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Q&A*

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Between

families

ISSUE NO. 4
April 2013



Director's Desk Gaven Ludlow, MSW, MBA

Well, Spring is now here! Before long it will be Summer and everyone will be so busy. It will also be the time of transition in the State of Kansas with the Reintegration/Adoption contracts. As all of you by now know, TFI Family Services will be transitioning our services to focus on Resource Family Services and other important programs in July 2013. We are taking a forward looking approach and see great strengths in the organization and in each of you as the best of Kansas.

I wanted to take this opportunity to ask everyone to be on the lookout for the Resource Parent Survey. The Resource Parent Survey will be coming out in April to all TFI families. It is designed to provide several things to TFI:

- A gauge of satisfaction in some key areas: Training, Placement, Services, and Staff.
- Input from you on program improvement.
- Open comments sections to express your likes, opinions and hopes for the program.

We are very excited to get this first hand involvement from our nearly 700 homes to further strengthen your position in Kansas as the best. We believe this survey will assist us refine our worker and family training program, provide a guide to great engagement and communication with families, and establish a plan for growth. So be ready and give us your input!

On a separate note, I also want to re-emphasize a few points here about the up-coming event. First and foremost, as a family, you do not have to do anything. TFI will remain your sponsoring agency and most importantly, the staff in Resource Family Services you have worked with will remain as well. This should provide you and the children in your home with a great sense of security as the other two agencies grapple with so many other issues in starting up NEW contracts across Kansas. Secondly, we at TFI are committed to developing our program and services. We are currently in the process of finalizing some program enhancements that will serve foster care homes and children through many years.

Best Wishes!

Devoted to the Strength of Family

Welcome Resource Families

Jackie Ballweber

Andrea O'Byrne

Luke and Jennifer Gardner/
Stevens

Bruce and Brenda Parker/
Henderson

Robin Deppe

Kyle and Jennifer Culverson/
Mason

Kyle and Monya Bergman

Matthew and Amber Jones

Jacque Bretton

Ross and Korena Scheible

Mallory Keffe

Jill Koertner

Betty Pickens

Krisite West

Debara Thomas

Markus and Anne Marie Cunn-
ingham

Donald and Megan Housh

Michael and Cyndi Antoni

Ricky Jr. and Amalie Greeve

Michael and Marti Shields

Clint and Cheryl Boyce/Lakin

Chase and Krysta Hobart/Lane

Sydney and Melody Shaw

Jeffery and Alisa Brown



Dear Daisy,

What are the requirements for Critical Incidents and what do I, as a foster parent, have to do?

Signed—Critical Incident

Dear Critical Incident:

KDHE and DCF both have specific requirements for Critical Incidents. These two sets of requirements do have some overlap, but there are distinct differences regarding the criteria of a Critical Incident.

The list below includes all reportable incidents:

- Death of a parent/primary caregiver. KDHE states the death of any other resident of the family foster home
- AWOL/ missing from placement.
- Arrested for a juvenile offense. KDHE states the arrest of a child in foster care.
- Alleged abuse or neglect
- Child is an alleged perpetrator or victim of a criminal assault of any kind
- Attempted suicide
- Serious physical illness
- Unanticipated medical attention that requires treatment beyond first aid (including psychiatric hospitalization) . KDHE states the injury of a child in foster care that requires medical attention.
- Pregnancy
- Birth
- Use of illegal drugs
- Alleged victim of human trafficking
- Alleged perpetrator of animal abuse

- Fire damage or other damage to the dwelling or damage to the property that affects the structure of the dwelling or the safety of the child in foster care
- A vehicle accident involving any child in foster care
- Any incident involving the presence of law enforcement
- Any other incident that jeopardizes the safety of a child in foster care

The Resource Parent will contact their Resource Family Worker during business hours and Care Management after hours immediately after discovery of an incident.

Each foster home will submit a written report for each Critical Incident to TFI and KDHE by the next working day containing:

1. The child's name and birth date
2. The date and time of the incident
3. A factual summary of the incident, including the name of each individual involved
4. The signature of the foster parent
5. The date of the report
6. All known facts concerning the incident
7. For an incident involving a death the report must contain the place, manner and circumstances of the death of the child or of any individual living in the foster home
8. A copy of each Critical Incident should be kept on file at the foster home.

Incident forms are also available on the TFI Website: www.tfidfamilyservices.org

Signed—Daisy

Green Tips

Sara Willimon, Communication Specialist

It can be hard to tell what's eco-friendly and what's not. Try your hand at the following True or False Eco-Quiz:

1. Using a stove to reheat a dish is more efficient than using a microwave.
2. Buying fresh trees for holidays each year is more eco-friendly than using artificial trees.
3. Halogen, Compact Florescent (CFL), and LED light bulbs are all efficient options.
4. Replacing single-glaze windows with double-glaze will improve efficiency.

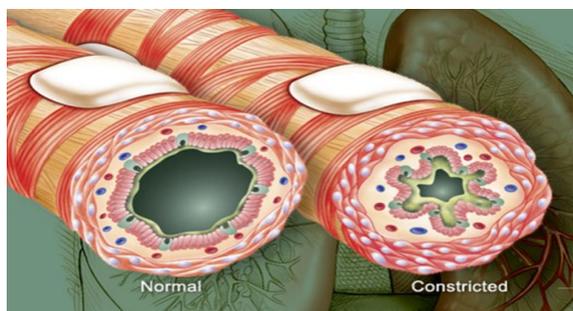
Answers on next page. →

Asthma

What is Asthma?

Asthma is a lung disorder that interferes with breathing. It involves chronic inflammation, swelling, and narrowing of the bronchial tubes that carry air to the lungs. Inflammation causes the narrowing in tubes. The inflamed tissues produce an excess amount of “sticky” mucus into the tubes. The mucus can clump together and form “plugs” that can clog the smaller airways. Some cells may be damaged and shed into the airways, contributing to the narrowing. The bronchial narrowing is usually reversible with treatments. Bronchial tubes that are chronically inflamed may become overly sensitive to allergens (triggers) or irritants. The airways may become and remain in a state of heightened sensitivity. This is called “bronchial hyper reactivity”. The muscles around the bronchial tubes tighten during an asthma attack. This is called “bronchospasm”. This can be brought on by inhaling cold or dry air.

Asthma affects one in every 15 children. Five percent of adults are also affected with asthma. The number of new cases and yearly rate of hospitalization for asthma have increased about 30% over the past 20 years.



Who Gets Asthma?

Asthma occurs at any age, but it usually develops during childhood from 2-6 years of age. Those at risk include people with allergies or a family history of asthma. Children who have a parent with asthma have a 3-6 times higher risk. Asthma is more

common in boys during childhood but in women during adulthood.

Types of Asthma

Allergic: 90% of all cases of asthma and develops during childhood with family history of allergies. Often goes into remission in early adulthood but may reappear later.

Nonallergic: 10% of all cases of asthma and develops after age 30, not associated with allergies. Seems to follow a respiratory tract infection, and often is chronic.

Cont'd on page 6 →



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Strength of Family**

Green Tips Quiz Answers:

1. False. Reheating in a microwave can be up to three times more efficient.
2. True. It may seem counterintuitive, but real trees are biodegradable and renewable while artificial trees are made from non-renewable resources and end their life in a landfill.
3. True. These are all an improvement over incandescent bulbs, but CFLs and LEDs are more efficient and have longer life-spans than halogen bulbs.
4. False. If heating needs outweigh air conditioning needs on average, the solar heat gain coefficient must be taken into account. Many double-glaze windows have low SHGC, causing a loss of solar heat. To make this statement true, replace with double-glaze windows with high SHGC ratings.

Sources: <http://sierraclub.typepad.com/greenlife/ask-mr-green/>; <http://www.efficientwindows.org/energystar.cfm>

Care Providers of the Month

Sally Burdick, SE Region

Sally Burdick has been nominated as the Southeast Region Care Provider of the Month. Sally works well as a member of a team. She reports concerns and asks for suggestions on how to improve her parenting. She seeks out training for managing difficult behaviors and frequently asks about training opportunities. Sally is active in the community and utilizes many resources to improve the quality of life for the children in her home.

Sally works hard to keep her home full and rarely turns down placements. Sally has taken placements of difficult children and has accepted them as part of her family regardless of their past behaviors. Sally has also been a good resource for respite and PPC. Sally continues to express concern for the children after they leave her home and she maintains contact with them whenever possible.

Sally is a very good resource parent and has shown recently that she is capable of handling a lot of stress. Sally deserves some recognition for the hard work she has done for the kids.

Submitted by Charity Needham, RFW—Pittsburg

Latasha Berry, West Region

Latasha Berry has been nominated as the West Region Care Provider of the Month. Latasha ensures children maintain contact with biological family members. As soon as a child is placed in Latasha's home, she is scheduling appointments to help the children obtain/maintain both a physical and mental healthy state. She interacts with the children through various activities in the community such as bowling and going to the movies. Latasha maintains contact with the schools to ensure the children are receiving all necessary academic services.

Latasha willingly volunteered to drive 250 miles to transport a child that had been stranded in a respite home during a snow storm to the new placement, after the storm had subsided and the roads were clear to travel. Latasha travels 200 plus miles round trip each month to attend foster parent support meetings in order to earn training hours and to interact with other foster parents. Recently, when a child that was in care was screened into the hospital, Latasha sat with the youth through the night until the youth was transported to the PRTF.

Although Latasha is a fairly new foster parent, she has a wealth of knowledge of the foster care system. Latasha had followed in her parents' footsteps as they have been TFI foster parents for numerous years. Latasha has the ability to work objectively with the children, families, and all professionals involved with the children in her care. Latasha's greatest attribute is she is a team player and willing to go above and beyond.

Submitted by Sharon Burnett, RFW—Garden City

John and Jennifer Creager, NE Region

John and Jennifer Creager have been nominated as the Northeast Region Care Providers of the Month. I couldn't have been luckier than to have received John and Jennifer Creager as my first family in my new position as a Resource Family Worker. John and Jennifer are incredibly optimistic, kind, caring and genuinely nice people. John and Jennifer have been unbelievably patient with me as I have learned my new role as a resource worker and I have had to tell them on more than one occasion, when they asked me a question, "I'm not sure let me check with my supervisor and get back with you." Even with all of the typical unavoidable frustrations that come along with being foster parents, the Creagers have been understanding and have had few complaints. John and Jennifer are world class parents and ensure that the children in their home are happy, healthy and comfortable. And if this weren't enough, John and Jennifer have gone above and beyond as foster parents to take time out of their busy schedules to sit on PS-MAPP panels and mentor new families joining the TFI foster care family. I wish to nominate John and Jennifer Creager as providers of the month as they have been amazing to work with and are astounding resource parents. I, as well as the children that reside in their home, am very lucky to have them as resource parents.

Submitted by Melissa Gallaway, RFW—Topeka

Resource Family Anniversaries



One Year

*Robert and Gloria Cox
Timothy and Theresa Alberry
Danielle Geronymo
Scott and Cortney Helm
Daniel and Jessica Swafford
Darrin and Kim Toburen
Justin and Melissa Deal
Kipp and Abriel Wuellner
Kevin and Vanessa Mankin
Bradley and Eileen Porubsky
Robert and Gail Nutter
Martin and Kimberly Hernandez
Randy and Veneita Ballweber
Sara Dick
Michael Odupitan
Travis Shannahan
Jeremy and Christina O'Ferrell
Theodore and Lynette Dallmann*

Three Years

*Aaron and Shayla Waldorf
Jeff and Alicia Zandler/Valentine
Martha Shahid
Doug and Marcia Hermes*

Five Years

Margaret Agee

Ten Years

Charles and Margaret Dennett

Support Meetings **April 2013**

- Burrton: Thursday, April 11, 2013 from 6:00pm to 8:00pm at the South Hutchinson Christian Church. Topic: TBA.
- Chanute: Tuesday, April 23, 2013 at 6:00pm at the Chanute TFI office, 1709 W. 7th Street, Chanute, KS. Topic: Foster Parent Burnout.
- Concordia: Monday, April 29, 2013 from 6:30pm to 8:30pm at the Concordia TFI office 516 and 518 Washington St., Concordia, KS. Topic: Court Process, Part 2.
- El Dorado: Thursday, April 11, 2013 from 6:00pm to 7:30pm at the El Dorado TFI office, 3913 SW 10th St., El Dorado, KS. Topic: Dealing with Dishonesty.
- Emporia: Tuesday, April 30, 2013 from 6:00pm to 8:00pm at the TFI Emporia office, 618 Commercial, Emporia, KS. Topic: Summertime Options.
- Fort Scott: Monday, April 29, 2013 from 6:00pm to 8:00pm at the Community Christian Church, 1919 S. Horton, Ft. Scott. Topic: Personal Hygiene for Children and Youth.
- Garden City: Monday, April 15, 2013 from 6:30pm to 9:00pm at the First Christian Church, 306 N. 7th St., Garden City. Topic: Overview of Families Together. Daycare provided.
- Independence: Tuesday, April 23, 2013 from 6:00pm to 8:00pm at the Independence TFI office, 501 N. Penn Ave., Independence, KS. Topic: Part 2 of Resource Parent Court Reporting.
- Iola: Thursday, April 11, 2013 from 6:00pm to 8:00pm at the Iola TFI office, 1702 State Street, Iola, KS. Topic: Ethical Practice for Foster Parents.
- Kansas City: Tuesday, April 9, 2013 from 6:00pm to 7:30pm at the Kansas City TFI office, 1333 Meadowlark Lane, Ste. 205, Kansas City, KS. Topic: Boys and Girls Club will be speaking about the services they offer and the summer program.
- Leavenworth/Atchison: Wednesday, April 10, 2013 from 6:00pm to 8:00pm at the Atchison Public Library, 401 Kansas Ave., Atchison, KS. Topic: Sleep Patterns and Sleep Disruptions in School-Age Children.
- Lawrence: Thursday, April 18, 2013 from 6:00pm to 8:00pm at Lawrence Heights Christian Church, 2321 Peterson Rd., Lawrence, KS. Topic: First Aid.
- Manhattan: Monday, April 15, 2013 from 6:00pm to 8:00pm at the TFI Junction City Office, 1013-A W. 8th St., Junction City, KS. Topic: Re-Charging and Re-Energizing.
- Overland Park: Monday, April 8, 2013 from 6:00pm to 7:30pm at the Overland Park TFI office, 8300 College Blvd., Ste. 301, Overland Park, KS. Topic: KDHE Regulations (Self-Care and Summer Recreation).
- Parsons: Monday, April 22, 2013 from 6:00pm to 8:00pm at the Meadow View School, 1377 21000 Rd., Parsons, KS. Topic: Early Childhood Development.
- Phillipsburg: Tuesday, April 16, 2013 from 9:00am to 4:00pm at the Crosspoint Church, Hays, KS. Topic: Partnering for a Successful Court Process.
- Pittsburg: Monday, April 22, 2013 from 6:00pm to 8:00pm at Schlanger Park, 725 E. 6th St., Pittsburg, KS. Topic: Personal Hygiene for Children and Youth.
- Salina: Tuesday, April 23, 2013 from 6:00pm to 8:00pm at the Salina TFI office, 131 N. Santa Fe, Salina, KS. Topic: Common Medications and Diagnoses in Children.
- Topeka: Tuesday, April 16, 2013 from 6:00pm to 8:00pm at the Topeka TFI office, 217 SE 4th St., Topeka, KS. Topic: Dealing with Challenging Behaviors in Schools.
- Wellington: Tuesday, April 16, 2013 from 5:30pm to 7:30pm at the McKinley Building, 514 N. Olive, Wellington, KS. Topic: Positive Discipline Techniques.
- Winfield: Monday, April 8, 2013 from 6:00pm to 8:00pm at the Winfield TFI office, 1321 E. 7th, Winfield, KS. Topic: Winfield Police Department Drug Task Force presenting.
- Wichita: Tuesday, April 9, 2013 from 6:30pm to 8:30pm at the Wichita TFI office, 1711 S. Longfellow, Wichita, KS. Topic: Nutrition.



For after hour emergencies, please call 1-877-921-4114.

Visit TFI's website and view the Between Families newsletter online at tfifamilyservices.org



Like us on Facebook, [facebook.com/tfifamilyservices](https://www.facebook.com/tfifamilyservices), and follow us on Twitter @TFIFamily for tips, reminders, and more!

TFI Family Services, Inc. is licensed by the State of Kansas Department of Health and Environment as a Child Placing Agency. License No. 766.

Triggers

Mold, dust, mites, cockroaches, pollen from trees and flowers, foods, additives, pets, air pollution, exercise, weather, latex, tobacco smoke, household chemicals, emotions

Asthma Classification

Mild Intermittent: Attacks no more than twice a week and nighttime attacks no more than twice a week. Attacks last no more than a few hours to days. Severity varies

Mild Persistent: Attacks more than twice a week, but not every day. Nighttime symptoms more than twice a month, sometimes severe but does not interrupt regular activities

Moderate Persistent: Daily attacks and nighttime symptoms more than once a week. More severe attacks occur at least twice a week and may last for days. Usually require daily use of quick-relief medication and changes in daily activities

Severe Persistent: Includes severe attacks, continual daytime symptoms, and frequent nighttime symptoms. May require limits on daily activities

Symptoms

Wheezing, coughing that won't stop, shortness of breath, tightness in the chest, inability to talk without stopping for breath, fearful or confusion

Prevention

Limit triggers in the home by keeping plants outside, washing bedclothes and pajamas weekly, eliminate or reduce carpets or rugs, dust regularly, minimize stuffed toys, keep pets outside. Control emotional triggers by taking a long deep breath in through the nose and slowly out through the mouth. Count to 10. Talk with a friend to calm down or do a relaxing activity.

When to Seek Emergency Care

Too breathless to walk or talk, fingernails and lips look blue, using an inhaler does not help. Ignoring these signs puts someone with asthma at risk for a life-threatening asthma reaction called *status asthmaticus*. Until medical help arrives, help the person stay calm and sit comfortably. Loosen tight clothing around the neck and abdomen and keep the person from getting chilled or overheated.

Medical Treatment

Bronchodilators/inhalers reduce inflammation and relax the bronchospasm. There are some tablets and liquid medications, but these have more side effects and take longer to take effect. There are 2 forms of asthma medications:

- Long term---prevents or reverses inflammation in the airway, decreases sensitivity, works slowly. Controls asthma over many hours, taken daily.
- Quick relief---rescue medication---used to stop an asthma attack, works quickly to relieve sudden swelling. Called a "short-acting bronchodilators".

Delivery Methods

- Inhaled with metered dose inhaler
- Dry powder inhaler
- Small volume nebulizer
- Pill and liquid form
- Injections



Asthma Action Plan

An action plan or management plan is a written plan that is developed with a doctor to help control asthma. The plan will identify triggers, list daily medications, and outline what to do when there is a flare-up, and when to call the doctor or go to the emergency room. All the people who care for the child should know the asthma action plan.

Asthma

Please use a separate answer sheet for each parent completing this training.

Print name: _____ Date: _____

Signature: _____ License #: _____

Please read the enclosed article and answer the following questions for a half-hour training credit. If more than one person wishes to receive credit, he/she must use a separate piece of paper and have their own signature and legal name on that page.

To receive credit, please mail your answers in a timely manner to:

TFI Family Services, Attn: Barb Newman, PO Box 780086, Wichita, KS 67278

1. Asthma interferes with breathing involving _____, _____, and _____ of the bronchial tubes.
2. _____ is a condition when airways become and remain in a heightened sensitivity.
3. What is a bronchospasm?
4. What type of asthma represents 90% of all cases?
5. There are four classifications of asthma. Which ones require daily medication and changes in activities?
6. What is a quick relief or emergency medication?
7. When should you call 911?
8. What should you do until emergency help arrives?

Children's Alliance Training Calendar April 2013

Date	Training Title	Begin Time	End Time	Sponsor	Street Address	City	Comments
Jan 1, 2012 to Dec 31, 2013	PS-MAPP Update Online	6:00am	10:00pm	Children's Alliance	ONLINE	ONLINE	This is a SELF-PACED Online class. You may enroll and start it any time. A copy of your final assessment will go to your caseworker or supervisor. You will receive a certificate upon completion.
Dec 14, 2011 to Dec 31, 2013	ONLINE: Ethics Self-Study	12:00 am	12:00am	Children's Alliance	ONLINE	ONLINE	Self-Directed online course. You must have a valid email address to take this class.
Jan 1, 2012 to Dec 31, 2013	Medication Administration Online Training	12:00 am	12:00am	Children's Alliance	ONLINE	ONLINE	Self-Directed online training. You must have a valid email address to enroll.
Jan 1, 2012 to Dec 31, 2013	Universal Precautions Online Training	12:00 am	12:00am	Children's Alliance	ONLINE	ONLINE	Self-Directed online training. You must have a valid email address to enroll.
Apr 2, 2013	Domestic Violence and the Child Welfare System	1:00pm	4:00pm	TFI Family Services, Inc.	1709 W. 7 th St.	Chanute	
Apr 3, 2013 to Apr 13, 2013	Online: Childhood Diagnosis	12:00 am	12:00am	Children's Alliance	ONLINE	ONLINE	You must have a valid email address to enroll in this course.
Apr 4, 2013	Sex Trafficking	6:00pm	8:00pm	KCSL	615 Gillespie Dr.	Manhattan	
Apr 5, 2013	American Red Cross First Aid/CPR/A,C,I/UP	8:00am	2:00pm	TFI Family Services, Inc.	217 SE 4 th St.	Topeka	
Apr 6, 2013 to Apr 20, 2013	Healthy Relationships	9:00am	3:00pm	Children's Alliance	DCCCA office, 1102 S. Rouse	Pittsburg	Participants must attend both days of training.
Apr 6, 2013	First Aid and CPR certification	1:00pm	5:00pm	DCCCA	911 Andover Rd.	Andover	
Apr 6, 2013	First Aid and CPR Certification	9:00am	1:00pm	DCCCA	3312 Clinton Parkway	Lawrence	
Apr 6, 2013	ADHD: What Do We Know?	9:00am	11:30am	Associated Youth Services	803 Armstrong	Kansas City	
Apr 6, 2013	La Conexion: Connecting with the Hispanic Community	12:00pm	2:00pm	Associated Youth Services	803 Armstrong	Kansas City	
Apr 8, 2013	MRSA, Staff Infection, and Childhood Illness	6:30pm	8:30pm	Wichita Children's Home	810 N. Holyoke	Wichita	
Apr 8, 2013 to Apr 29, 2013	Healthy Relationships	6:00pm	8:30pm	Children's Alliance	DCCCA office, 3312 Clinton Parkway	Lawrence	Training is 4 days, 4/8, 2013, 4/15/2013, 4/22/2013, and 4/29/2013.
Apr 9, 2013	Trauma Systems Therapy Overview	6:00pm	8:00pm	KVC Behavioral Healthcare	21350 W. 153 rd St.	Olathe	
Apr 9, 2013	Birth Family Connections	6:00pm	8:00pm	The Salvation Army	350 N. Market	Wichita	

Apr 11, 2013	Discipline	6:00pm	9:00pm	Youthville	4505 E. 47 th St. South	Wichita	
Apr 11, 2013	Ethical Practice for Foster Parents	6:30pm	8:30pm	TFI Family Services, Inc.	1702 State St.	Iola	
Apr 11, 2013	Partnering for a Successful Court Process	9:00am	4:00pm	TFI Family Services, Inc.	1013-A W. 8 th St.	Junction City	
Apr 11, 2013	Domestic Violence and the Child Welfare System	1:00pm	4:00pm	TFI Family Services, Inc.	131 N. Santa Fe	Salina	
Apr 13, 2013	Non-Violent Crisis Intervention Refresher	9:00am	11:00am	DCCCA	12351 W. 96 th Terrace, Ste. 300	Lenexa	
Apr 13, 2013 to Apr 27, 2013	Healthy Relationships	9:00am	12:30pm	Children's Alliance	Senior Center, 2005 Kansas Ave.	Great Bend	Training is 3 days, 4/13/2013, 4/20/2013, and 4/27/2013. Participants must attend all 3 days of training.
Apr 15, 2013	Social Emotional Development in Young Children and Managing Behaviors	6:00pm	8:00pm	TFI Family Services, Inc.	1013-A W. 8 th St.	Junction City	
Apr 15, 2013	American Red Cross First Aid/CPR/A,C,I/UP	9:00am	4:00pm	TFI Family Services, Inc.	1711 S. Longfellow	Wichita	
Apr 16, 2013	Trauma Systems Therapy Overview	6:00pm	8:00pm	KVC Behavioral Healthcare	1223 Meadowlark Lane	Kansas City	
Apr 16, 2013	Partnering for a Successful Court Process	9:00am	4:00pm	TFI Family Services, Inc.	Cross Point Church, 1300 Harvest Rd.	Hays	
Apr 16, 2013	Playing Cinderella	6:00pm	8:00pm	KCSL	3545 SW 5 th	Topeka	
Apr 16, 2013	Sexual Abuse (Victims and Offenders), Children and Pornography	6:00pm	8:00pm	Associated Youth Services	103 S. 7 th	Atchison	Collaborative training with AYS, KVC, and The Shelter, Inc.
Apr 16, 2013 to Apr 19, 2013	CWI: Fostering/ Adopting the Child Who Has Been Sexually Abused (4 core meetings)	12:30pm	3:30pm	The Salvation Army	350 N. Market	Wichita	Must attend all 4 days.
Apr 18, 2013	American Red Cross First Aid	6:00pm	9:00pm	TFI Family Services, Inc.	910 W. 24 th , Ste. A-D	Lawrence	
Apr 20, 2013	Understanding With Clarity and Empathy Attachment Issues of Foster Children	8:00am	1:00pm	St. Francis	To be announced	Salina	This is a 2 day training. If you want to attend both days, please contact Jessica Freeman at the SFCS Salina office: 785-452-9653 ext 146. The location is still being determined. Please contact Jessica for the location.
Apr 20, 2013	Cognitive Behavior Training Refresher	10:00am	3:00pm	Associated Youth Services	401 E. Spruce	Garden City	Please enroll for these classes by contacting Joanna Bustamante at 620-272-0499 or bustamante@aysusa.org . Lunch is on your own. Day care provided.
Apr 20, 2013	First Aid and CPR Certification	1:00pm	5:00pm	DCCCA	1102 S. Rouse St.	Pittsburg	
Apr 22, 2013	Personal Hygiene for Children and Youth	6:30pm	8:30pm	TFI Family Services, Inc.	725 E. 6 th St.	Pittsburg	
Apr 25, 2013	American Red Cross First Aid	6:00pm	9:00pm	TFI Family Services, Inc.	217 SE 4 th St.	Topeka	
Apr 25, 2013	Eating Disorders	6:30pm	8:30pm	DCCCA	1319 W. May	Wichita	Childcare will be available for those that request childcare by 4/22/2013. Request childcare by contacting Lisa Marx at lisa.marx@dcca.org or 785-841-4138 ext. 132.

Recruitment Moment

Jessica Dutton, Recruitment Specialist

Creating Family Bonds via Routine

Any child who is recovering from a bad situation needs safety and reliability. As the foster parent, you should create a solid family routine that establishes a feeling of safety. Regular family time will help create attachment bonds.

Part of your routine could include the following :

Eating at least one meal together every day as a family; sitting down at the table together is about much more than food. This creates a time to share thoughts and feelings and to get to know one another a bit better. The circle of faces around the table creates an intimate community. It is important to not let the meal turn into a lecture or airing of grievances. Hold a separate time family council time.

Other ideas might include:

- Activities or outings.
- Walks around the neighborhood
- Picnics in the park
- Window shopping
- Story time at the library
- Board or card games

All of these are examples of bonding time and don't have any expense tied to them . In addition to family time, create opportunities for one-on-one activities with each child.

As a final note, foster families continue to be the main referral source for other potential foster families. Through observing your family in “action” as mentioned above, it allows for others to see the beauty that comes from helping children. Please remember you are our best advocates. If you have any friends, family or co-workers that would like more information on becoming a Foster Family, please have them call us at 1-800-279-9914 or visit us at www.tfifamilyservices.org. We appreciate the advocacy role that you play for families and children. For any family you refer that becomes licensed, you will receive a \$500 recruitment incentive.

