

Between Families

Foster Family Matters Self Care for Foster Parents

We all know that foster and adoptive parenting can be challenging. Being in top-form makes it easier for you to take great care of the kids you are devoted to helping!

“It is important that as foster parents, you are taking care of yourself in addition to caring for the children in your home.”

Here are some tips from “The Art of Self-Care” training developed by the Children’s Alliance.

One way to take care of yourself is through **Creativity**. **Journaling** is a great way to be creative (especially if you make your own homemade journal!) and is an outlet for your hopes, stress, fears, and dreams. Your journal can be as unique



as you are – but the process of writing out how your day was is therapeutic for many people. Other methods of creativity are art, song, dance...any expression of yourself!

Another method of self-care is **Healthy Living**.

This can mean exercise – which can be done even at work! – or simply eating healthy. One tool in The Art of Self-Care is a **healthy recipe exchange**. You could even initiate this at your monthly support group meetings in your area. Each participant brings a healthy snack and several copies of the recipe to share with everyone.

Be mindful – which simply means, be aware of yourself and your surroundings. **Mindfulness has five components:**

- **Recognize:** attend to sensations, perceptions, thoughts, feelings. Give attention to whatever comes to the forefront of your consciousness. Concentrate.
- **Re-label:** Describe/label internal experiences. Language is important: use “the”, not “my” – when talking about feelings.
- **Re-focus:** act with conscious awareness instead of operating on “auto-pilot” or being lost in thoughts of the past/future. Don’t rush through activities. “Be” in the current moment.
- **Re-value:** do not place judgment on inner experiences. There is no “good” or “bad” – feelings/thoughts are just there.
- **Restraint:** This is a state of letting go. Notice what is happening without response or reaction. This helps with self-regulation.

Mindfulness can benefit those of us in “helping” positions by decreasing stress and anxiety, increasing patience and gratitude, maintaining focus on the present, and keeping you grounded even when faced with emotional turmoil.

As you continue with your fostering journey, keep these tips in mind. Have a great month!

Welcome New Foster Parents

Marlon & Dawana Bates
Michael & Hannah Ellis



Happy Anniversary

1 year

Robin Deppe
Karema Luster
Mitchell & Kimberly Nolte
Bruce & Brenda Parker/Henderson
John & Jaclyn Wheeler

5 years

Robert and Theresa Francis
Wilbert & Christy Kelly

15 years

Charles & Velta Glenn



Like us on Facebook

www.facebook.com/tfifamilyservices

Our Facebook page is a great resource for foster parents. If you like TFI Family Service's page, you'll get our posts right in your news feed. It's a great way to stay connected to what is happening in the organization and keep informed of upcoming events. Below is an example of one of our posts.



TFI Family Services, Inc. shared a link.
December 14, 2013

Did you know you can sign up for either of our newsletters on our homepage? Between Families is a monthly newsletter designed to give helpful parenting articles and information to our foster families while the quarterly Family Matters newsletter gives general updates on our organization including events, success stories, new programs, and more. Sign up today:
<http://ow.ly/rE6Vm>



TFI Family Services, Inc. |
Strengthening Families Through our
Services
www.tfifamilyservices.org

Making a difference for one child... can mean everything. This is the mantra that

Care Provider of the Month

John and Sharon Yoder

John and Sharon Yoder have been fostering for 3 years. They are a foster-to-adopt home that currently has four toddlers. The Yoders have really impressed me with their patience and ability to care for four little ones all at once. They are a family of strong faith and utilize their family members and church family to help support their fostering and adopting journey. The family enjoys gardening and playing outside when it's nice. Sharon has shared her love of growing and harvesting vegetables out of her garden with the children. She also loves to take pictures and has kept a beautiful scrapbook of the children that have been to her home. She uses this same passion to assure their Lifebooks will one day reflect a complete picture of the children's time in their home. John enjoys going to auctions, fishing, and working outside. I often hear the children tell stories about their adventures with John. These times make for memorable one-on-one memories with the foster parents. John and Sharon are devoted foster parents and I feel very privileged to work alongside them.

Submitted by Jamie Roberts, Foster Care Worker - Emporia

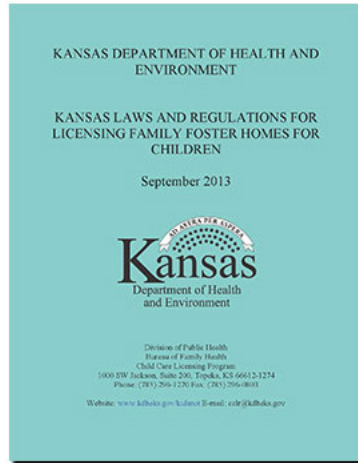
Licensing Updates

Compliance Surveys

KDHE and TFI have become more focused about ensuring safety and environmental compliance is met and maintained in foster homes. Any areas cited on Notice of Survey Findings and/or compliance surveys by TFI or KDHE should be completed within the times frames noted on the findings. If you have questions regarding a NOSF issued or timelines associated with the corrections for your foster home, please consult with your Foster Care Worker. These corrections must be made to ensure continued licensure and sponsorship of foster homes.

Amended KDHE Regulations

The amended KDHE Foster Home regulations have been posted to the KDHE website. Please ensure you have a printed copy of the amended regulations (dated September 2013) in your foster home to be in compliance with



the regulations. KDHE has also made it acceptable to maintain a PDF copy of the regulations on your computer desktop as a reference (instead of a paper copy in your home). If you are unable to access the regulations via the KDHE website or would like to request a printed copy of the KDHE regulations, please contact your Foster Care Worker. The link to the KDHE Foster Home regulations is: <http://www.kdheks.gov/bcclr/regs/familyfosterhomes.htm>

Recruitment Moment

Did you get your \$500?

No need to read that again...you read it right the first time.

We have brand new colorful business cards that your foster care worker is bringing to you this month that may be \$500. Just give your name & your card to everyone you know; family, neighbors, teachers, your Facebook friends ... people that you think could be great potential foster parents.



Foster Home (n): Where hearts are healed

To learn more, call today. 800-279-9914 www.tfifamilyservices.org



Become a child's hero today... Oklahoma Foster Care

Learn more, call us at (866)543-9810 www.tfifamilyconnections.org



Anyone you refer who becomes licensed with TFI, whether they live in Kansas, Nebraska, or Oklahoma, earns you a \$500 recruitment bonus in appreciation for helping provide resources for the children in our care. If you don't have your new foster parent business cards... please let your Foster Care Worker know or call one of our Recruitment Specialists at 1(800)279-9914.

After hour emergencies, please call 1(877)921-4114.

For the most current calendar for Kansas Children Alliance Training, go to: <http://childally.org/train/>

Connect with us:



www.tfifamilyservices.org



www.facebook.com/tfifamilyservices



www.twitter.com/tfifamily

Between Families is published by TFI Family Services, Inc., a private, not-for-profit 501(c)(3) organization whose mission is Devoted to the Strength of Family. TFI is licensed as a child placing agency in Kansas, Missouri, Nebraska and Oklahoma.

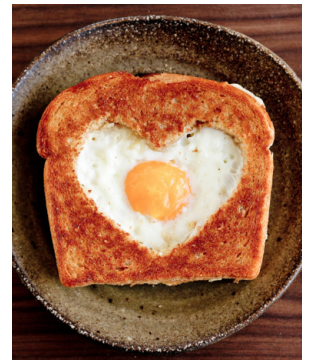


Foster Family Living

How Did You Celebrate Valentine's Day As A Foster Family?

Here are some ideas for next year of ways other foster parents celebrated.

- Place a little gift on the children's nightstand or dresser for them to wake up to... Things like books, art supplies, or even a little candy.
- Go crazy and make heart-shaped pancakes, eggs, cookies, sandwiches, even hamburgers to get into the Valentine's Day spirit.
- Valentine's Day can be used as a reason to connect with your family. Everyone in the family can do a random act of kindness instead of giving gifts and cards. Help with the dishes, set the table, help fold the laundry, feed the dog, take out the trash, or help a younger foster brother or sister with homework.
- Give older kids each their own day with Mom or Dad - this makes children feel special if you have more than one child.
- What would Valentine's Day be without an inexpensive game for the kids? Just like an Easter Egg Hunt, you can hide Hershey's kisses around a room for the kids to find. They love hide & seek games and will get to eat what they find.



- And my personal favorite gift to give this Valentine's Day - Salted Pretzel Caramel Brownies! These brownies will please both your sweet tooth and your salty craving. You can find the recipe here: <http://www.bestyumnyrecipes.com/salted-pretzel-caramel-brownies/>

We'd like to hear some more of your ideas, share with us on Facebook:
www.facebook.com/tffamilyservices