



Resource Family Connection

News, Events and Information Benefiting
the Children of Waukesha County

July 2014



Building the Bonds of Attachment By: Coalition for Children, Youth and Families

It's unbelievable how quickly our hearts sing when a child comes into our lives. From a child's perspective, however, it can take some time to hear the song our hearts are trying to share.

Attaching to a new caregiver can be hard for some children who enter foster care or who have been adopted. This may be because of past hurtful or traumatic experiences; or perhaps there was some disconnect with a primary caregiver. At times attachment simply comes slowly. At other times attachment issues can become so intense or attachment is so lacking that there is cause for concern. Understanding attachment can also provide your family with a roadmap toward a stronger relationship and positive solutions.

What Is Attachment?

Children who are securely attached want to be near the people they're attached to, typically their parents or primary caregiver, and they go to those people when they feel afraid or threatened. They see these attachment figures as a "secure base" from which they feel safe enough to branch out and explore their environment.

Furthermore, they show some anxiety when the person or people they're attached to are absent. A child who is not securely attached might also seem distressed when separated from a parent or caregiver but, when the parent returns, the child doesn't seem to be reassured. The child might refuse comfort or even be aggressive toward the parent.

The lack of secure attachment can look different for every child and can be caused by many factors, such as:

- ★ Abuse and/or neglect
- ★ A prolonged absence (e.g., prison, hospital stay)
- ★ Medical conditions for either parent or child
- ★ Mental health issues (e.g., postpartum depression)
- ★ Environmental factors (e.g., poverty, violence, lack of support, multiple moves).

The effects can follow a child no matter how loving and secure the home is that the child is entering. It's important to remember that underlying the child's behaviors is the child's need to feel safe and to protect himself at all costs, even if that means initially rejecting love and support. A better understanding of attachment can help you understand a child's challenging behaviors, and can help you decide when it may be time to seek help from a professional.

Power and Control

Children who are dealing with attachment issues frequently struggle quietly at first. They may be manifesting stories of worthlessness and shame in their minds. In addition, the sense of being unsafe can be constantly lurking in their minds.

Challenging behaviors might soon follow.

Victoria, a Wisconsin foster and adoptive mom, works mostly with

teen boys. She shares, "Because I take teens, my boys have usually been in out-of-home care for years, and often have been in five or more placements. Most of them have issues with attachment to some degree. This manifests in a range of behaviors. I have had kids who immediately wanted to call me 'Mom' and were clingy . . . They grab hold of whatever adult is available.

"Other kids are very guarded at first," Victoria continues. "But they can eventually attach."

She goes on to share about her now 20-year-old son who, when he was first placed with her, told her, "I might be here for a while, and maybe I'll come back someday to say hi or something, but I'm not going to be your son." Little by little, Victoria saw the softness behind his tough exterior.

"One day," she says, "he called me 'Mommy' accidentally. He was embarrassed, but it stuck . . . He was slow to attach, but his attachment is firm and real."



Attachment issues impact children and the families they are living with because these behaviors can become pretty intense. Children with insecure attachment will often engage in power struggles in an effort to assert or regain a sense of control; they may feel empowered saying "no." At times, it may even seem like children with attachment concerns avoid having fun or engaging with anyone, or they may avoid or actively reject love and praise.

Parenting Roles

Protector: Let the child know it will be okay. You can do this not only with words, but also with actions. It's important to give these messages from the heart. This can be difficult, especially in trying times, when it feels like things aren't getting better. It can be helpful to give these messages when things are going well, not just when the going is tough.

Provider: You are the source of food, love, shelter, and soothing for the child. This can seem simple but children with attachment issues may need constant reminders. Gestures such as cooking favorite meals or leaving short notes may go a long way toward fueling attachment. Even things that may seem small to us, over time, can help these children work through their feelings.

Guide: Lead by example. Know yourself enough to know when you need to take care of yourself. Let the child see you for who you really are. Be consistent and creative. It can be helpful to establish household guidelines that can assist the child in learning how the world works.

Team member: Whether you are parenting with someone else or by yourself, you are a member of a team. Your team may include

Continued on page 3

4th of July Fireworks in Waukesha County

[Brookfield July 4th Fireworks](#)
Date: July 4, 2014 at 9:15pm
Where: Mitchell Park
19900 River Road
Brookfield, Wisconsin 53045

[Butler July 4th Parade and Fireworks](#)
Date: July 4, 2014 at Dusk
Where: Frontier Park
5301 N Park Drive
Butler, Wisconsin 53007

[Delafield Independence Day Fireworks](#)
Date: July 5, 2014 at Dusk
Rain date: July 6, 2014 at Dusk
Where: Over Nagawicka Lake
Genesee Street
Delafield, Wisconsin 53018

[Elm Grove 4th of July Fireworks](#)
Date: July 4, 2014 at Dusk
Rain date: July 5, 2014 at Dusk
Where: Elm Grove Village Park
13600 Juneau Blvd
Elm Grove, Wisconsin 53122

[Menomonee Falls Parade and Fireworks](#)
Date: July 3, 2014 at Dusk
Where: Menomonee Falls High School Football Field
W142 N8101 Merrimac Dr
Menomonee Falls, Wisconsin 53051

[Muskego Independence Celebration](#)
Date: July 3, 2014 at 9:15pm
Where: Idle Isle Park
W182S6666 Hardtke Drive
Muskego, Wisconsin 53150

[New Berlin 4th of July Family Festival](#)
Date: July 4, 2014 at 10:00pm
Where: Malone Park
New Berlin, Wisconsin 53151

[Oconomowoc Independence Day](#)
Date: July 5, 2014 at Dusk
Rain date: July 6, 2014 at Dusk
Where: Fowler Park
438 North Oakwood Ave
Oconomowoc, Wisconsin 53066

[Okauchee Lake Fireworks / Venetian Night](#)
Date: July 5, 2014 at Dusk
Where: Okauchee Lake
Okauchee, Wisconsin 53069

[Pewaukee 4th of July](#)
Date: July 4, 2014 at Dusk
Where: 213 W. Wisconsin Ave
Pewaukee, Wisconsin 53072

[Sussex Fourth of July](#)
Date: July 4, 2014 at 9:20pm
Where: Sussex Village Park
Maple Ave
Sussex, Wisconsin 53089

[City of Waukesha Independence Day](#)
Date: July 4, 2014 at Dusk
Where: Waukesha County Expo
1000 Northview Road
Waukesha, Wisconsin 53188



Royal Family Kids Camp

Royal Family Kids Camp- Hartland is lovingly designed to recognize the needs of children who have been abused, abandoned, and neglected. Typically these children are now in the foster care system or are considered "at risk".



For one week, we offer them a safe place to heal, build self esteem, and make friends with children just like them. Only 2 children are assigned to each camp counselor.

The camp runs from August 18-22. For more information or to register, go to www.hartland.royalfamilykids.org

Clothing Closet Corner

We need the following items for the Clothing Closet:

- Gift Cards for Teens



UW-Oshkosh Summer Program for Foster Youth

The University of Wisconsin-Oshkosh has developed a program for foster youth to participate in a summer program with mentorship through the school year. The program is for any foster youth in Wisconsin entering the 8-12 grades this fall. The grant does not require them to apply/enroll at UW Oshkosh after high school graduation. The main goal is to help them prepare for college and to create an awareness of the educational opportunities available to them wherever they decide to attend.

The first session of programs start June 21 and end July 3 and the second session programs start July 13 and end July 25. Please refer to the website for more details with dates of programs and program descriptions, along with the application forms. www.uwosh.edu/precollege

CDC Launches Essential For Parenting Toddlers and Preschoolers

Essentials for Parenting Toddlers and Preschoolers

(<http://www.cdc.gov/parents/essentials/activities/index.html>) is a free, online resource developed by the Centers for Disease Control and Prevention (CDC). Designed for parents of 2 to 4 year olds, Essentials for Parenting addresses common parenting challenges, like tantrums and whining. Positive parenting skills and techniques can reduce parenting stress and provide parents with ways to handle their child's misbehavior. Skills focus on encouraging good behavior and decreasing misbehavior using proven strategies like positive communication, structure and rules, clear directions, and consistent discipline and consequences. Build the foundation of a positive parent-child relationship with Essentials for Parenting.

Essentials for Parenting includes:

- ★ [Articles](#) with a variety of skills and tips
- ★ ["Frequently Asked Questions"](#) answered by parenting experts
- ★ [Fun and engaging videos](#) featuring parents, children, and parenting experts who demonstrate and discuss skills
- ★ [Free print resources](#) like chore charts and daily schedules

Building Bonds of Attachment Continued from Page 1

the person you are parenting with, teachers, daycare providers, and family. All of the adults in a child's life must come together to avoid "splitting," where the child may try to play one person against another. This may mean more meetings and advocating, but it will help for everyone to be on the same page.

Yes you can – Survival strategies

Self-Care

The first key to coming out from the fog of having a child with insecure attachment is self-care. This looks different for all parents (watching a movie or favorite TV show, reading, taking a bath, exercising, etc.) and can be the first thing we forget to do or put on the back burner. Scheduling self-care activities like any other appointment can help you keep that dedicated time to take a break. Other self-care methods, such as demanding respect by using enforcing statements, can't be scheduled and will take hard work.

Also, if you use consequences in your home, make sure they are ones that you can live with and effectively enforce. Do you really want to cancel the family trip to Disney? It is okay to wait to choose a consequence until you are not in the heat of the moment. On the opposite side, also give choices that you can live with. Do you really want to spend the money to go out for pizza or to a movie tonight? Lastly, find ways to separate yourself from your child's struggles. Though they affect you greatly, these are their struggles.

Consistency and creativity

As a parent, setting limits and boundaries does not make you mean. Rather, you are setting up a structure that allows your children to be successful. You can still be fun, joke, and laugh while being the authority figure in your home. If you use consequences, and a child can predict the consequence, the child is more easily taught to *not want* that consequence.

Think about supervision and consequences based on a developmental age. Children who are not securely attached tend to need more supervision at first. If you notice there are times when they seem to be misbehaving often (e.g., when playing outside), that may be a sign to increase supervision during that time or consider alternative activities.

The Goal: Secure Attachment

Secure attachment is called such because, when it is present, the child feels safe. This type of attachment helps us think logically, develop a conscience, become self-reliant/self-soothing, handle fear and worry, and develop relationships. A child with secure attachment will often be a bit wary of strangers, but will also have the ability to warm up to people who they see their caregiver interacting with kindly and comfortably. The attached child will also recognize, prefer, and show emotion to a caregiver, and this bond is reciprocal. Out of this attachment, children are able to grow into adulthood with a sense of worth and self.

In her words, Victoria shares the same sentiment: "With a child who reserves his heart, it is simply a matter of time and your own commitment. Give him the love and support you would give any child and he will probably eventually see that you are the source of what he needs.

"With a child who seems to attach too soon, understand that those feelings aren't real, and that while he may never be truly attached, he will still benefit greatly from the love and support you offer. Enjoy him just as he is, as you would any child. With time, he will learn more from you than you realize, and may be able to have more normal attachments later in life.

"Know that you are making a difference to him in ways you cannot yet see, but that are enormously beneficial. Hang on. It's worth it."

Without a doubt, attachment issues are challenging – for both parents and children alike. However, there are positive solutions. With support and consistency, you can learn, grow, and move forward together. The Coalition for Children, Youth & Families can help you find those positive solutions. We encourage you to reach out to us – or to another trusted resource – for support and encouragement at any time.

Resources

- ★ *Therapeutic parenting: It's a matter of attitude*, by Deborah Hage
- ★ *Parenting with Pizazz*, by Deborah Hage
- ★ *The Girl Behind the Door - A Father's Journey Into the Mystery of Attachment*, by John Brooks
- ★ *Adoptive Parent Intentional Parent: A Formula for Building & Maintaining Your Child's Safety Net*, by Stacy Manning
- ★ *Creating Loving Attachments*, by Kim S. Golding
- ★ *Fostering Changes: Myth, Meaning and Magic Bullets in Attachment Theory*, by Richard J. Delaney, PhD
- ★ *No Anger Zone: Maintaining a Peaceful Emotional Climate in Adoptive Families*: This video explores how past trauma can cause adopted children to become angry and how the anger can spread to the rest of the family. (youtu.be/mogvSMooov0)
- ★ *The Impact of Trauma on Child Development*: This video includes a discussion of how adoptees with a history of residence in orphanages or foster homes, or who have experienced neglect or abuse may display an inability to learn from their mistakes. (youtu.be/krQlgSnLpPk)

Coalition Tip Sheets

Found at wifostercareandadoption.org/resources/tip_sheets

- ★ Helping Kids in Care Build Trusting Relationships
- ★ What's Behind These Behaviors?
- ★ Help! My Child Runs Away!

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Training and Events



Training Offered By Waukesha County

Resource Family Recognition Event

Saturday, July 26, 2014
11:00 AM to 2:00 PM
Minooka Park, Picnic Area #1
 Games, crafts, face painting and more!
 RSVP by July 7 to Libby Sinclair at 262-548-7277 or Janis Mantel Ramos at 262-548-7267

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.

August 5, 2014, October 7, 2014, and December 2, 2014

5:30 to 8:00 PM
Center for Excellence, N4W22000 Bluemound Road, Waukesha
 To register for childcare, RSVP or for questions call, 262-521-0317.

Foundation Training – Level 2 Only

A new session of Foster Parent Foundation Training will begin in September. If you need to complete this training, please sign up as soon as possible. To register for the training, go to: <https://pdsonline.csod.com/client/pdsonline/default.aspx>.

If you have not signed up for a training in PDS Online before, please go to: <http://wcpds.wisc.edu/pdsonline/fosterparents.aspx>

All of the fall training sessions will be held on Tuesdays from 5:30 PM - 8:30 PM at Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI 53188. The dates for the training are **September 16, 2014-November 11, 2014**.

Relative Caregivers Support/Education Group

We will not be having the Relative Caregiver Support/Education group in July or August.

Our next group will be:
September 16, 2014

Tuesdays 6:30pm
 Guest Speaker: Margaret Bayer, Addiction Resource Counsel
 Family Support Group-For Family Members of Addicted People
 Addiction Resource Council, 741 N. Grand Avenue Suite 300, Waukesha, WI 53186

If someone in your family is struggling with drug or alcohol addiction, you are not alone! Come and meet with other families who are experiencing similar situations. It's a way to share your experiences, learn coping skills, and how to set healthy boundaries.

Call Margaret Bayer with questions (262-409-2664)

Waukesha County Foster Parent Orientation

Waukesha Department of Health and Human Services invites you to attend a foster parent orientation meeting. These meetings are open to anyone who is interested in learning about our foster care program. **If you are currently in the process of becoming a licensed foster parent, you are required to attend an orientation session prior to approval of your foster care license.**

We encourage you to complete the online foster parent pre-placement training prior to attending this information session. The training can be found online at <http://wcpds.wisc.edu/foster-parent-training/>. Please save the certificates after you have completed each module. These are required to become licensed.

When:
 July 7, 2014, August 4, 2014, October 6, 2014, November 3, 2014, and December 1, 2014
 All orientation sessions occur from 6:00- 8:00 PM

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

To register for an orientation session, contact your foster care coordinator.

Trauma Informed Parenting

Many caregivers keep hearing about Trauma Informed Care or TIC and are left wondering what it exactly means. This training will do more than help caregivers understand what TIC means, it will also offer concrete suggestions for how Foster Parents can implement TIC in their work with the children and families they serve. The training introduces caregivers to TIC and engages caregivers in thoroughly understanding it and talking about steps they can take to improve the behaviors they see from the kids in their care.

When: Thursdays, September 25, 2014 to October 30, 2014
5:30 to 8:00 PM

Where: Waukesha County Human Services Center, 514 Riverview Avenue, Waukesha

A Minimum of 6 people is required to have the training. Register online at <https://pdsonline.csod.com/client/pdsonline/default.aspx>

This series will provide 18 hours of foster care training hours.

Training Parents Place Programs 262-549-5575 www.ppacinc.org

- **Effective Discipline for the Challenging Child**
 Mondays, July 7 - 28 from 6:00 - 7:30 PM
- **Co-parenting**
 Mondays, July 14 - 28 from 5:30 - 7:00 PM
- **Individual Education Plan Basics for Parents**
 Wednesday, July 23 from 6:00 - 7:30 PM

Contact Numbers:

Waukesha County
 Health & Human Services
 262-548-7212

Eve Altizer, Supervisor
 262-548-7272

Rebecca Hollister, Supervisor
 262-548-7271

Kathy Mullooly, Supervisor
 262-896-6832

Janis Ramos, Foster Care Coord.
 262-548-7267

Libby Sinclair, Relative Licensing
 262-548-7277

Social Workers:

Jennifer Adler..... 262-548-7265

Tracy Clark..... 262-548-7270

Megan Fishler 262-896-8570

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

Becca Kuester 262-896-6857

Jessica Larsen 262-548-7346

Melissa Lipovsek..... 262-548-7348

Amy Mantey..... 262-548-7341

Maria Maurer 262-548-7345

Jessica McDonald 262-548-7639

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

Stacy Pawlak 262-548-7262

Susan Peck..... 262-896-8574

Michael Reed..... 262-548-7347

Elizabeth Russo 262-548-7349

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

Linda Senger 262-548-7698

Kinship Workers:

Linda Finn..... 262-548-7254

Deb Fosberg..... 262-548-7256

Children's Mental Health Outreach
 262-548-7666

Medical Emergency: 911
Family Emergency: 211

Foster Parent Mentor
 Jen Mersfelder..... 262-542-2926
 David Mersfelder..... 262-542-2926

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

FASPP
 Norma Schoenberg
 920-922-9627

May 2014 Placements

Level 2 Placements: 38 Children	Juvenile Corrections: 0 Children	Group Homes: 1 Children	Residential Care Facilities: 5 Children
Level 1 Placements: 33 Children	Level 2 Foster Homes: 99 Homes	Level 1 Foster Homes: 33 Homes	Total Children in OHC: 77 Children

