

Parents, Wake Up: The Hidden Dangers of the Internet

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What do parents need to know?

Today there are a lot of pressures parents are under in teaching their children about the rights and wrongs of society compared to several years past. Their social networks consisted of their classmates, family, and neighbors. Parents usually knew who they were or had some interaction with them at some point.

By having that interaction, they could easily determine which kids were better influences for their own kids. They had the ability to meet the parents or talk to them when they fought or were mean to each other. Today, kids' social networks are not just their local acquaintances, they have expanded to the entire world. Think about it - social networks such as Facebook, MySpace, Orkut, Friendster, ask.fm, and more have made the ability for children to meet just about anyone in any given country.

Younger children today are naïve to the dangers within these social networking circles. They believe that everyone they know is doing it, so why not. As parents, we need to take the time, not only to understand what they are doing in school, but what they are doing online in their digital lives.

Can technology help?

YES! Technology can play a key role in protecting your children from the dangers they face today or help you as a parent understand what they are doing online. One company, Global Aware Technologies and their Shield Genie software solution will be able to monitor, block, and alert on your child's online activities, shielding them from the potential dangers that exist when surfing the net, using webcams, or chatting with friends. Parents can customize restriction settings depending on their child's age. Instant text alerts and emails are sent to the parents and triggered when the child enters in any "red-flagged" key words, visits undesired web or social sites, or uses their webcam.

So parents, please talk with your children and take an active role in knowing what your children are doing when they are using their electronic devices. Let technology play a role in helping you be a more responsible parent. Please don't wait until it's too late, act now.

Ian and Kyla May



Many people have asked Ian and Kyla May why they decided to get involved in foster care. It was a desire that started at a very early age for Kyla, and that only increased when her parents decided to become foster parents when she was 12. When Ian and Kyla got married, they decided that they wanted to pursue foster care together. Every person deserves to know that they are safe and loved, no matter where

they come from, and that is what the Mays want every child who comes through their doors to know. The Mays are so thankful to be able to show that with the three little boys that were placed with them in December. The boys are ages 2, 5, and 7, and they are such little adventurous spirits that have flipped the Mays' world upside down!

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

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.

We have a need for clothing hangers.

7 Myths About Child Mental Health

By: Harold S. Koplewicz, MD

It is easy to empathize with suffering we can see: a child who has lost her hair as a result of chemotherapy, for instance. The suffering of a child with psychiatric issues is far less obvious. Many children and teens with emotional problems keep their pain secret. Others express their feelings in risky or offensive ways. Due largely to stigma - fear, shame, and misunderstanding about psychiatric disorders - the majority never receive clinical care.

Myth 1: A child with a psychiatric disorder is damaged for life.

A psychiatric disorder is by no means an indication of a child's potential for future happiness and fulfillment. If a child's struggles are recognized and treated - the earlier the better - she has a good chance of managing or overcoming symptoms and developing into a healthy adult.

Myth 2: Psychiatric problems result from personal weakness.

It can be difficult to separate the symptoms of a child's psychiatric disorder - impulsive behavior, aggressiveness, or extreme anxiety, for example - from a child's character. But a psychiatric disorder is an illness, just like diabetes or leukemia, and not a personality type. We can't expect children and teens to have the tools to overcome these challenges on their own, but they can recover with the help of their parents, and an effective diagnosis and treatment plan.

Myth 3: Psychiatric disorders result from bad parenting.

While a child's home environment and relationships with his parents can exacerbate a psychiatric disorder, these things don't cause the disorder. Things like anxiety, depression, autism, and learning disorders are thought to have biological causes. Parenting isn't to blame. But parents play a central role in providing support and care that is crucial to their child's recovery.

Myth 4: A child can manage a psychiatric disorder through willpower.

A disorder is not mild anxiety or a dip in mood. It is severe distress and dysfunction that can affect all areas of a child's life. Kids don't have the skills and life experience to manage conditions as overwhelming as depression, anxiety, or ADHD. They can benefit profoundly from the right treatment plan, which usually includes a type of behavioral therapy, and have their health and happiness restored.

Myth 5: Therapy for kids is a waste of time.

Treatment for childhood psychiatric disorders isn't old-fashioned talk therapy. Today's best evidence-based treatment programs for children and teens use cognitive-behavioral therapy, which focuses on changing the thoughts, feelings, and behaviors that are causing them serious problems. And research has shown that there's a window of opportunity - the first few years during which symptoms appear - when treatment interventions are most successful.

Myth 6: Children are overmedicated.

Since so many public voices (many without first-hand or clinical experience) have questioned the use of medications in the treatment of childhood psychiatric disorders, many people believe that psychiatrists prescribe medication to every child they see. The truth, however, is that good psychiatrists use enormous care when deciding whether and how to start a child on a treatment plan that includes medication—usually along with behavioral therapy. We never doubt whether a child with diabetes or a seizure disorder should get medication; we should take psychiatric illness just as seriously.

Myth 7: Children grow out of mental health problems.

Children are less likely to "grow out" of psychiatric disorders than they are to "grow into" more debilitating conditions. Most mental health problems left untreated in childhood become more difficult to treat in adulthood. Since we know that most psychiatric disorders emerge before a child's 14th birthday, we should have huge incentive to screen young people for emotional and behavioral problems. We can then coordinate interventions while a child's brain is most responsive to change and treatment is more likely to be successful.

Waukesha County Beaches

Waukesha County beaches start opening on May 24, 2019. All Waukesha County beaches require an admission fee to get into the park, which is \$5 per car load. Check out the schedule and get more information at <https://www.waukeshacounty.gov/landandparks/park-system/swimming/>



Thank You, Summit View Elementary School!

A big thank you to the third grade class at Summit View Elementary School! The third graders did a clothing drive, and filled two cars with clothing for our foster parent clothing closet. Awesome job!



Thank You, WCTC!



A big thank you to the Administrative Professional Staff Team at WCTC. They arranged a Foster Care Drive that all WCTC staff and faculty participated in. They collected diapers, wipes, hygiene products, clothes, socks, and underwear. The "delivery staff" pictured are Jennifer Thomas, Laura Rocha, Dannielle Bartlett, Janet Rake, Cheryl Huerbner, and Beth Soika.

National Infant Immunization Week



Let's celebrate! From April 27 - May 4, 2019, we observe the 25th anniversary of National Infant Immunization Week! Over the last 25 years, communities across the country have joined to celebrate the critical role that vaccination plays in protecting our infants and children from serious childhood diseases. Parents want to do everything possible to

protect their babies from disease, and vaccination is the best way to do it. Thanks to the development of vaccines, we have the ability to protect our children from diseases that used to commonly cause major illness and even death. Although less common today due to vaccinations, these diseases are still causing outbreaks as more and more children are not vaccinated as recommended. The truth is that vaccines are safe and effective, and that the diseases they protect against are serious. Vaccine hesitancy is such a concern that the World Health Organization has included it on their list of Top 10 Threats to Global Health in 2019. So let us take this opportunity to spread the word and remind others how important vaccines are for protecting our babies and giving them a healthy start in the world. If you have questions regarding childhood vaccines, or would like to speak to a nurse, please call Waukesha County Public Health at 262-896-8430, or visit our website at <http://www.waukesha-county.gov/publichealth>.



City of Waukesha Pools

Buchner Pool

Where: 223 Oakland Ave, Waukesha
Open Date: Saturday, June 8, 2019
Close Date: Sunday, August 25, 2019

Horeb Springs Aquatic Center

Where: 330 Spring St, Waukesha
Open Date: Saturday, June 8, 2019
Close Date: Friday, August 30, 2019

Please go to <https://www.waukesha-wi.gov/508/Hours-Fees> for additional information, including hours and fees for each location.

Waukesha Farmer's Market

Music, food, flowers, crafts, and more! The Waukesha County Foster Care program will have a booth at the Waukesha Farmer's Market on June 15 and July 13! For more information, go to <http://www.waukeshafarmersmarket.com>

Where: Downtown Waukesha, 125 W. St. Paul Ave, Waukesha

Date: Saturdays, May 4 - October 26, 2019

Time: 8:00 a.m. - 12:00 p.m.

Milwaukee Public Museum

All visitors receive free general admission to the Milwaukee Public Museum on the first Thursday of every month during Kohl's Thank You Thursday! Kohl's Thank You Thursday is free for individuals and families (excluding groups), special exhibit fees may apply. Children must be accompanied by an adult to receive free admission

Where: 800 West Wells St., Milwaukee

Dates: Thursday, May 2, 2019 and Thursday, June 6, 2019

Time: 9:00 a.m. - 8:00 p.m.; The Butterfly Vivarium closes at 4:30 p.m.

Craft Time! Butterfly Handprint

By: thebestideasforkids.com

What You'll Need:

- ✦ Colored Cardstock
- ✦ Pom Poms
- ✦ Small Googly Eyes
- ✦ Glue
- ✦ Black Fine Sharpie
- ✦ Felt or Paint (for decorating the wings)



What You'll Do:

- ✦ Fold your card stock in half. Trace your child's hand so that the wrist is on the fold side (when cut out, you will get a mirrored hand).
- ✦ Add an antennae and cut out your butterfly.
- ✦ With different colored paper, cut out a body and head and glue to the outside of the butterfly.
- ✦ Glue on some googly eyes and draw on a mouth.
- ✦ Decorate the handprint wings with pom poms, felt, rhinestones, or any other fun craft decoration!



Craft Time! Fish Handprint Card

By: thebestideasforkids.com

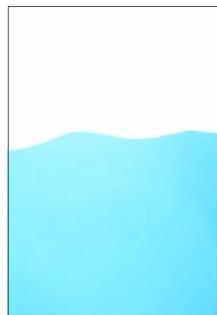
What You'll Need:

- ✦ Cardstock (blue, orange, white)
- ✦ White Pom Poms
- ✦ Small Googly Eyes
- ✦ Glue
- ✦ Black Fine Sharpie
- ✦ Popsicle Stick
- ✦ String or Cotton Twine



What You'll Do:

- ✦ Cut the blue cardstock to make a water background and glue to the white cardstock.
- ✦ Fold the orange cardstock in half. Trace your child's hand so that the wrist is on the fold side (when cut out, you will get a mirrored hand).
- ✦ Cut out the handprint.
- ✦ Glue on some googly eyes and draw on a mouth.
- ✦ Tie a small string around the popsicle stick. Glue the stick to the top of the card, and the bottom of the string inside the handprint (i.e. the mouth of the fish).
- ✦ Glue white pom poms in the water to look like bubbles.



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: 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@waukesha.gov or 262-896-8574. (There is no childcare available.)

Foster Parent Support Group

Our foster parent support group is 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

May 2, 2019

June 6, 2019

(Please note that the support group will not be meeting in July due to the holiday)

6:00 PM - 7:00 PM

Parents Place

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

Foster Care Community Meetings

Do you know anyone who would be interested in learning more about the foster care program, and how to become a foster parent? We are teaming up with Norris to provide two community meetings for anyone interested in becoming a foster parent. Please share this information with anyone who may be interested. We have two different days and times to choose from.

Where: YMCA at the Pabst Farms, 1750 East Valley Rd, Oconomowoc

Date/Time Option 1: Wednesday, May 15, 2019, from 6:00 p.m. - 7:00 p.m.

Date/Time Option 2: Thursday, May 16, 2019, from 10:00 a.m. - 11:00 a.m.

Register at tfc@norriscenter.org. Child care is available when you register by May 9.

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 Dangers of Social Media

May 16, 2019

Presented by: Detective David Feyen, Waukesha Police Department

Det. Feyen will talk about the different kinds of social media, as well as the dangers of the internet with children and teens.

Mental Health in Children and Teens

June 20, 2019

Presented by: Mary Madden, Executive Director of NAMI Waukesha

Mary will talk about mental health issues in children and teens, and tips on how to deal with these issues.



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

Case Managers:

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

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

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

