



Resource Family Connection

News, Events, and Information Benefiting
the Children of Waukesha County
July and August, 2018



Three Reasons Why Mindfulness Benefits Parents

By: Barbara Ley

We hear a lot about mindfulness these days. At its core, mindfulness refers to the ability to bring conscious attention and awareness to one's present experience with non-judgment, acceptance, and compassion. A growing body of research demonstrates its numerous physical, emotional, and mental benefits, and mindfulness practitioners have developed countless programs and resources around the world for adults and children.

I've been practicing mindfulness on and off since the early 2000s, and I started teaching it, along with yoga, to children soon after that. When I became a parent in 2010, it felt natural to integrate it into our family life as well. I know that mindfulness has had a positive impact on my kids (whom my husband and I adopted from China), but just as importantly, it has benefited me, particularly my ability to parent in a connected and trauma-informed manner. Here, I discuss three reasons why mindfulness has been a vital practice for me as a parent and why I have recommended it to other adoptive parents and parents of children with special needs.

To Enhance My Parenting

One reason why I practice mindfulness is to improve my connected parenting skills. A calm and compassionate caregiver is at the heart of connected and trauma-informed parenting. As David Cross, co-founder of Trust-Based Relational Intervention (TBRI), says, "Stay calm no matter what. See the need behind the behavior. Find a way to meet the need. Don't quit - if not you, then who?" Connected parenting experts also encourage caregivers to remain mindful of their triggers and reactive tendencies so they can learn to respond effectively to their children's needs. Yet this state "mindful awareness," as TBRI calls it, does not come naturally to most parents, including myself. I find it difficult to respond calmly and compassionately to my children on a consistent basis, and I often react to them from a place of frustration, overwhelm, or anger instead. My daily meditation practice has helped to strengthen my "mindfulness muscle" and deepen the self-awareness and self-regulation that I need to parent my kids in a connected and trauma-informed manner.

For My Self-Care

Connected and trauma-informed parenting is hard work, and it can take a toll on one's health. Since becoming an adoptive parent, I've experienced increased stress and burnout, chronic lower back pain, and bouts of anxiety. I've even had a retriggering of my unrelated PTSD from years ago. My experiences, which are fairly common, highlight why connected parenting experts encourage caregivers to practice self-care. For me, mindfulness is self-care. When I practice it on a consistent basis, my well-being improves. I have less physical pain and fatigue, and I feel more resilient in the face of stress and adversity. Mindfulness also helps me become more aware of my self-care needs by helping me better attend and respond to my thoughts, feelings, and bodily signals. Most importantly, mindfulness helps me cultivate self-compassion. My tendency to judge myself for not living up to my impossible standards of parental perfection intensifies the everyday caregiver stress that I experience. Learning to bring compassion to myself lessens this stress and serves as a necessary form of self-care in itself.

To Model Mindfulness For My Children

Another reason why I practice mindfulness is to model it for my kids. When I'm in a good mindfulness groove, I show my kids what self-regulation, emotional awareness, and self-compassion look like in action. These skills can be difficult for any child to learn, but they can be especially challenging to grasp for children with trauma histories or other complex needs. I also make an effort to model activities that help increase mindfulness. For example, my kids have seen me meditate, practice yoga, and take breathing breaks throughout the day. Although I generally prefer to separate my formal mindfulness practice from our family mindfulness activities, I occasionally encourage my kids to sit with me for a few minutes while I meditate. Plus, the more personal experience I have with mindfulness, the better I am at helping them learn to practice it themselves.



More About Mindfulness

Mindfulness is an evidence-based approach anyone can use to decrease stress and build resilience.

In a sense, mindfulness is very simple. All it involves is "paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally" (Kabat-Zinn, 1994). It is about turning off autopilot and awaking to the here and now.

There are many ways to practice mindfulness. It can be done informally with practices like those shown below. It can also be done through disciplines such as yoga or tai chi, or through formal mindfulness-based intervention programs, such as Mindfulness-Based Stress Reduction.

While practicing mindfulness even for a moment can help you connect with your mind and body, manage stress, and balance emotions, to reap the most benefit you will want to practice mindfulness every day.

Strong Evidence of Benefits

Mindfulness has been studied extensively and is known to have a wide variety of benefits. For example, it has been shown to reduce stress,

anxiety, and depression; decrease negative thinking and distraction, and improve mood (Mayo Clinic, 2015). Studies have also linked consistently practicing mindfulness with improved ability to express oneself in various social situations and faster recovery after being negatively provoked (sources cited in APA, 2012).

Mindfulness-based intervention programs have been shown to be effective in treating difficult and chronic clinical problems (e.g., chronic pain, mood disorders, substance misuse), as well as physical problems such as high blood pressure, irritable bowel syndrome, and insomnia (Kachan, et al., 2017; NCCIH, 2016)

Want to Learn More?

Here are just a few of the many mindfulness resources out there:

American Psychological Association

<http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>

Mindfulness for Teens. Accessible, helpful tips for everyone.

<http://mindfulnessforteens.com/>

2018 CARE Trainings

Child-Adult Relationship Enhancement (CARE) is a need-derived, trauma-informed set of skills designed for any caregiver interacting with any child (birth - 18). CARE workshops are not therapy, but based on strong evidence-based parenting programs. Topics include building strong relationships and improving compliance. Interested in increasing your child's positive behaviors, as well as your confidence in redirecting problematic behaviors? CARE is facilitated by Chelsey Nisbet, APSW, Parent-Child Interaction Therapy Practitioner.

Register for this FREE three-hour workshop, held on either:

- ⊗ Tuesday, August 8; 5:30 p.m. - 8:30 p.m. (Dinner and childcare provided)

~ OR ~

- ⊗ Saturday, November 3; 9:00 a.m. - 12:00 p.m. (Breakfast and childcare provided)

Location (For Both Trainings): Waukesha County Human Services, 514 Riverview Ave, Waukesha, WI

You **MUST** register for attendance and childcare at <http://fccaretraining.eventbrite.com>

Backpack Coalition

Backpack School Supply Pickup Information

Pickup Locations by Zip Code

Mukwonago:

Mukwonago Food Pantry
225 Eagle Lake Ave
August 18; 9:00 a.m. - 11:00 a.m.
Zip Codes: 53149, 53119, 53103, 53153

Muskego:

Muskego Food Pantry
S81W19150 Apollo Dr
August 18; 9:00 a.m. - 11:00 a.m.
Zip Codes: 53132, 53150, 53151, 53146

Oconomowoc:

First Congregational Church
815 S. Conrad Rd
August 18; 11:00 a.m. - 1:00 p.m.
Zip Codes: 53066, 53069, Oconomowoc School District

Pewaukee:

Multiple Locations - Pewaukee Food Pantry will contact you confirming your backup pickup location and time Beginning August 17
Zip Code: 53072, Pewaukee School District

Waukesha:

Health and Human Services
514 Riverview Ave, Waukesha
August 18; 9:00 a.m. - 11:00 a.m.
** A letter will be mailed to you confirming pickup details for this location only.

All Blair and Whittier Elementary students will receive backpacks at Forms and Fee Day. Registered siblings will pick up their backpacks at the zip code locations listed above.

If your address changes, please call so your application can be updated with the correct address and zip code: (262) 409-2405

The Clothing Closet is Busting at the Seams!



The Clothing Closet is running out of room with donations of infant and toddler clothing. All of the clothing is in good condition with no stains or imperfections. We have some really nice things in there, and many items still have store tags on them!! We are hoping that Kinship and Foster Families will use this resource. Please contact Megan Quandt, one of our Foster Care Coordinators, at 262-548-7373, to arrange a personal appointment to come in and "shop" in the clothing closet!

Ed & Bette Winkler

Ed and Bette Winkler have been fostering since 2004, when they took their first placement of a sibling group from Burma. Since that time, the family has had over 30 foster children in their home. According to the Winklers, they enjoy the challenge of caring for foster children and the support they are able to provide while these children try to heal from issues of childhood trauma. At this time, Ed and Bette are busy providing respite care to provide a well-deserved break for other foster parents. They especially enjoy the challenges of working with teens, and working to prepare them for "aging out" of foster care. In addition, Mrs. Winkler currently assists in the facilitation of foster parent orientation and has been a wonderful asset.



The Winklers state that they continue to develop friendships with other foster parents, and are always willing to be a source of support. They would encourage other foster parents to remember that "none of us are perfect," but we strive to do the best we can for foster children in our care. The Waukesha County Foster Care Program thanks you for your wonderful contribution to our program!



Summer Food Service Program

Health meals for kids and teens. Free! No need to sign up or apply - just show up and enjoy!

Dates: Monday - Friday, June 11 - August 31, 2018
Times: 7:00 a.m. - 7:30 p.m.
Where: ProHealth Care Waukesha Memorial Hospital
725 Grille
725 American Avenue
Waukesha, WI 53188

Contact: Andrew Bergman
(262) 928-4701
Andrew.bergman@phci.org

More Info: wisummerfood.org or call 2-1-1
Text: "food" to 877-877 for meals near you



Fireworks

Brookfield
Time/Date:
Location:

July 4, 2018 at 9:17 p.m.
 Mitchell Park
 19900 River Road
 Brookfield, WI 53045

Elm Grove
Time/Date:
Location:

July 4, 2018 at Dusk
 Elm Grove Village Park
 13600 Juneau Blvd
 Brookfield, WI 53045

Menomonee Falls

Time/Date:
Location:

July 3, 2018 at Dusk
 Menomonee Falls High School Football Field
 W142N8101 Merrimac Dr
 Menomonee Falls, WI 53051

New Berlin

Time/Date:
Location:

July 4, 2018 at 10:00 p.m.
 Malone Park
 16400 W Al Stigler Pkwy
 New Berlin, WI 53151

Okauchee Lake

Time/Date:
Location:

July 4, 2018 at 9:00 p.m.
 Okauchee Lake - The Island Between The
 Mast and The Hideaway Bar & Grill on
 Okauchee Lake
 Lacys Lane
 Okauchee, WI 53069

Sussex

Time/Date:
Location:

July 4, 2018 at 9:20 p.m.
 Sussex Village Park
 Maple Avenue
 Sussex, WI 53089

Waukesha

Time/Date:
Location:

July 4, 2018 at 9:15 p.m.
 Expo Grounds
 1000 Northview Rd
 Waukesha, WI 53188



Foster Parent and Relative Caregiver Event

On Sunday, June 24, we recognized our foster parents and relative caregivers with a day at the Milwaukee County Zoo. Over 200 foster parents, caregivers, and children attended the event. We had a beautiful day, and everyone enjoyed the activities!

We would like to thank the Boucher Group for being our Breakfast Sponsor this year. We were able to provide bagels, doughnuts, coffee, and juice to everyone in attendance.



We would also like to thank the following businesses for donating raffle prizes:



- ⊗ Badger Health Center, Waukesha, WI
- ⊗ Betty Brinn Museum, Milwaukee, WI
- ⊗ Chula Vista Resort, Wisconsin Dells, WI
- ⊗ Circus World Museum, Baraboo, WI
- ⊗ Clarke Hotel, Waukesha, WI
- ⊗ Comedy Sportz, Milwaukee, WI
- ⊗ Coopers Hawk, Brookfield, WI
- ⊗ Country Springs Hotel, Pewaukee, WI
- ⊗ Discovery World, Milwaukee, WI
- ⊗ Divino Gelato, Waukesha, WI

- ⊗ Edgewood Golf Course, Big Bend, WI
- ⊗ Emperor's Kitchen, Brookfield, WI
- ⊗ First Stage Theater, Milwaukee, WI
- ⊗ Green Bay Packers, Green Bay, WI
- ⊗ Little Amerricka Amusement, Marshall, WI
- ⊗ Milwaukee Admirals, Milwaukee, WI
- ⊗ Milwaukee County Zoo, Milwaukee, WI
- ⊗ Pizza Hut, Waukesha, WI
- ⊗ Prairieville Park, Waukesha, WI
- ⊗ Shedd Aquarium, Chicago, IL
- ⊗ Sunset Playhouse, Elm Grove, WI
- ⊗ Swimtastic, Waukesha, WI
- ⊗ Sky Zone Trampoline, Waukesha, WI
- ⊗ Waukesha Civic Theatre, Waukesha, WI



Additional Training and Events



Foster Parent Orientation

Foster Parent Orientation is open to anyone interested in becoming a licensed foster parent. **All prospective foster parents are required to attend orientation prior to the approval of your foster care license.** You will have the opportunity to learn more about our program and the children we serve.

Please note, we are no longer requiring applicants to attend Information Sessions; these have been discontinued. Our revised Orientation Sessions will cover all necessary information in one meeting.

WHEN: July 10, August 14, August 23, September 11, September 27, October 9, October 25, November 13, November 29, December 11, 2018

TIME: 5:30 PM - 7:00 PM

WHERE: Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI

RSVP to Megan Quandt at mquandt@waukeshacounty.gov or 262-548-7373. (There is no childcare available.)

Parent Café

Parent Café's are an educational opportunity for parents to come together and deal with the stressors, worries and challenges of parenting in a supportive environment.

A light dinner and daycare will be provided.

September 4, December 4, 2018

6:00 PM - 7:45 PM

Waukesha County Human Services

514 Riverview Ave., Waukesha, WI

RSVP for this training:

<http://parentcafe2018.eventbrite.com>

Support Group For Dads

A group to enhance group members' experience as fathers. Topics of discussion will include coping with stress; developing a better relationship with partner/spouse/child's mother; identifying positive role models in your life; identifying how you are a positive role model for your child(ren); discussing your role as a father and what you would like to change or improve.

Fourth Tuesday of each month

July 24, 2018

August 28, 2018

6:00PM - 7:30PM

Parents Place

1570 E. Moreland Blvd., Waukesha, WI

262-549-5575

Foster Parent Support Group

Our foster parent support group will now be facilitated by Susan Peck. This is a valuable opportunity for you to connect with other providers in order to have an open and candid discussion regarding the rewards and challenges of the critically important work you do. In order to receive ongoing training credit, an educational topic or article will be discussed.

On-site daycare is available, but you must register in advance by contacting Parents Place.

**First Thursday of each month
(No meeting in July due to holiday)**

August 2, 2018

6:00 PM - 7:30 PM

Parents Place

1570 E. Moreland Blvd., Waukesha, WI

262-549-5575



On-going Trainings

DATE: See below

TIME: 6:00 PM - 8:00 PM

WHERE: Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI

All of the on-going trainings are open to foster parents, as well as relative caregivers. A light dinner and daycare will be provided.

You must register the number of adults attending, as well as the number of children for child care, for each individual session at:

<http://waukeshafostercaretraining.eventbrite.com>

Stories of Hope

July 19, 2018

Presented by: National Alliance on Mental Illness (NAMI) Waukesha

NAMI Waukesha will present Stories of Hope. Two people living with a mental health condition will talk about their recovery and success, as well as answer any questions you may have.

Crisis Situations

August 16, 2018

Presented by: Crisis Team, Waukesha County Human Services

Learn how to handle a crisis situation with the children in your home, as well as the services that the Crisis Team can offer you.

Contact Numbers:

Waukesha County
Health & Human Services
262-548-7212

Michelle Lim, Foster Care
Licensing Supervisor
262-970-4761

Susan Peck, Foster Care Level 2
Coordinator
262-896-8574

Libby Sinclair, Relative Foster
Care Level 1 Coordinator
262-548-7277

Megan Quandt, Kinship & Foster
Care Coordinator
262-548-7373

Jessica Morris, Kinship & Foster
Care Coordinator
262-548-7256

Angie Sadler, Ongoing Social Work
Supervisor
262-548-7272

Eric Calvino, Ongoing Social Work
Supervisor
262-548-7271

Social Workers:

Kimberly Dudzik 262-548-7347

Stephanie Engle..... 262-548-7424

Megan Fishler 262-896-8570

Abbey Girman 262-548-7695

Sharon Godwin 262-548-7684

Mallorie Hebecker 262-896-6857

Laura Jahnke..... 262-548-7359

Jamie Kasten..... 262-548-7265

Jessica Larsen 262-548-7346

Maria Maurer 262-548-7345

Chelsey Nisbet..... 262-896-6896

Rachel O'Sullivan..... 262-548-7639

Elizabeth Russo 262-548-7349

Kim Sampson..... 262-548-7273

Linda Senger 262-548-7698

Brittany Sutton..... 262-548-7262

Sara Waldron..... 262-548-7371

Amy Weast 262-548-7336

Jamie West 262-548-7264

Children's Mental Health Outreach
262-548-7666

Medical Emergency: 911

Family Emergency: 211 or
262-547-3388

If an Allegation of Abuse or
Neglect has been made
against you, please call:

FASPP
Norma Schoenberg
920-922-9627

