



Resource Family Connection

News, Events, and Information Benefiting
the Children of Waukesha County
September and October, 2019



Talking to Children About Tragedies and Other News Events Adapted From: An eHealthMD Interview with David Schonfeld, MD, FAAP

After any disaster, parents and other adults struggle with what they should say and share with children and what not to say or share with them.

The American Academy of Pediatrics (AAP) encourages parents, teachers, child care providers, and others who work closely with children to filter information about the crisis and present it in a way that their child can accommodate, adjust to, and cope with.

Where to Start - All Ages

No matter what age or developmental stage the child is, parents can start by asking a child what they've already heard. Most children will have heard something, no matter how old they are. After you ask them what they've heard, ask what questions they have.

Older children, teens, and young adults might ask more questions and may request and benefit more from additional information. But no matter what age the child is, it's best to keep the dialogue straightforward and direct.

Avoid Graphic Details and Exposure to Media

In general, it is best to share basic information about children, not graphic details, or unnecessary details about tragic circumstances. Children and adults alike want to be able to understand enough so they know what's going on. Graphic information and images should be avoided.

Keep young children away from repetitive graphic images and sounds that may appear on television, radio, social media, computers, etc.

With older children, if you do want them to watch the news, record it ahead of time. That allows you to preview it and evaluate its contents before you sit down with them to watch it. Then, as you watch it with them, you can stop, pause, and have a discussion when you need to.

Children will generally follow good advice, but you have to give them some latitude to make decisions about what they're ready for. You can block them from seeing the newspaper that comes to the door, for example, but not the one on the newsstand. Today, most older children will have access to the news and graphic images through social media and other applications right from their cell phone. You need to be aware of what's out there and take steps in advance to talk to children about what they might hear or see.

Talking to Very Young Children

The reality is that even children as young as 4 years old will hear about major crisis events. It's best that they hear about it from a parent or caregiver, as opposed to another child or in the media.

Even the youngest child needs accurate information, but you don't want to be too vague. Simply saying "Something happened in a faraway town and some people got hurt," doesn't tell the child enough about what happened. The child may not understand why this is so different from people getting hurt every day and why so much is being said about it. The underlying message for a parent to convey is, "It's okay if these things bother you. We are here to support each other."

Talking to Grade School Children and Teens

After asking your child what they have heard and if they have questions about what occurred during a school shooting, community bombing, natural disaster, or even a disaster in an international country, a parent can say something such as:

"Yes. In [city], [state]" (and here you might need to give some context, depending on whether it's nearby or far away, for example, "That's a city/state that's pretty far from/close to here"), there was disaster and many people were hurt. The police and the government are doing their jobs so they can try to make sure that it doesn't happen again."

A parent can follow-up as needed based on the child's reactions and questions.

Talking to Children with Developmental Delays or Disabilities

Parents who have a child with a developmental delay or disability should gear their responses to their child's developmental level or abilities, rather than their physical age. If you have a teenage child whose level of intellectual functioning is more similar to a 7-year-old, for instance, gear your response toward her developmental level. Start by giving less information. Provide details or information in the most appropriate and clear way you can.

Talking to Children with an Autism Spectrum Disorder (ASD)

What's helpful to a child with an ASD may be different. For instance, the child may find less comfort in cuddling than some other children. Parents should try something else that does calm and comfort their child on other occasions. Ask yourself, "Given who my child is, his personality, temperament, and developmental abilities, what might work for him?"

Signs a Child Might Not Be Coping Well

If children don't have a chance to practice healthy coping, a parent may see signs that they're having difficulty adjusting. Some of the things to look for are:

- ✂ **Sleep problems:** Watch for trouble falling asleep or staying asleep, difficulty waking, nightmares, or other sleep disturbances.
- ✂ **Physical complaints:** Children may complain of feeling tired, having a headache, or generally feeling unwell. You may notice your child eating too much or less than usual.
- ✂ **Changes in behavior:** Look for signs of regressive behavior, including social regression, acting more immature, or becoming less patient and more demanding. A child who once separated easily from her parents may become clingy. Teens may begin to change current patterns of tobacco, alcohol, or substance use.
- ✂ **Emotional problems:** Children may experience undue sadness, depression, anxiety, or fears.

Sometimes it can be hard to tell if a child is reacting in a typical way to an unusual event or whether they are having real problems coping, and might need extra support. If you are concerned, talk to your child's pediatrician or a mental health professional or counselor.

Don't wait for the signs. Start the discussion early and keep the dialogue going.

Russ and Angela Raposa



Russ and Angela Raposa started out as a family of five, exploring their options to fulfill their desire to adopt a child in order to make their family "complete." They wanted to help, and they wanted to love. Through their long journey of adoption meetings, questions, and advice, they were inundated with foster care "signs" (mailings, billboards, commercials, etc.). They took the hint, attended an informational meeting and began their foster care adventure almost 15 years ago. Although they realized

from the beginning that foster care wasn't for the purpose of adoption, they entered the process with this goal in mind. When their first placement, a sweet brother and sister sibling group, were united with extended family after almost 2 years as part of their family, they were heartbroken and questioned their place in the system. After many family conversations, prayer, and the true realization that fostering wasn't about them or their desires, they jumped back in and haven't looked back since. They have thankfully come to know their purpose in this brokenness, that all foster parents share, is to nurture, protect, and love unconditionally. This purpose may be short term, long term, or forever (the Raposas have since adopted two beautiful children), and they are purposeful with their time with the kids and their birth families. They ultimately long to show them all the love of Christ. The Raposas once thought fostering was about helping others, but they have benefited so much more. Their children have grown in ways they cannot explain, love in ways they could never have imagined, and let go with grace and understanding. The Raposas have been humbled and blessed by each child in ways they never thought possible, and are grateful for what each of the children has taught them, and how the children have loved them. Foster children are a gift.

The Waukesha County Foster Care Program and staff would like to recognize the Raposa family for their support and commitment! You are truly amazing!

Family Community Health Fair

Join us for the Family Community Health Fair! A free bilingual event held at Waukesha South High School. Free meal! Raffle! Vendors! Free giveaways!

Organized by:
School District of Waukesha,
Waukesha County Public Health, and
HCN - Hispanic Collaborative Network

Free Health Services:

- ✦ Child Vaccines (for those on Medicaid or uninsured)
- ✦ Blood Sugar/Cholesterol Screenings
- ✦ Adult Flu Shots
- ✦ Blood Pressure Screenings
- ✦ Community Resources and More!

WHEN: Wednesday, October 2, 2019

TIME: 4:30 PM - 7:00 PM

WHERE: Waukesha South High School, 401 E. Roberta Ave, Waukesha

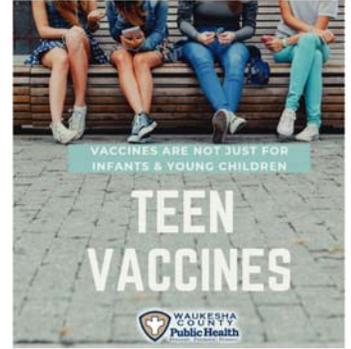
Senior Picture Program for Youth in Out-of-Home Care

Senior pictures are important to all youth! Unfortunately, youth in foster care are not always able to enjoy this experience with their friends and classmates. The Coalitions program pairs volunteer professional photographers with youth in care who will be graduating and who would otherwise not be able to have senior pictures taken.

For more information, go to <https://wifostercareandadoption.org/resources/for-youth-in-care/senior-pictures/>

Teen Vaccines

Vaccines are not just for babies. Some of the vaccines that babies get can wear off as kids get older. As kids grow up, they may come in contact with different diseases than when they were babies. There are vaccines that can help protect your preteen or teen from these other illnesses.



What Vaccines Does My Child Need?

- ✦ **Tdap:** This vaccine helps protect against three serious diseases: tetanus, diphtheria, and pertussis (whooping cough). Preteens should get Tdap at age 11 or 12. If your teen didn't get a Tdap shot as a preteen, as their doctor or nurse about getting the shot now.
- ✦ **Meningococcal:** Meningococcal conjugate vaccine protects against some of the bacteria that can cause meningitis (swelling of the lining around the brain and spinal cord) and septicemia (an infection in the blood). Preteens need the first meningococcal shot when they are 11 or 12 years old. They need a second meningococcal shot age 16.
- ✦ **HPV:** Human papillomavirus (HPV) vaccines help protect both girls and boys from HPV and cancer caused by HPV. All 11- and 12-year olds should receive two shots of HPV vaccine 6-12 months apart. Preteens and teens who haven't started or finished the HPV vaccine series should ask the doctor or nurse about getting them now.
- ✦ **Flu:** The annual flu vaccine is the best way to reduce the chances of getting seasonal flu and spreading it to others. Even healthy preteens and teens can get very sick from the flu and spread it to others. While all preteens and teens should get a flu vaccine, it's especially important for those with chronic health conditions such as asthma, diabetes, and heart disease to get vaccinated.

How Can I Get Help Paying For These Vaccines?

The Vaccines for Children (VFC) program provides vaccines for children ages 18 years and younger, who are uninsured, Medicaid-eligible, American Indian, or Alaska Native. You can find out more about the VFC program by visiting <http://www.waukeshacounty.gov/publichealth> or by calling the Waukesha County Public Health Division at 262-896-8430.

Friends Like Mine: Wisconsin Relative Caregivers for Children Conference

Free statewide conference for relative caregivers who are caring for children both informally and through the Child Welfare system. This all-day event will feature keynote speakers, workshop presenters, and a resource fair. Attendees will have the opportunity to connect with other relative caregivers and collect resources for ongoing support. For more information and to register, go to <https://www.eventbrite.com/e/families-like-mine-wisconsin-relative-caregivers-for-children-conference-registration-62853671022>

WHEN: Saturday, September 14, 2019

TIME: 8:00 AM - 4:00 PM

WHERE: Kalahari Resort, 1305 Kalahari Dr, Wisconsin Dells

The Clothing Closet

The Clothing Closet is located in the lower lobby of HHS, and is full of donated FREE clothes for Foster Care and Kinship families. The clothing is in good condition, and available in sizes infant to adult. Please contact Jennifer Mantei, Caregiver Support Coordinator, at 262-548-7250 or jmantei@waukeshacounty.gov to schedule a time to shop. You may also connect with your assigned social worker if/when you are at HHS, and they can let you in.



2019 Trick or Treat Times

- ✂ **Brookfield (City):** Thursday, October 31; 5:00 - 7:30 PM
- ✂ **Brookfield (Town):** Thursday, October 31; 6:00 - 8:00 PM
- ✂ **Elm Grove:** Saturday, October 26; 5:00 - 7:30 PM
- ✂ **Menomonee Falls:** Thursday, October 31; 5:30 - 7:30 PM
- ✂ **New Berlin:** Sunday, October 27; 4:00 - 7:00 PM
- ✂ **Oconomowoc:** Saturday, October 26; 6:00 - 8:00 PM
- ✂ **Sussex:** Saturday, October 26; 6:00 - 8:00 PM
- ✂ **Waukesha (City/Town):** Thursday, October 31; 5:00 - 7:00 PM
- ✂ A list of other community trick or treat times can be found at: <https://www.hauntedwisconsin.com/things-to-do/kids-family/trick-or-treat/>

Fun Autumn Activities

- ✂ **Elegant Farmer's Autumn Harvest Festival**
When: Saturdays/Sundays, September 7 - October 26, 2019
Time: (Market Hours) 8:00 AM - 6:00 PM
(Orchard Hours) 10:00 AM - 5:00 PM
Where: The Elegant Farmer, 1545 Main St, County Roads ES and J, Mukwonago
Cost: Parking/admission are free; Certain activities may have an expense
12 varieties of apples to pick right from the tree or select your perfect pumpkin from the patch. Enjoy the beautiful fall colors aboard the tractor-pulled hayride, pony ride, or train ride. A 5-acre family-friendly corn maze. Indulge with our delicious specialty foods including cider, make-your-own caramel apple, warm cider donuts, pulled pork, chili, and more! For more information, go to: <https://www.elegantfarmer.com/where-to-buy/autumn-harvest-festival/>
- ✂ **Friends of Retzer Nature Center's Apple Harvest Festival**
When: Saturday, September 21, 2019
Time: 9:00 AM - 4:00 PM
Where: Retzer Nature Center, S14W28167 Madison St, Waukesha
Cost: \$10 per carload
This family-friendly community event features homemade apple desserts, apple cider, apple market, beer garden, nature passport experience, arts and crafts exhibitors, children's activities, horse-drawn wagon ride, live music, a Friends silent auction, and more! For more information, go to: <https://www.waukeshacounty.gov/appleharvestfestival>
- ✂ **Halloween Fall Fest, Downtown Pewaukee**
When: Saturday, October 26, 2019
Time: 12:00 PM - 1:30 PM
Where: Downtown Pewaukee
Dress your family in your best Halloween costumes. Enjoy games and crafts. Trick-or-treat at our downtown merchants. Dog costume contest at Noon at End of the Leash.
- ✂ **Oconomowoc Fall Festival**
When: Saturday, September 7, 2019
Time: 9:00 AM - 7:00 PM
Where: Downtown Oconomowoc, 133 E. Wisconsin Ave, Oconomowoc
Downtown Oconomowoc's main street will close as more than 50 vendors line both sides selling wares, food, and more. Family friendly fun abounds, and adventures include a jalapeno eating contest, entertainment stage with live music, beer, food, and treats. For more information, go to: <https://www.downtownoconomowoc.org/events/fall-festival/>

Waukesha Public Library Activities

Where: Waukesha Public Library, 321 Wisconsin Ave., Waukesha.

- ✂ **Lego Club**
When: Thursday, September 19, 2019
Time: 4:00 PM - 5:30 PM
Location in Library: Children's Program Room
Create, build, and make new LEGO-loving friends. No registration required. For children ages 5 and up.
- ✂ **Teen Gaming Club**
When: Tuesday, September 3, 2019
Time: 3:30 PM - 5:30 PM
Location in Library: Teen Zone
Play video games, board games, card games, and more! Teens in grades 7-12 are invited to attend. Snacks/games will be provided.

Craft Time! Leaf Sun Catchers

By: Asia Citro / funathomewithkids.com

Hang these beautiful sun catchers in your window to a beautiful autumn glow in your home!

What You'll Need:

- ✂ White, round coffee filters
- ✂ Liquid watercolors (or food coloring that is *slightly* diluted with a few drops of water) in fall colors
- ✂ Scissors
- ✂ Eyedropper or paint brush
- ✂ Non-porous surface that is easy to clean or that can be thrown away
- ✂ Plastic wrap
- ✂ Clear tape

What You'll Do:

1. Cut out leaf shapes from the coffee filter. You should be able to get one nice-sized leaf out of each filter, and be able to cut multiple coffee filters at once. If you need a leaf shape, you can google "fall leaf template," print something off, and use it as a guide for cutting.
2. Place the leaves on a non-porous surface, such as a plastic take-out container (versus a paper plate that the colors may bleed onto the surface below).
3. Using an eyedropper or paint brush, apply the liquid watercolors (or diluted food coloring). Watch the colors mix and swirl!
4. Move the finished leaves onto a sheet of plastic wrap. The leaves may be a little delicate, so it is probably best for an adult to do this. Fun Craft Tip: The plastic wrap will maintain much more vibrant colors than if you used something that would absorb the moisture like a paper towel.
5. When the leaves are dry, tape them to the backside of the window (make a circle of the tape with sticky side out so that you don't see the tape around the leaves!).



Craft Time! Mason Jar Luminaries

By: whereimaginationgrows.com

These fall luminaries will bring the best of the fall tree colors right into your own home!

What You'll Need:

- ✂ Mason jars
- ✂ Mod Podge
- ✂ Fall-colored tissue paper, ripped into pieces
- ✂ Brown construction paper
- ✂ Paint brush
- ✂ Candle (make it even safer and family-friendly with a battery-operated tea light candle!)

What You'll Do:

1. Begin painting one area of the jar at a time with Mod Podge. It dries fairly quickly, so it is best to work section-by-section. Clean-up Friendly Tip: Have a wet paper towel or wipe handy to clean off any glue that gets on your hands!
2. Cut out tree shapes from the brown construction paper and attach them to the jar just like the tissue paper.
3. Go over all of the loose ends of the tissue paper that are sticking up and put a top coat of Mod Podge over it all.
4. Place a candle inside the jar and enjoy your fall luminary - with or without the candle glowing!



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.

WHEN: September 10, September 26, October 8, October 24, 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.)

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>

Naloxone (Narcan) Training

September 19, 2019

Presented by: Waukesha County Trainer

A trainer from Waukesha County will talk to foster parents about the opiate epidemic in Waukesha and provide them with Narcan training.

Trauma in Children and Teens

October 17, 2019

Presented by: Patrice Flanagan-Morris, Therapist at A Hope for a Better Tomorrow

Patrice will talk about trauma in children and teens, and some strategies to work with them.



Foster Parent Networking Night (Formerly Foster Parent Support Group)

Come join fellow foster parents for an evening of building connections while enjoying a meal.

WHEN: Wednesday, September 25, 2019

TIME: 6:00 PM - 8:00 PM

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

A light dinner and childcare will be provided.

Please RSVP by September 23 at <https://fosterparentnetworknight.eventbrite.com>.

Grandparents Raising Grandchildren

Enjoy a presentation with Molly Jasmer on Understanding the Legal System.

WHEN: Wednesday, September 11, 2019

TIME: 6:00 PM - 7:30 PM

WHERE: First United Methodist Church, 121 Wisconsin Ave, Waukesha, WI

A light dinner and childcare will be provided.

For more information or to RSVP, contact Linda Senger at lsenger@waukeshacounty.gov.



Waukesha County Foster Care In The Community

Waukesha County Foster Care will be in the community on the following dates/locations:

Wagfest

Lure courses, agility, games, vendors, food, raffles, live music, Zoomie Zone, Puptini Bar

WHEN: Saturday, September 7, 2019

TIME: 11:00 AM - 5:00 PM

WHERE: Mitchell Park, 19900 River Rd, Brookfield

Contact Numbers:

Foster Care:

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

Social Workers:

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

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

Nicole Allende..... 262-548-7265

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

Alyssa Jones 262-548-7239

Jessica Larsen 262-548-7346

Maria Maurer 262-548-7345

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

Rachel O'Sullivan 262-548-7639

Johanna Ploeger 262-896-6857

Elizabeth Russo 262-548-7349

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

Linda Senger 262-548-7698

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

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

Happy Fall Y'all!!!