



Resource Family Connection

News, Events, and Information Benefiting
the Children of Waukesha County
March and April, 2019



Family Meditation: Creating Peace in the Heart of Your Home

By: Kerry Lee MacLean

As parents of five children (two his, two mine, and one together), my husband, Hector, and I had a lot of reasons not to include our kids in our daily meditation. For one thing, it was the only bit of peace and quiet we ever got - we'd be crazy to give it up - we needed it! And then the prospect of convincing our children, who'd been raised in a non-stop entertainment society, to stop and do nothing with us for a period of time each day was pretty unpleasant. We knew we'd be in for a long, drawn out battle. Besides, we didn't want to make the same mistake we felt our parents had made with us - forcing us to go to church. It seemed more politically correct to let them decide for themselves what they thought of Buddhist meditation when they were old enough to understand such things.

That all changed a couple of years after we'd all moved in together. Somehow, we hadn't automatically blended into one big, happy family, as we'd hoped. Laying the ground for real trust and open communication between new parents and young children coming from radically different home-lives turned out to be incredibly stressful for all seven of us. The children were acting out - often shocking us by behaving like cruel savages with each other - and Hector and I weren't doing much better! If it weren't for our sitting practice, we probably would have ended up divorced. It took a while for it to dawn on me that if medication helped us to abide peacefully together, maybe the children needed it, too. In fact, the more I thought about it, the more convinced I became that it would, in fact, be unkind not to share such an effective tool with them. They were having a hard time!

So literally, for the sake of keeping our family together, we braved our children's indignant protests and insisted they sit with us for ten minutes a day. And when they complained, we just said, "You have to brush your teeth to keep them healthy; you have to sit to keep your mind healthy." Eventually, most of them accepted it as such, and have even grown into peaceful young adults who believe deeply in the mental health benefits of daily practice. They believe in it, because they know it. Having grown up meditating, they understand it on a cellular level.

Over time, Hector and I discovered that the simple act of abiding peacefully together for ten minutes each day helped our family to:

- ⊗ De-stress
- ⊗ Sooth emotional turmoil
- ⊗ Calm anxiety
- ⊗ Settle nervous energy
- ⊗ Increase self-esteem
- ⊗ Arouse confidence
- ⊗ Face fears
- ⊗ Enhance the ability to self-reflect
- ⊗ Deepen concentration

- ⊗ Arouse natural empathy
- ⊗ Open channels of communication between all family members
- ⊗ Foster family bonding
- ⊗ Build and strengthen inner peace

How? Because regular meditation cleared that cloud of confusion gathering in our minds as a result of rushing around all the time and not working through and letting go of old hurts and disappointments - in short, the emotional baggage of our lives. As Buddhists, we know this dark cloud is the root cause of:



- ⊗ Anger
- ⊗ Resentment
- ⊗ Depression
- ⊗ Anxiety
- ⊗ Fearfulness
- ⊗ Emotional turmoil
- ⊗ Low self-esteem
- ⊗ Impatience
- ⊗ Restlessness
- ⊗ Speediness
- ⊗ Insensitivity
- ⊗ Lack of empathy
- ⊗ Inability to concentrate
- ⊗ Inability to self-reflect
- ⊗ Grumpiness
- ⊗ Negative, whiney attitudes

Can you picture in your mind what it would be like for your family to gather each morning to practice being peaceful together? Can you imagine what it would be like to for your entire family to carry that peaceful experience with them throughout the day?

Instead of waiting for a crisis, like we did, why not jump in and give family meditation a try? See if practicing being peaceful together for ten minutes a day over a three-month period makes your family feel closer, saner, and all together happier.

If we can pull it together to get our kids to brush their teeth every day, eat nutritional foods, and get a good night's sleep, perhaps it's not such a big deal to add a little mental hygiene to the routine as well. Ten minutes a day is all you need to cultivate a peaceful place in the heart of your family.



Smart Snacking for Kids and Family

March celebrates National Nutrition Month. It's a great time to evaluate your family's snacking habits.

Because kids are active and growing, kids get hungry. Some days, it may seem like your kitchen has a revolving door!

As parents, treat snack time as a "mini meal," using every opportunity to help kids pack more healthy whole grains, lean protein, dairy, and fruits and veggies into their day. Limit candy, chips, and sweet drinks as "sometimes foods."

Tips to make the most of snack time:

- ◊ Keep a bowl of fresh fruit available so it's one of the first things your kids see when they are looking to snack.
- ◊ For busy days, purchase grab-and-go single-serve options like unsweetened applesauce, fruit packed in juice, whole grain crackers, or trail mix.
- ◊ Portion out your snack into a dish. Don't eat from the box or bag, which can lead to overeating.
- ◊ Children thrive on routines. Offer snacks at about the same times each day, just not too close to mealtime.
- ◊ Keep healthy snacks, like string cheese, yogurt, and whole grain cereals at children's eye level in the cupboards and the refrigerator.
- ◊ Let kids help with snack preparation by creating their own snack mix, choosing their favorite dry cereals, dried fruits and raisins, small whole grain crackers, pretzels, and whole grain granola. Remember to portion out servings into a bowl or bag.

Find a healthy eating style that works for you by making small changes to your family's snack choices. The #MyPlateMyWins for Snacks video features small changes you can make to the foods you typically snack on. Check it out here: <https://www.choosemyplate.gov/make-small-changes-snacks>

The Women, Infants, and Children Nutrition Program (WIC) is here to help you keep your family healthy and strong. Foster parents may apply for WIC for children under the age of 5.

The Clothing Closet

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 Jennifer Mantei, Caregiver Support Coordinator, at 262-548-7250, to arrange a personal appointment to come in and "shop" in the clothing closet!

We cannot accept any shoes or boots unless they are brand new with tags on them.

Waukesha County Foster Care Website



There continues to be a great need for foster families in Waukesha County, especially for school-aged children and siblings. Please direct anyone you know who might be interested in learning more about fostering to <http://www.wcfostercare.com> or Cassie BeLow at (262) 896-8574.

HAPPY ST. PATRICK'S DAY

Mike and Amy Schroeder

Mike and Amy Schroeder became licensed as foster parents in 2011. They first took in a long-term sibling placement, that ended up as a reunification with the parents. They currently have placement of another sibling group.

Mike and Amy stated that the decision to become foster parents was influenced by friends who had fostered, and later adopted from foster care, 6 children. Another close friend had parents that fostered children in their home when she was growing up. She has a sibling with special needs that came into their home at 2 years old, and he became a forever member of their family. They saw how the families advocated and were champions of their children in their care.



They wanted to make a difference and live their lives with purpose - so that is why the Schroeders decided to become foster parents. So many people tell them how lucky their foster children are that they have Mike and Amy in their lives. But to Mike and Amy, what they receive from the children is much more than they give. Mike and Amy feel they are truly the lucky ones to have these amazing children in their lives.

"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver." -Barbara De Angelis

The Waukesha County Foster Care Program thanks you for your wonderful contribution to our program!

Lake Country Community Fest

The Waukesha County Foster Care Program will have a booth at the Lake Country Community Fest this year! Inside Arrowhead High School, the 15th Annual Lake Country Community Fest will feature 140 exhibitor booths, a food court, live demonstrations, children's activities, entertainment, healthcare clinics, and more! If you know of someone who may be interested in becoming a foster parent, have them stop by the booth to get more information. The event is free to the public. For more information, go to <https://www.lakecountrycommunityfest.com>

Where: Arrowhead High School, 700 North Ave, Hartland
Date: Saturday, March 23, 2019
Time: 10:00 a.m. - 3:00 p.m.

Save The Date!
Caregiver Appreciation Event

Where:
Milwaukee County Zoo
Date:
Sunday, May 5, 2019

St. Patrick's Day Parade

The 53rd Annual Shamrock Club of Wisconsin St. Patrick's Day Parade will be making its return! The parade steps off on Wisconsin Avenue at Old World Third Street, and continues on through the streets of downtown Milwaukee. This year's parade will feature over 140 units, including Irish dance groups, pipe and drum corps, local celebrities, and dignitaries. For more information, go to <http://saintpatricksparade.org>

Where: Downtown Milwaukee
Date: Saturday, March 9, 2019
Time: 12:00 p.m.

Breakfast with the Easter Bunny

Pancakes, sausages, tea, coffee, and juice. Raffles, prizes, and much more family fun! Get your picture taken with the Easter Bunny for \$5.

Where: Radisson Hotel Milwaukee Airport, 6331 S. 13th St, Milwaukee
Date: Saturday, April 14, 2019
Time: 8:00 a.m. - 11:00 a.m.
Fee: Adults, \$5; Children under 12 eat free

Brookfield Easter Egg Hunt

All children 8 years old and under are invited to participate in the Easter Egg Hunt. Children will be grouped by ages. There will be an Easter Egg "Crawl" for the tiny egg-hunters.

Bring your own basket and your camera for pictures after the hunt with the Easter Bunny! The event is free!

Where: Marx Park, 700 S. Barker Rd., Brookfield
Date: Saturday, April 20, 2019
Time: 10:00 a.m. Sharp! (Rain or Shine!)

Craft Time! Egg Carton Chicks

By: typicallysimple.com

Recycle those egg cartons into some cute spring chicks!



What You'll Need:

- ✧ Egg Cartons
- ✧ Acrylic Paint
- ✧ Brush
- ✧ Glue (hot glue works best, but "regular" glue works fine)
- ✧ Scissors
- ✧ Marker
- ✧ Construction Paper

What You'll Do:

- ✧ Cut apart two egg holders from the carton, and trim off the excess on the edges.
- ✧ Glue the two pieces together.
- ✧ Paint and allow to dry.
- ✧ Add a beak and some eyes.

Craft Time! Handprint Lilies

By: onelittleproject.com

Enjoy some craft time with the kiddos and make a great little center piece for your Easter breakfast!

What You'll Need:

- ✧ Pink Paper (construction paper should work fine)
- ✧ 6" Green and Yellow Pipe Cleaners
- ✧ Pencil (if it is round, and not hexagonal, even better)
- ✧ Tape
- ✧ Scissors

What You'll Do:

- ✧ Trace the child's hand on the paper and cut it out.
- ✧ Curl the bottom of the hand shape into a cone. Leave a small hole at the tip of the cone, just large enough to fit a pipe cleaner through. Use a small piece of tape to hold it together.
- ✧ Use a round pencil (or pencil crayon, marker, or round pen) to curl the fingers of the handprint outwards. (If you use a pencil with the hexagonal corners like is pictured, you will have little folded marks on your paper.) Repeat this with all of the fingers.
- ✧ Bend the yellow pipe cleaner in half.
- ✧ Make a little "J" shaped hook at the end of the green pipe cleaner and loop it over the bend in the yellow pipe cleaner.
- ✧ Then, bend one side of the yellow pipe cleaner in half again, leaving the other side straight.
- ✧ Pinch the "J" shape in the green pipe cleaner to tightly that it holds the yellow pipe cleaner. If there's room, you can twist it a little, but as long as it is pinched tightly, it should hold itself together nicely.
- ✧ Then take the longer end of the yellow pipe cleaner and wrap it tightly around the shorter side of the yellow pipe cleaner. Keep wrapping tightly until you reach the end of the yellow pipe cleaner.
- ✧ Take the pipe cleaner stem and poke it through the middle of the handprint flower, pulling it all the way through so the green stem is below the flower and the yellow part is in the middle of the flower.
- ✧ Repeat all of these steps to make yourself a small bouquet!



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: March 12, March 28, April 9, April 25, May 14, May 23, June 11, June 27, 2019

TIME: 5:30 PM - 7:00 PM

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

RSVP to Cassie BeLow at cbelow@waukeshacounty.gov or 262-896-8574. (There is no childcare available.)

Foster Parent Support Group

Our foster parent support group will now be facilitated by Jennifer Mantei. 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

March 7, 2019

April 4, 2019

6:00 PM - 7:30 PM

Parents Place

1570 E. Moreland Blvd., Waukesha, WI
262-549-5575



Don't forget to "spring your clocks ahead" 1 hour on Sunday, March 10, at 2:00 AM!

Peer Support Program for Grieving Children and Adults Who Care About Them

For those suffering losses due to death, divorce, abandonment, incarceration, or other life-altering events. Free.

Free childcare offered for children younger than 4.

Who: Children and Teens (ages 4-18), and Adults (with children in the program)

Where: Good Shepherd Methodist Church, 800 Lake Dr, Oconomowoc

Date: Thursdays, March 14 through April 18, 2019

Time: 5:30 p.m. - 7:30 p.m. (light supper from 5:30 p.m. - 6:00 p.m.)

RSVP to Healing Hearts of Waukesha County at <http://www.healingheartsofwaukeshaco.org> and download the registration form to e-mail or mail back to Healing Hearts (information on the registration form), or call 262-751-0874.

On-going Trainings

WHEN: 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>

The Impact of Trauma and Caregiving on Child Development in Very Young Children

March 21, 2019

Presented by: Linda Wetzel, Manager of Early Intervention Services

Linda will discuss the impact of trauma on child development, and the power of caregiving to facilitate child resilience and success in very young children, ages 0-5.

Sex Trafficking

April 18, 2019

Presented by: LOTUS Legal Clinic

LOTUS Legal Clinic will speak about children, teens, and sex on the internet. They will also discuss sex trafficking in Waukesha County and surrounding areas.



Contact Numbers:

Waukesha County
Health & Human Services
262-548-7212

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

Cassie BeLow, General Foster Care
Coordinator
262-896-8574

Jennifer Mantei, Caregiver
Support Coordinator
262-548-7250

Jessica Morris, Relative Foster Care
Coordinator
262-548-7256

Libby Sinclair, Kinship Care
Coordinator
262-548-7277

Hilary Smith, Relative Foster Care
Coordinator
262-548-7254

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

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

Social Workers:

Amanda Akridge 262-548-7265

Amanda Avila..... 262-896-6857

Kimberly Dudzik 262-548-7347

Megan Fishler 262-896-8570

Abbey Girman 262-548-7695

Sharon Godwin 262-548-7684

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

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

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