

# Keeping In Touch

# August is... Happiness Happens Month

## Building Resilience in Children

The world can be a frightening place. As a parent, I am constantly aware of choices that I make to minimize my perception of fear and uncertainty. Death, illness, divorce, crime, war, child abductions, tsunamis, and terrorism — both here and abroad — have defined an evolving landscape for raising our families. How do we manage to parent from a place of love and understanding, not fear and paranoia? It's not possible to protect our children from the ups and downs of life. Raising resilient children, however, is possible and can provide them with the



tools they need to respond to the challenges of adolescence and young adulthood and to navigate successfully in adulthood. Despite our best efforts, we cannot prevent adversity and daily stress; but we can learn to be more resilient by changing how we think about challenges and adversities. Today's families, especially our children, are under tremendous stress with the potential to damage both physical health and psychological well-being. The stress comes from families

who are always on the go, who are overscheduled with extra-curricular activities, and ever-present peer pressure. In the teen years, the anxiety and pressure are related to getting into "the" college. In today's environment, children and teens need to develop strengths, acquire skills to cope, recover from hardships, and be prepared for future challenges. They need to be resilient in order to succeed in life.

That is why Kenneth Ginsburg, M.D., MS Ed, FAAP, a pediatrician specializing in adolescent medicine at The Children's Hospital of Philadelphia (CHOP), has joined forces with the American Academy of Pediatrics (AAP) to author *A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings*. The new book provides a dynamic resource to help parents and caregivers build resilience in children, teens, and young adults.

Dr. Ginsburg has identified seven "C"s of resilience, recognizing that "resilience isn't a simple, one-part entity." Parents can use these guidelines to help their children recognize their abilities and inner resources.

**Competence**  
Competence describes the feeling of knowing that you can handle a situation effectively. We can help the development of competence by: Helping

children focus on individual strengths  
Focusing on any identified mistakes on specific incidents  
Empowering children to make decisions  
Being careful that your desire to protect your child doesn't mistakenly send a message that you don't think he or she is competent to handle things  
Recognizing the competencies of siblings individually and avoiding comparisons

**Confidence**  
A child's belief in his own abilities is derived from competence. Build confidence by: Focusing on the best in each child so that he or she can see that, as well  
Clearly expressing the best qualities, such as fairness, integrity, persistence, and kindness

Recognizing when he or she has done well  
Praising honestly about specific achievements; not diffusing praise that may lack authenticity  
Not pushing the child to take on more than he or she can realistically handle

**Connection**  
Developing close ties to family and community creates a solid sense of security that helps lead to strong values and prevents alternative destructive paths to love and attention. You can help your child connect with others by:

Building a sense of physical

(Continued on page 2)

## Casa de los Niños Foster Care Program

### Special points of interest:

- > Resilience leads to happiness
- > School Readiness
- > OLCR Update
- > Training
- > Family Resources

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Welcome New Foster Families! Resilience cont. . .

Nancy	Bethany & Luis
Irma	Karriem
Cindy	David “Mark” & Mary
Michael & Stacy	Gabriela & Thomas
David & Jessica	Dana & David
Deborah & Tobias	Mark & Michele
Christine & Louis	Christopher
Gwendy	Christine & Mark
Erin & Steven	Stacey & Terence
Chuck & Gina	Alice & Jim
Ashlee & Benjamin	John & Vicki
Kathy & Paul	Marguerite
Rose	Daniel & Melanie
Jose & Maria	Dan & Dorothy
Judith & Robyn	Charles & Judith
Amy & Thomas	Candace
Karen	Dorsey & Jimmy
Luis & Yesenia	Heather
	Betty

**“Children need to know that there is an adult in their life who believes in them and loves them unconditionally”**

safety and emotional security within your home

Allowing the expression of all emotions, so that kids will feel comfortable reaching out during difficult times

Addressing conflict openly in the family to resolve problems

Creating a common area where the family can share time (not necessarily TV time)

Fostering healthy relationships that will reinforce positive messages

**Character**

Children need to develop a solid set of morals and values to determine right from wrong and to demonstrate a caring attitude toward others. To strengthen your child’s character, start by:

Demonstrating how behaviors affect others

Helping your child recognize himself or herself as a caring person

Demonstrating the importance of community

Encouraging the development of spirituality

Avoiding racist or hateful statements or stereotypes

**Contribution**

Children need to realize that the world is a better place because they are in it. Understanding the importance of personal contribution can serve as a source of purpose and motivation. Teach your children how to contribute by:

Communicating to children that many people in the world do not have what they need

Stressing the importance of serving others by modeling generosity

Creating opportunities for each child to contribute in some spe-

cific way

**Coping**

Learning to cope effectively with stress will help your child be better prepared to overcome life’s challenges. Positive coping lessons include:

Modeling positive coping strategies on a consistent basis

Guiding your child to develop positive and effective coping strategies

Realizing that telling him or her to stop the negative behavior will not be effective

Understanding that many risky behaviors are attempts to alleviate the stress and pain in kids’ daily lives

Not condemning your child for negative behaviors and, potentially, increasing his or her sense of shame

**Control**

Children who realize that they can control the outcomes of their decisions are more likely to realize that they have the ability to bounce back. Your child’s understanding that he or she can make a difference further promotes competence and confidence. You can try to empower your child by:

Helping your child to understand that life’s events are not purely random and that most things that happen are the result of another individual’s choices and actions

Learning that discipline is about teaching, not punishing or controlling; using discipline to help your child to understand that his actions produce certain consequences

Dr. Ginsburg summarizes what we know for sure about the development of resilience in kids

by the following:

Children need to know that there is an adult in their life who believes in them and loves them unconditionally.

Kids will live “up” or “down” to our expectations.

There is no simple answer to guarantee resilience in every situation. But we can challenge ourselves to help our children develop the ability to negotiate their own challenges and to be more resilient, more capable, and happier.

**Overview of Stress**

There will always be stress in our lives.

Stress is an important tool that can aid in our survival.

Our body’s reaction to stress is mediated through a complex interplay of sensory input—sights and sounds—as well as the brain and nervous system, hormones, and the body’s cells and organs.

Emotions play an important role in how we experience stress because the brain is the conductor of this system. The way we think about stress and what we choose to do about it can affect the impact of a stressful event.

This article was featured in the Winter 2007 issue of Healthy Children Magazine. To view the full issue, [click here](#)

**Author** Bonny McClain, Healthy Children Magazine

**Last Updated** 6/10/2010



## OLCR Fingerprint Requirements

### Fingerprint cards expire after 6 years:

- There is no process to renew fingerprint cards. You simply have to get a new one.
- To get another card, ask your licensing worker for the fingerprinting packets, which include the necessary forms and information on fingerprinting locations.
- You need to get fingerprinted at least two months prior to your current card's expiration.
- Fingerprint cards are issued for a variety of reasons. For any new fingerprint cards for foster parents, OLCR will only accept Level One Clearance Cards. This means that you need to obtain your fingerprint card packet through us and not through another source (such as substitute teaching).

- If your fingerprint card expires and you have not been issued a new fingerprint card, your foster care license will be suspended.

### All adult household members must have current fingerprint cards:

- Adults moving into the home must have a valid fingerprint clearance card upon moving into the home.
- This means that paperwork should be completed no less than 30 days prior to the adult moving into the home.
- Your licensing worker has the packets needed for the fingerprinting.
- If a new adult household member moves in without a valid fingerprint card, you may risk your foster care license being suspended.

### Children that turn 18 while still living at home are included in this regulation and the state has NEW requirements:

- Members of the household that have recently turned or will soon be turning 18 years of age are considered adults and, therefore, MUST be fingerprinted 30 days prior to their 18th birthday.
- Your licensing worker has the packets needed for the fingerprinting.
- Juvenile Court records are now being given weight in fingerprint card review. This is a new addition. It is important to let your licensing worker know if your teenage child has a Juvenile Court record as it may cause a delay in getting a fingerprint card.
- If you are in the

renewal time period the child will be added as part of the renewal. If it is not in the renewal timeframe and amendment will be completed to indicate that the child is now an adult.

- If the child in the home turns 18 and has not been fingerprinted, you may risk your foster care license being suspended on the day of the child's 18th birthday.

Also, please note that children who turn 18 while still living at home will be required to complete all of the other requirements for adult household members. This

includes the Criminal History Self-Disclosure, Physician's Statement, and CPS Background Check. There may also be additional interviewing by the licensing working that needs to be completed once a child turns 18 to complete the amendment/renewal.

We understand that some of these requirements may seem new or different to what you had been accustomed to in the past, so please do not hesitate to contact your licensing worker with any questions.

Thank you for all you do to serve our kids and their families

### Web Resources

[www.coping.org](http://www.coping.org)

[www.sohp.com](http://www.sohp.com)

[www.azdes.gov/az\\_adoption](http://www.azdes.gov/az_adoption)

<http://www.readyschool.org/>

<http://www.gettingschoolready.org/>

[http://www.preventblindness.org/vlc/taking\\_care\\_child.htm](http://www.preventblindness.org/vlc/taking_care_child.htm)

*Join us for the Casa de los Ninos*

*Foster Parent Support Group.*



*Watch for updates to the support group next month!!*

Do you have a special story to tell or words of wisdom to share with other foster parents? We are looking for newsletter article submittals for future newsletters. Please submit your entry electronically to [kathym@casadelosninos.org](mailto:kathym@casadelosninos.org) or mail to the

Foster Care Office at  
40 N. Swan Rd, Ste 45  
Tucson, AZ 85711

Visit us on the web at  
**Casadelosninos.org** for  
 more training opportunities

Casa de los Niños Foster  
 Care Program

### Training Opportunities

The next PSMAPP class at Casa will begin Wednesday, September 1<sup>st</sup>, from 6-9 pm. Brooke Brunner with Nathan Strickland.

Foster Parent Training Day - October 2, 2010, 9:00 am to 3:00 pm Contact Kathy at 520-326-8250 to R.S.V.P.

City: Tucson Tues., August 3, 2010 6:30 pm  
 Length: 2 hrs Cost: \$0  
 Just Breathe: Child Asthma and Allergies  
 Trainer: Marisa Joy Williams  
 Location: Easter Seals Blake Foundation  
 616 N. Country Club  
 How to Register: Call 1-866-9TRAIN9 or Email:  
 projectmetoo@blake.easterseals.com  
 Agency: Easter Seals Blake Foundation

Ciudad: Tucson mier., 7 de agosto 2010 8:00 am  
 Duración: 16 horas Costo: \$0  
 Constuyendo el Cerebro de por Vida  
 Entrenador: Darcy Dixon, Evelyn Whitmer, Gaby  
 Gastelum, Ana Bae-Limb  
 Locación: UA Cooperative Extension  
 4210 N. Campbell  
 Para Registrarse: Llame a Cassie: (520)648-0808  
 Agencia: Extension Cooperativa de la Universidad de  
 Arizona

City: Tucson Sat., August 14, 2010 10:45 am  
 Length: 2 hrs Cost: \$0  
 Celebrating Likes & Differences  
 Trainer: Marisa Joy Williams  
 Location: Pusch Ridge Preschool  
 10361 N. Oracle Rd  
 How to Register: Call 1-866-9TRAIN9 or Email:  
 projectmetoo@blake.easterseals.com  
 Agency: Easter Seals Blake Foundation

City: Tucson Thurs., August 5, 2010 6:30 pm  
 Length: 2 hrs Cost: \$0  
 Building Bridges: Parent Teacher Partnerships  
 Trainer: Toni Lopez  
 Location: Easter Seals Blake Foundation  
 616 N. Country Club  
 How to Register: Call 1-866-9TRAIN9 or Email:  
 projectmetoo@blake.easterseals.com  
 Agency: Easter Seals Blake Foundation

City: Tucson Tues., August 10, 2010 6:30 pm  
 Length: 2 hrs Cost: \$0  
 Fostering Friendships  
 Trainer: Marisa Joy Williams  
 Location: Easter Seals Blake Foundation  
 616 N. Country Club  
 How to Register: Call 1-866-9TRAIN9 or Email:

City: Tucson Tues., August 17, 2010 6:30 pm  
 Length: 2 hrs Cost: \$0  
 Linking Literacy with Preschoolers  
 Trainer: Marisa Joy Williams  
 Location: Easter Seals Blake Foundation  
 616 N. Country Club  
 How to Register: Call 1-866-9TRAIN9 or Email:  
 projectmetoo@blake.easterseals.com  
 Agency: Easter Seals Blake Foundation

City: Tucson Thurs., August 12, 2010 6:30 pm  
 Length: 2 hrs Cost: \$0  
 Mission Possible: Children with Special Needs  
 Trainer: Toni Lopez  
 Location: Easter Seals Blake Foundation  
 616 N. Country Club Rd.  
 How to Register: Call 1-866-9TRAIN9 or Email:  
 projectmetoo@blake.easterseals.com  
 Agency: Easter Seals Blake Foundation

City: Tucson Sat., August 14, 2010 8:30 am  
 Length: 2 hrs Cost: \$0  
 Hellos & Goodbyes  
 Trainer: Marisa Joy Williams  
 Location: Pusch Ridge Preschool  
 10361 N. Oracle Rd  
 How to Register: Call 1-866-9TRAIN9 or Email:  
 projectmetoo@blake.easterseals.com  
 Agency: Easter Seals Blake Foundation

City: Tucson Thurs, August 19, 2010 8:30 am  
 Length: 2 hrs Cost: \$0  
 Emergent Literacy in Two Languages  
 Trainer: Toni Lopez  
 Location: Easter Seals Blake Foundation  
 616 N. Country Club Rd.  
 How to Register: Call 1-866-9TRAIN9 or Email:  
 projectmetoo@blake.easterseals.com  
 Agency: Easter Seals Blake Foundation

## August 2010

SUN MON TUE WED THU FRI SAT

1	2 PS MAPP Training 6-9	3	4	5	6	7
8	9 PS MAPP Training 6-9	10 Parenting - Alt. to Spank- ing	11	12	13	14
15	16 PS MAPP Training 6-9	17	18	19	20	21
22	23	24 Crossroads - Parenting & Divorce	25	26	27	28
29	30	31 Involved Parents - The Key to School Success	Also on 8/24 Parenting - Dealing with Stress		New Session 	9/1/10 PS MAPP Train- ing Begins

**Save the date**  
**10/2/10**  
**Foster Parent**  
**Training Day**



Casa de los Niños  
 1101 N 4th Ave  
 Tucson, AZ 85705

Foster Care Program Location:  
 40 N Swan Rd Ste 45  
 Tucson, AZ 85711

Phone: 520-326-8250  
 www.casadelosninos.org