



Resource Family Newsletter

Vacation Time...Did You Ask the Judge?

Yes, as tempting as it is to just pack up and hit the campsites, you really do need to notify case managers and in many instances get Judge approval. Especially if you will be traveling out of town or out of state, remember to notify everyone at least a month in advance.

You may need to get creative on how to

make up visits, or move around appointments as well.

As you work with birth parents, case managers and the Judge, you will find that they are generally supportive of camping and other trips if attention is given to advance planning...so look ahead!

Where are you going?

When are you going?

Who will be there?

What is your itinerary?

Be prepared to answer these and other questions from the members of your team. And remember, they are all for having fun memories together if it all works out!

Health & Welfare
West Hub

April—May 2018

Did You Know?
Over 60 percent of youth in foster care
RETURN HOME.

Camp!! Are your kiddos registered?

While Royal Family Kids Camp was full for 2017, you still have options for your kiddos in 2018!

Talk to your case manager about applications for Royal Family Kids Camp 2018!!

Camp Pinewood, in McCall, is offering their Connections Camp coming up in July. Transportation to and from camp is even provided! This is a great time for siblings in different homes to get together and reconnect in a safe, loving environment. For more information

go to the Pinewood website, and talk to your case manager about getting an application filled out!

<http://camppinewood.org/our-camps>

And for those of you with special needs kiddos, who know that camping can be a struggle while you try to relax AND care for your child, you might consider Pinewood's Especially

Needed Camp, also in July. Same website, and only \$50 per person. That includes the meals!

If you are looking for other camp options, contact your RPM, case manager or email Wendy at wbrown8@ewu.edu. There are many camping options (both overnight and day camps) within an hour of Boise, and even more beyond. Together, we can find a camp that works for you and your kiddos.

Things To Do



Resource Parent DAYS Out!

Various Locations served
by Treasure Nampa

2nd Saturdays

From 10:00—1:00

RSVP required, contact treasurenampa@gmail.com with the foster family name and the names and ages of any children attending.

Foothills Christian Church

3rd Saturdays

from 10:00-2:00

Questions? Please contact
Cynthia Speicher at
208-853-0011

Lunch will be served at both
locations!

Activities will be included!

Always watch your email for
updated information, or check
out the facebook page for up-
dated information:

[West Hub Facebook](#)



What's on your plate???

Get creative in how you place food on a plate to help your picky eaters get good nutrition. Turning ordinary items such as cheese, strawberries and celery into works of art or fun animals can help your child to be more comfortable with new or different foods.

Don't feel like you have to re-invent the wheel when it comes to new foods! To the left are a few simple ideas, and the internet is a parent's dream when it comes to looking up fun ways to present foods to children—or teens!!

Even eating out can be difficult, but with a plastic knife and a fork (keep extras in the glove box) you can even turn a hamburger into a butterfly (turn the halves so the flat sides are out, use fries for antenna), or a sailboat (poke straw into burger, fold napkin over straw for sail). Or a treasure hunt (have them eat things they find one at a time). Chicken nuggets can become smiley faces, or not-to-be-touched items only eaten with a straw (poke the straw in, eat without touching with fingers). Etc. Get creative! Get your kids eating inside, outside, and wherever you are!

You Might Be A Foster Parent When...

- You are asked “how many kids do you have?” and you have to stop and count before answering.
- You have colored tape on the van seats to separate each child’s space from the next child’s space.
- You upgraded from a 2-door...to a minivan
- You hurry home to beat the bus, to be the ‘over 18’ in the home, only to remember after arriving home that you do not currently have a placement.
- You can recite the case manager’s number before your parent’s phone number.
- You long ago traded the chic purse in for a pseudo diaper bag.
- You have a change of clothes in the van for every child—teens included.
- You ask the daycare if they are trained in TBRI or trauma and you look around to assess the sensory level.
- You go to set ring tones in your new phone and find that you have more phone numbers for case managers than for friends and family...combined.
- You carry a book with medical and other providers listed—by child.
- Your garage has a shelf housing at least two outfits in every size...just in case.
- Your teen daughter is asked ‘is that your first?’ while holding your foster baby in the checkout line. And your teen simply answers, “no.”
- You find yourself at a therapist’s office 5 days a week—and none of the appointments are for you.
- You have read the book Redo Roo. And bought it.
- TBRI, RPM, FASD, TPR, PRIDE, CPS, ADHD, RAD, and other acronyms become part of daily speech.
- You automatically enter *67 when entering a new phone number into your phone.
- You are asked, “Are those all yours?” and you simply respond, “yes.”
- You upgrade from a minivan...to a 12, 13, or 15-passenger van.
- You clean all the cars and find that you own an infant carseat, 4 convertible carseats and 4 boosters.
- You are reading a West Hub Newsletter.
- You document every scratch, bruise or bump.
- You take pictures of the oddest things—like central lines, lost teeth, bruises, tattered blankets, and broken bones.
- Your child refers to ‘mom’ and ‘Mom’ or ‘dad’ and ‘Dad’ and you both know who the child is talking about.
- Lifebook is not a new term in the home.
- Your permanent child is asked, “why is that kid in foster care?” and your child responds with, “children come into care for a variety of reasons...”

Did You Know?
Children born with FASD (Fetal Alcohol Spectrum Disorder) will most likely not be able to respond to consequences or rewards.
It’s okay to put away the sticker charts.

- You know what ‘time in’ is.
- You use kind and gentle words and give your child redos.
- You always have hotdogs and boxed macaroni and cheese on hand.
- It’s cheaper to drive the family to vacation than to fly.
- You carry your insurance card alongside the judge’s travel letter.
- You tell your boss that you will be out for court tomorrow and he doesn’t bat an eye, just says okay.
- You realize that you have touched the lives of countless children, parents, and relatives across the Valley.

Idaho Resource Parent Grievance Process

Sometimes, we run into issues that we just can't seem to resolve on our own. Or, we don't agree with a decision that someone made, and we react. We might just need to be heard.

Idaho now has a grievance process that is state-wide. Rather than fill two pages here, if you have not already seen the document describing the process please take the time to go to this website and read it.

<http://www.icwrtc.org/announcements/idaho-resource-parent-grievance-process>

Resource Family Training and Support Groups

Check your emails for information on summer TSG groups.

If you are in the Mountain Home area, a Training and Support Group is available to give you insight and support. For information, please check your email or go to the website for more info.

For more information including directions:

<http://www.icwrtc.org/events/training-support-meetings>

If you are interested in learning more about working with children exposed before (or after) birth to alcohol, other drugs or trauma, there is a support group that meets the 3rd Saturday of most months. See the website below or watch your emails for more information!!

Empowered To Connect—April 13-14!!

Check out the website at www.fosteringidaho.org

for more information and to register! Locations this year will include:

Mountain Home
Greenleaf
Meridian

These locations are FREE of charge. You will receive a link to

the pdf booklet to print out, or you may bring it with you on a small portable device. Please note that there is a chance that the hosting location might have some copies available, but that is up to each location.

The Pursuit church in Boise is also offering the re-broadcast for a nominal fee ON APRIL 27-28. Please see their website for their registration: <https://www.thepursuit.org/etc>

Please register soon, as spots are filling up! Childcare is not provided, although the event would definitely be suitable for high school students on up

This is a great opportunity to encourage other family members, birth parents, community partners and church or school staff members to attend.

Bridging the Gap

Every day foster parents hang up their license.

Every day children come into care.

There is a BIG need for general foster families.

On average, for every new foster parent just starting, there is a licensed foster parent ending. While there may be a variety of reasons for the ending of licensure, it doesn't give the Hub any NEW numbers of foster parents!

As you talk with friends, family and even strangers about foster care, you will hear a lot of excuses. Things like, "I would get too attached." GREAT!!

If you can attach to a child and a child attaches to you, then that child can reattach to family! If you can love that child, you are stimulating the child's brain to trust, to adapt, and to grow.

Another excuse is, "I don't have enough bedrooms." Well, bunk beds go up, and you can have up to 4 boys or 4 girls in a room.

"I can't afford all that formula!" No worries, WIC is here to help, with several cans of formula every month. Plus milk, bread, cereal, fruit and more for other children up to age 5.

"I don't want those birth parents in my home." You don't have to have

them in your home, but it would be nice to get to know them, be a mentor, and visit with them a bit at visits. There are ways to keep yourself safe, but still make connections with birth family. Some of those connections can be beneficial to everyone!

So dissuade the excuses, and get out there and do some recruiting! Grocery lines, parking lots, elevators, social media, at the zoo, in the waiting room...

Did You Know?

As a licensed foster parent, if you recruit someone who becomes licensed AND receives a placement, YOU receive \$100.

Post-it's...Sensory style

Many parents of sensory children find they use post-its for unusual things...like bathrooms!

Keep small post-its in your bag or car. Put one over the sensor on the automatic toilet. You just gained full control of when it flushes...like

AFTER your child leaves the stall!

Place a post it on the car window—they can write on it, make a list, draw a picture, or place their sticker from the provider.

Place a post-it in a book for a simple bookmark that

doesn't fall out.

Write a letter on each post-it to put together to form words. Or for readers, write a word on each for them to rearrange into sentences. This is a great 'waiting room' activity.

Help, I need...

CapeAble Sensory Products—specializing in lovely capes, drapes and other weighted items. www.capeable.com 260-494-7460

ReFreshed Families Foster and Adoptive FAMILY Camp
www.warmbeach.com or 360-652-7575

Called to Love—a weekend retreat for foster and adoptive mamas. Oregon Garden Resort in Silverton, Oregon. www.calledtoloveministry.org

Refresh Conference. A weekend of learning and support for foster and adoptive families. Faith based, but everyone is welcome. No children, not even infants.

www.refreshchicago.net OR
www.occ.org/refresh.

Conferences are offered once a year in both Chicago and Seattle, with a conferences starting up annually in Kansas!!



Clothing for kids in foster care



BY APPOINTMENT ONLY

The Wardrobe offers a safe, fun and private store-like environment that provides new or lightly-used clothing at no charge to children in foster care.

To schedule an appointment, please contact Diane Harper at 208-249-8895 or email at dharper12@ewu.edu.

Note: Please have child's name, D.O.B. and case worker's name with you at time of appointment.



A little something fun for those stressed- out times. A word search about **SPRING** to take your mind (or your child's) off the 'iffy' weather!

C H C L T F P Z O O K F Z Z P
W S T S O T P I F H I L N K L
O M L B X U E V U Q M O A L C
F S G I X L N K Y Y O W B B F
Y F Y K C T V G G Y W E S R U
H N X P O Y A C I T I R W V X
O U T D O O R S Y N N S I H S
G M Q O S W I N G S G W M I U
A S C O L O R S N C Q A M K N
R W Y P L A N T I N G R I I S
D B P E L Q B I R D S M N N H
E P L V L A W N B U Y P G G I
N M C A M P I N G R I R V L N
B W T E D D T T Q Z H B K C E
B U N Q U Q X X E P M J M E L

COLORS
LOUNGING
BIRDS
FLOWERS
SWIMMING
CAMPING
SWINGS
HIKING
OUTDOORS
GARDEN
LAWN
MOWING
SUNSHINE
WARM
PLANTING



icwrtc

Fostering Idaho
FOSTER | SERVE | SUPPORT

Do you have information that you would like to see included in a future newsletter? Publications will come out in the even months, covering the following two months. For instance, the February newsletter covers February and March.

Submissions are due by the 15th of any ODD month (January, March...).

Please submit your information to
Wendy Brown at wbrown8@ewu.edu

Check out the West Hub [Facebook](#) page!!

Thank You!! Licensing Team!!

Licensing has been working diligently to get the pile of applications gone through, and families licensed for general care.

If you feel like it is 'taking forever' to get licensed, it might be for a number of reasons:

*Do you have everything turned in that you are needing?

*Do you have all the Standards met in your home?

*Have you completed PRIDE training?

Be patient, our amazing licensing team is faithfully working to get licenses issued and to protect the precious lives of all the children that come into care. Safety is a top priority, and they do a great job of making sure that our licensed homes meet the requirements set out by the state.

A HUGE thank you to all of our licensing team in both Regions 3 and 4 of the West Hub!!