will loose a privilege. For example, "If you don't go to time out now you will not play your video game or ride your bike this evening."
- Use a timer with an alarm so the child can listen for the timer to go off. This signal lets both you and the child know the time out is over.

During Time Out: Don't talk or lecture to the child when they are in time out. Time outs are meant to remove the child from your immediate attention and social contact.

Finish Time Out: When time out is over, you should always be there to tell the child they are done. Be consistent and tell the child they may find something to do that is appropriate.

Start Over: When the time rings, bring the child out of time out. Don't let the child come away from time out on there own. Once they know what they did don't lecture about the problem or the time out.

Return to Where the Child Left Off: If he was doing a chore, he needs to continue the chore he was asked to do before he went into time out.

Don't Apologize: Don't apologize to the child and don't dwell on bad behavior. Let the child know it is over and in the past.

Time Out Rules: If the child isn't calm when the timer goes off, add a couple more minutes and calmly tell the child they can leave when they stop screaming, or acting out and the timer rings again.

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Pre-Placement Training
for Prospective Foster Parents

Monday, June 7, 2010 6-9 PM
Monday, June 14, 2010 6-9 PM

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

I was able to attend our annual pot luck dinner and listen to the Foster Parent Roundtable discussion last month. Shari Rather, Foster Care Coordinator and her supervisor, Lisa Roberts lead the discussion that included a variety of topics ranging from our Strengthening Families Initiative (Parent Cafe's) to Independent Living and Foster Parent Support and several other topics. About thirty (30) of our foster parents attended and actively participated in the question and answer period after each presentation. I would like to thank all the Permanency Unit staff that participated in this event as well as Shari and Lisa for putting on a wonderful dinner and educational roundtable discussion.

One of this issues that was discussed was the possibility of getting our Foster Parent Organization restarted. I mentioned my desire to get "foster parent advice and suggestions" on foster care related topics from their foster care experience and suggestions for improving our child welfare system, sharing information on specific cases, federal law including the foster connections act, placement decisions, foster care rate setting, permanency and concurrent planning, state statutes related to child welfare cases, the role of the foster parent, social workers, guardian ad litem and others in the court process and any other issue that affect foster care. Throughout my almost thirty (30) years of working in child welfare I've heard many foster parents express concerns about not having a "voice" in what occurs in their individual cases and in foster care in general. I don't know exactly what I can or will do with any information that is shared with me but I would like to give every foster parent an opportunity to share their insight, experiences and suggestions with me. Some of you would prefer to stay anonymous and be able to share your suggestions and I want to respect that as well. I think if a group of you are willing to get the Foster Parent Organization up and running I think this could be your opportunity to give a "voice" for foster parents. If you don't have enough time or interest in getting this started, I'll look for other opportunities to get input from foster parents. I hope you will consider this suggestion. If anyone is interested in discussing this further please contact Shari Rather or Lisa Roberts.

Throughout the years we've had student interns (primarily social workers) complete their social worker field placement with our Department. The students come from various universities such as UW-Whitewater, UW-Milwaukee and Ottawa University-Wisconsin. As you can imagine, our staff spend a lot of time and energy working with the students to give them every opportunity to find out what it's really like to be a social worker. Along these lines, I want to congratulate Shari Rather for receiving the Outstanding Field Instructor award from the Helen Bader School of Social Welfare-UW Milwaukee. She was selected for this award because of her excellence in field instruction and her contribution to the social work education. I want to extend my congratulations to Shari as well, good job!

I would like to remind everyone of the importance of completing their foster parent training. Our staff spend a lot of time coordinating and offering foster parent training at times/dates most convenient to foster parents. Unfortunately we don't get the attendance we would like and are somewhat disappointed with the turnout. If you have any suggestions or thoughts on how we could increase our foster parent attendance at training please feel free to contact Shari Rather directly.

As the school year is winding down, I want to wish everyone a safe and happy summer.

Jesse

Happy Father's Day!

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.

Calming the Explosive Volcano
Mondays, June 7 - 28
6 - 7:30 p.m.
This course will teach you how to deal more effectively with angry, explosive and defiant children. You will learn what the "magic want" of parenting is, and three specific skills for using it to calm the explosions and tantrums.

Love and Logic®
Tuesdays, June 15 - July 6
6:00 - 7:30 p.m.
Love and Logic is a philosophy founded by Jim Fay and Foster W. Cline, M.D., and provides simple and practical techniques to help participants 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.

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-gong 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 <u>or</u> Wednesdays
9:30 - 11:00 a.m.
A free on-going group for parents, grandparents, primary caregivers and children.

Training Offered By Waukesha County

Dance of Discipline
June 8 - Part 1, 6:00 - 9:00 PM
June 10 - Part 2, 6:00 - 9:00 PM
Waukesha County Department of Health & Human Services
Brookfield Room
Call to register: 548-7267

Parent Café Training for Hosts
June 21-22
6:00—8:00 PM
Center for Excellence
Call to register: 548-7267

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

Foster Care - Training - Time Outs
Continued from Page 1

Troubleshooting
They seem to be having fun. The first few times the child will act like they are having fun. Don't stop doing time outs. They may even increase the poor behavior. Stay tough. This does not mean time out isn't working. Children will try to push your buttons to see how serious you are. You may see the following reactions during time out:

Messes: Children can find a way to make a mess even in the best time out area. Even though you placed them in a child-proof room they can get in trouble. When time out is over, calmly tell them to clean up the mess before they leave time out. If they don't mind what you ask either extend the time out until they are ready to clean or take away a privilege. Don't let time out last more than about 10 minutes for younger children and 15 for older children.

Noise: Children may yell or scream before or during time out. If this happens try to ignore the noise, and be glad they went to time out, let them know time out starts when they are quiet, or tell them it doesn't look like they are ready to do a time out and take away a privilege.

Hurting Your Feelings: The child may test you by saying, "I hate you" to see how serious you are about the time outs. Ignore what they say in anger and stick to your guns. Stay on task and don't get hooked into there tricks.

The Whatever Attitude: "Fine with me, I like time outs" is another defense children use. Don't give up by thinking the time out isn't working. That's what they want you to think. Don't start talking to them about time outs. Any response just delays the process and can lead to an unnecessary exchange of emotions.

Stomping and Commenting Under Their Breath: Ignore this and know they are heading to the time out area. If the complaining gets worse, try to ignore it or take away a privilege.

Frequently Asked Questions

What happens if my husband won't use time out?
Children need consistency. Make sure both of you avoid interacting with the child during time out.

What if my child says, "I don't care," or "I like time outs?"
Ignore them. Be strong and know this discipline tool will change a behavior if you give it time.

What do I do when I feel too angry to give a time out?
First of all calm down. Get help from someone. If you feel angry enough to spank or yell, chances are that the situation went on too long. Avoid getting frustrated to your breaking point. Next time take action before you start feeling out of control. Time outs work best when you are still calm and not about to use other harsh punishments.

What if friends or relatives think you are being too picky about your child going to time out for such a minor problem?
Your child needs to do what you tell them. Doing what you tell them is not minor. Tell others you don't need their advices.

What if my child misbehaves outside playing with his friends and refuses to go in for a time out?
Tell your child he can go in the house and do a time out or stop playing outside and stay in the house. You can take away a different privilege instead.

What if I have to put him in time out away from home?
First make sure time outs are working well at home. Ask your child to sit with you in a quiet part of the store, restaurant or church. If weather permits go outside and have the child sit for a time out. You can sit in the car with your child also.

Is Time Out Working? When the behavior has changed then you know the time out is working. Even if he acts as if he likes to do time outs, that doesn't matter. You just want he negative behavior to stop. Be patient. Sometimes changing a behavior goes away slowly. Make sure you are using the time outs consistently. You will see the behavior deceasing.

Getting Worse: Sometimes the behavior seems to get worse before you see a positive change. This is normal. Be prepared so you don't want to give up. When you show a child that you will not accept the negative behavior in your presence, he will start to believe you are serious. Stay consistent and once you get past the tough part you will see changes. Once this behavior is under control think about what the next behavior is that needs to stop.

Tips for Younger and Older Children

Two to six year old need a time out that is one minute for each year of their age. You are not being too mean if you are calmly using them. Make sure the younger child knows what he did wrong and what the rules are for time out. Don't lecture or argue during or afterwards. You may need to go with your children to the time out place.

Seven to twelve year olds need to be timed out for one specific behavior at a time. Be consistent and watch to see if the behavior is happening less often. If after using time outs for a while without success consider taking away a privilege. Older children, 11 and 12 may resist time outs and you may need to try something else.

Quick Time Out Guide

- Tell the child what he did wrong' he needs to take a time out and how long the time out will be. You need to take a 5 minute time out for not minding me.
- If the child doesn't want to cooperate, increase the time by one minute up to about nine extra minutes until they mind you.
- If the child still refuses to go to time out after adding 9 minutes take away a privilege this time.
- Set the timer when the child gets to the time out place.
- After trying time outs for a reasonable amount of time with no success have a back up plan.
- Take away privileges, assign extra chores before privileges, or get outside help (counseling from a mental health professional.)

Take me out to the ballgame…

Brewers Tickets Available

for Tuesday, June 29, 2010
Milwaukee Brewers vs. Houston Astros
7:10 PM

Please contact Shari Rather at 548-7267.

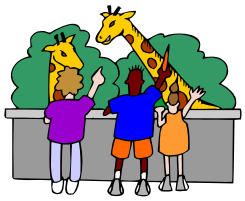
How to Help Your Foster Teen Prepare For Independent Living

Does your foster teen know how to open a bank account and balance a checkbook? Does he know where to go in the community to apply for college or where the employment agencies are located? Well, it is time to help him get ready for independent living and prepare him for aging out of the foster care system.

The John H. Chafee Foster Care Independence Program was created under the passage of the Foster Care Independence Act of 1999. The goal of this Independent Living program is to help the foster youth to better transition to self-sufficiency by providing services to help youth receive the education and training to get a good job, and get ready for college or tech school. It also can help with housing, financial situations, and counseling. We want to assist you and your foster child to successfully plan for life after high school and leaving foster care. In addition, the foster care youth may be eligible for DCF scholarships and ETV vouchers for college and tech school attendance, or CHAFFEE money for other independent living needs and emergencies after turning 18 years old and leaving foster care.

There are a couple things that you can do to make a positive impact. If your youth is 15 ½ years old, has been in out-of-home placement for at least 6 months, and under the care and supervision of the state, tribe, or county, you and your foster child will begin the Independent Living program through Waukesha County. You and your foster child will be asked to fill out an independent living assessment known as the Ansell Casey Life Skills Assessment. This assessment will tell us how much your foster child knows about the major independent living domains, Daily Living, Housing and Money Management, Self Care, Career Planning, Social Relationships, and Work Life. After returning the assessments, your foster child's team including you, your foster child, Social Worker, any other positive and supportive people in your lives, together will develop an Independent Living plan. This plan will focus on areas identified where your child could use assistance in developing skills to promote a healthy and self-sufficient young adult. This plan will be reviewed every six months to reflect goals accomplished and new areas of focus. We look forward to working with you on supporting your foster child in their transition to Independence. If you have questions about the Independent Living Program, Please direct your questions to your on-going Social Worker.

Some additional resources may be helpful to you and your foster child. Here are a couple great on-line resources for foster care youth and foster care alumni. The websites provide information, activities, available scholarships, peer support, and much more. For more information visit: www.fosterclub.com, www.fostercarealumni.org, www.fostercarecentral.org



Save The Date
August 4, 2010
Waukesha County Foster Parent Appreciation Event
Sponsored by Jack Safro Toyota

A Day at the Milwaukee County Zoo
Dinner will be provided plus admission and parking passes.
Detail to come…

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

April 2010 Placements

Regular Foster Care:
46 Children

Relative Licensed Foster Homes:
7 Children

Treatment Foster Care:
14 Children

Group Homes:
2 Children

Residential Care Facilities:
11 Children

Relative Placements:
41 Children

Total Homes Assisting Other Counties
17 Homes

Social Workers:

Bob Alioto	262-548-7262
Suzanne Arnold	262-548-7348
Angie Briggs	262-548-7275
Margaret Johnson	262-548-7265
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 And follow the links to foster care.

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