

Building Resilience in Children - 20 Practical, Powerful Strategies, Part 2 Continued from Page 1

15. Nurture a growth mindset. We can change, and so can other people.

Research has found that children who have a growth mindset – the belief that people have the potential to change – are more likely to show resilience when things get tough. Compared to kids who believe that bullies will always be bullies and victims will always be victims, kids who believe that people can change report less stress and anxiety, better feelings about themselves in response to social exclusion, and better physical health.

16. Let them know that you trust their capacity to cope.

Fear of failure isn't so much about the loss but about the fear that they (or you) won't be able to cope with the loss. What you think matters – it really does. You're the one they will look to as a gauge for how they're going. If you believe they have it in them to cope with the stumbles along the way, they will believe this too. This isn't always easy. We will often feel every bump, bruise, fall or fail. It can be heartbreaking when they struggle or miss out on something they want, not because of what it means for us, but because of what we know it means for them. But – they'll be okay. However long it takes, they'll be okay. When you decide, they'll decide.

17. Build their problem-solving toolbox.

Self-talk is such an important part of problem-solving. Your words are powerful because they are the foundation on which they build their own self-talk. Rather than solving their problems for them, start to give them the language to solve their own. Some ideas:

- What would [someone who they see as capable] do?
- What has worked before?
- Say as many ideas as you can in two minutes, even the silly ones? Lay them on me. Go.
- How can we break this big problem into little pieces?

So say, for example, the problem is, 'What if I miss you or get scared when I'm at Grandmas?' Validate them first, then start giving them the problem-solving language without handing them solution,

'You might miss me. I'll miss you too. It's really normal to miss people you love, even if you're with people you love being with. What do you think might help if that happens?' or, *'What would [Superman/ Dad/ big sister who is practicing to rule the universe] do?'* or *'What sort of things do you do here at home that help you to feel cozy or safe?'* I know you always have great ideas.'

18 Make time for creativity and play.

Problem-solving is a creative process. Anything that strengthens their problem-solving skills will nurture their resilience. Children are naturally curious, inquisitive and creative. Give them the space and the time to play and get creative, and they'll do the rest.

19. Shhh. Let them talk.

Try to resist solving their problems for them. (Oh but so tempting, I know!) Instead, be the sounding board as they take themselves to wherever they need to be. As they talk, their mind is processing and strengthening. The sparks that are flying up there could shine a light bright enough to read by. Guide them, but wherever you can, let them talk and try to come up with their own solutions. You are the safest place in the world for them to experiment and try new things. Problem-solving is a wonderful skill to have, and their time talking to you, and coming up with ideas, will build it beautifully. Give them the opportunity to explore and wander around their own great potential.

20. Try, 'how', not 'why'.

When things go wrong – as they will – asking kids 'why' will often end in 'don't know'. Who knows why any of us do silly things or make decisions that aren't great ones. The only certainty is that we all do them. Rather than, 'why did you paint your sister's face?' which might lead to the perfectly reasonable explanation of, 'to make it yellow', encourage problem-solving and reflection by asking how they can put it right. 'She's yellow but it's not okay for her to stay yellow. How can you fix this?'

And above all else ...

Let them know they are loved unconditionally. (But you already knew that.)

This will give them a solid foundation to come back to when the world starts to feel wobbly. Eventually, they will learn that they can give that solid foundation to themselves. A big part of resilience is building their belief in themselves. It's the best thing they'll ever believe in.

Foster Care Recruitment Effort

In an effort to raise awareness for the need of additional foster parents in Waukesha County, we have been participating in indoor and outdoor events across the County. Our booth includes information on how to become a foster parent, frequently asked questions, steps to become a foster parent, and promotional materials. We also give PowerPoint presentations, followed by a question and answer session. If you know of an event where we can have our booth, or would like us to come and speak for an organization, please contact Libby Sinclair at esinclair@waukeshacounty.gov.

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 Linda Finn, one of our Human Services Support Specialists, at 262-548-7254, to arrange a personal appointment to come in and "shop" in the clothing closet!



Foster Care Pumpkin Party

When: Tuesday, October 17, 2017

Where: Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI 53188

Time: 6:00 PM - 7:00 PM

Join us to celebrate the Halloween season with a pumpkin carving party. Each child will receive a pumpkin to carve, a Halloween craft to create, and a sweet treat. Children are welcome to come in their costumes!

RSVP for this party: <http://pumpkin2017.eventbrite.com>

2017 Wisconsin Trick or Treat Guide

Here is your complete guide to the dates and times for trick or treating in all of the communities in Wisconsin. Remember to turn your porch light on for trick or treaters. Also consider offering non-food treats for children who have food allergies (glow sticks, small toys, etc). Check out the guide at <https://www.hauntedwisconsin.com/things-to-do/kids-family/trick-or-treat/>

Foster Family Recognition



Kelli and Paul Tourville have been licensed foster parents with Waukesha County since June 29, 2017. Just shy of licensing, a referral for three children in need of a foster care placement came in. Without hesitation, the Tourville family agreed to take placement of all three siblings in order to keep the children

together. The Tourville family has done an amazing job working to maintain family connectedness for this family. They truly excel at shared parenting and regularly include the children's mother on outings and family-friendly activities. Mrs. Tourville states that she recognizes the importance of enriching the bond between this mother and her sons; as well as the value of role modeling appropriate parenting and providing encouragement for positive change. The Department would like to recognize the Tourville family for their commitment to the foster care program and say thank you for being amazing!

Changes to Come Thanks to Our Foster Parent Advisory Council

Dear Waukesha County Foster Parents,

The Waukesha County Foster Care Program is working to improve the quality of our service delivery to our most valuable resource – you our foster parents. Thank you to all of you who joined us for our first advisory council meeting. An amazing and candid conversation was had about some of the key issues brought to the table by those providers in attendance. This feedback from our providers is crucial; it benefits our staff by providing us with clear direction as we strive to make improvements. We hope to hear from more of you in the future.

Our advisory council is not a commitment to a committee but rather a place for open discussions on how we all together can work to improve services to our foster parents. You are able attend when it fits into your schedule. We will try to meet quarterly. Only reason to RSVP is so that way we can have a head count for the number of individuals for a light dinner.

Here's a quick review of just a few of the topics discussed and as well as the outcomes:

- ✦ **Clothing Allowance** – We will present at our September meeting the new policy and procedure to ensure that your clothing allowance receipts are processed timely.
- ✦ **Foster Parent Support Group** – We added Allison Curtiss-Jaworski to our Caregiver Support Staff to help facilitate the sessions as requested by the advisory council. We plan to host the support group every month – even if only one person attends. Allison will be available to talk with you during this time. No need to RSVP unless you need child care.
- ✦ **Monthly Ongoing Trainings** – Trainings will be held no matter how many individuals RSVP. We acknowledge that many of you need training hours so we will host trainings every month regardless of the number of attendees. Please RSVP for trainings via Eventbrite for so that we have accurate head counts for dinner and childcare needs.
- ✦ **Foster Parent Directory** – We will be working in the coming months to create a directory so our foster parents can connect with one another.
- ✦ **Waukesha County Foster Parent Specific Facebook Page** – We will be working to create our own version of Connecting Bridges on Facebook solely for licensed Waukesha County Foster Parents. We hope to provide info about events, training, support, education, as well as create a safe place to discuss the challenges of the Child Welfare System. We are excited about this as it may reduce the number of emails sent out to our Level 2 providers. This was another suggestion from our foster parents. Don't worry – those of you who aren't Facebook savvy will still get all the necessary information as well.
- ✦ **Applying for Daycare Assistance** – We recognize the process to apply is complicated so a social worker will be cross trained to process your daycare assistance applications and will be coming out to meet with you in your home. We hope to be up and running with this new process by late fall.
- ✦ **Respite Care Policy** – We spent a large amount of time on this topic and we feel that it is such an important topic that we want additional input. Therefore, respite will be a major agenda item for discussion at our next advisory meeting. I highly encourage you to come to that meeting with your ideas and suggestions on what should be included in the development of a new respite policy. We hope to roll out a new policy for our foster parents shortly after our next advisory council meeting.

I'd love to see old and new faces to evaluate, advocate, educate, and represent our Waukesha County Foster Parents at our next Advisory Council Meeting – September 21, 2017 at 5:30 PM at Waukesha County Health and Human Services, 514 Riverview Ave, Room 114!

Kind regards,
Vickie Smith, Foster Care Licensing Supervisor

6 Tips to Calm Down Quick

By: Coalition for Children, Youth and Families

The van is running. All children but one are in their car seats. You're already five minutes past your "this is the absolute latest time we can leave" rule. Your seven-year-old has just removed the fourth shirt of the morning and is now on the ground, refusing to get in the car.

Have you ever faced a situation like this? If you have, you might have felt the flush of anger creep up your neck as it all unfolded. Anger is a normal, healthy emotion. Our children's behavior can sometimes trigger feelings of anger or frustration; especially when we are parenting a child who has experienced trauma. Often, a traumatized child will be emotionally dysregulated. In other words, intense feelings such as fear, stress, or helplessness drive their actions. Reminding yourself of this may help you stay calm in many situations.

But what about those times when anger gets the best of us? When we start yelling, clenching our fists, pounding the table... now we're the emotionally dysregulated ones. When we get angry, the primitive part of our brain, with its fight, flight, or freeze reflexes, begins to lock onto "fight" as the controller of our thoughts. The rational part of our brain stops working. If we don't interrupt this sequence, we may find ourselves saying things we regret later. Following are some tips and suggestions that may help the next time you feel yourself getting angry.

- ✦ **Hit the "Pause" Button.** When anger begins getting a grip on you, act early. Do something that is the very opposite of anger - relax. One way to begin relaxing quickly is through deep breathing. And the good news is that breathing is something you can do anywhere, anytime. Take a slow, deep breath from your belly, not from your chest. Exhale and repeat.
- ✦ **Rhythm Calms the Brain.** As you begin this breathing, repeat a word or phrase to yourself, such as "It's okay" or "Take it easy." This is something that will take practice! Repeating the word is a form of rhythm, and doing something rhythmic helps our brains relax. Turning on some music could have the same effect.
- ✦ **The Feedback Loop.** Many parents say that, since starting a practice of deep breathing, they notice their child beginning to do the same. You, too, might notice this "syncing" with your child. Not only are you modeling healthy behavior, but you are reinforcing your own efforts to emotionally regulate.
- ✦ **Take a Timeout.** Instead of giving your child a time out, take one yourself. Of course, it's always easier if there's another adult who can take over while you take a break. If that's not possible, however, you might step into the next room, walk outside in your yard, or even escape to your basement. The exact location doesn't matter as much as just finding a place where you can begin to feel calmer.
- ✦ **Using "I" Statements.** To avoid blaming, you might use "I" statements and connect them with your feelings. For example, you could say, "I am upset that you broke your eyeglasses," instead of, "You always break everything." This also helps teach your child how to begin to identify his or her own emotions.
- ✦ **Engage Your Wit.** Turning a tense moment into one of laughter may ease tension and provide relief. Humor may help everyone re-frame the situation lighten up.

As with any skill, practice is the key. You might start by choosing one or two strategies that you will try to use consistently. Be patient with yourself - parenting is tough! As you teach yourself how to gain control of your anger, your confidence with grow. And soon you'll find that your ability to handle just about any situation will increase.

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Additional Training and Events



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.

October 3, December 5, 2017

6:00 PM - 7:45 PM

Waukesha County Human Services

514 Riverview Ave., Waukesha, WI

RSVP for this training:

<http://parentcafe2017.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

September 26, 2017

October 24, 2017

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 Allison Curtiss-Jaworski, our contracted Foster Parent Support Specialist, as requested by the Foster Parent Advisory Committee. 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

September 7, 2017

October 5, 2017

6:00 PM - 7:30 PM

Parents Place

1570 E. Moreland Blvd., Waukesha, WI

262-549-5575



Happy Fall Y'all!!!

Required Training

Required Training For All Relative Care Providers, Level 1 and Level 2 Foster Homes

Foster Parent Orientation – The Foster Parent Orientation is open to anyone interested in becoming a foster parent. **If you are currently in the process of becoming a licensed foster parent, you are required to attend this Orientation class prior to the approval of your foster care license.** Please complete the on-line Pre-Placement training prior to attending the Orientation session. The online Pre-Placement training is located at <http://wcpwds.wisc.edu/Pre-Placement.htm> Please save the certificates after you have completed each Module. These are required to become licensed.

WHEN: September 12, October 10, November 14, and December 12, 2017

TIME: 5:30 PM - 6:30 PM

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

RSVP to Libby Sinclair at

esinclair@waukeshacounty.gov or 262-548-7277

(There is no childcare available.)



On-going Trainings

DATE: See below

TIME: 6:00 PM - 8:00 PM

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

A light dinner and daycare will be provided.

You must register for each individual session at:

<http://waukeshafostercaretraining.eventbrite.com>

Grief and Loss

September 21, 2017

Healing Hearts will be presenting. Learn how to help children work through grief and loss. The grief and loss could be a parent incarcerated, a parent who has died, or the children not being able to be returned to their parent.

Paper Tigers Screening

October 19, 2017

View the award-winning "Paper Tigers" documentary. It is a compelling story about 5 high school students who overcame the trauma they have experienced through help and support. Following the screening, there will be a brief discussion about the benefits of trauma-informed education and services.

Stories of Hope

November 16, 2017

Stories of Hope is a live, 40-minute public education program, in which one or two trained speakers share compelling personal stories about living with mental health conditions and achieving recovery. The presentation takes the attendees through the speaker's journey from the time they began experiencing symptoms to the present. After the presentations, the speakers engage in a dialogue with the audience to answer any questions they may have.

Contact Numbers:

Waukesha County
Health & Human Services
262-548-7212

Vickie Smith, 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
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Jessica Morris, Kinship & Foster
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262-548-7256

Eve Altizer, Ongoing Social Work
Supervisor
262-548-7272

Eric Calvino, Ongoing Social Work
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262-548-7271

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Kimberly Dudzik 262-548-7347

Megan Fishler 262-896-8570

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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

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