



Our Children Are Our Future



FFC FYI



New, New and New...

Welcome to the first edition of **FFC FYI**

This is a quarterly newsletter for all of our foster and adoptive families. Our goal is to provide interesting and relevant information in a quick and readable format. But, it's really **YOUR** newsletter so we would love your input about the content and your ideas for features, etc. Contact Linda Giusti with any suggestions for the newsletter to: lgiusti@families4children.com.

Check us out on Facebook and Guidelines for Facebook

Join our Facebook page and help us publicize the need for foster and



fost/adopt parents! While we are on the topic of Facebook, We know you want to share your family news with friends and family but in order to protect confidential information, **please do NOT post pictures or names of foster children or fost/adopt children on Facebook or any other on-line site.**

www.facebook.com/FamiliesForChildren.com

Announcing our "New Addition"

We are pleased to announce that Families For Children has opened an office in Santa Clara. The new office is up and running and serving families and children in San Jose, Santa Clara and surrounding cities. The new address is:

2975 Bowers Avenue,
Suite 307
Santa Clara, CA 95051
408-486-0870

Families For Children

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Special points of interest:

- ☺ CPR and First Aid Certification Classes Available through: www.justus.com (in person) or www.firstaidweb.com (online)
- ☺ Online Foster Parent Training hours: www.fosterparents.com

We Appreciate our Families and We Need More Like You!

We sincerely appreciate all the work and love you put into being a foster or fost/adopt parent. We know it takes a special family with a heart for children to provide a safe and nurturing home to a child in need.

We need more families like you. The greatest needs are for foster families for teens or large sibling groups, and fost/adopt families for older children and sibling groups.

If you have any family

members or friends interested in foster or fost/adopt parenting, please have them contact our office either by phone or email.

1-800-955-2455
or via



www.families4children.com

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Prudent Parent Standard

The Prudent Parent Standard gives foster parents discretion to use a short term babysitter of their choice. The Prudent parent Standard exempts short term babysitters from regulatory requirements for criminal background checks, health screening, and CPR training. This means that Foster Parents may allow their adult friends or family members to act as a short-term babysitter for their foster child.

The Foster Parent may also allow the parent of the foster child's friends to act as an appropriate short term babysitter without the child's friends being present. The use of a short-term babysitter can not exceed 24 consecutive hours.

It is important to note that the foster parent is held liable if a foster child is abused or neglected while in the care of a short term babysitter. The Prudent Parent Standard, as it's name suggests, requires careful and prudent consideration in choosing who will care for your children.

In addition, some information is re-

quired from the family member or friend prior any short term baby-sitting situation. You will need to provide your social worker with the babysitter's:

- Name, address and phone number;
- Driver's license # and expiration;
- Car insurance information and expiration.

Part of the legislation involved in the prudent parent standard empowers foster parents to make important everyday decisions about a foster child's participation in age-appropriate extracurricular, enrichment and social activities based on their own assessment. Important considerations in determining the appropriateness of an activity would include the child's age-maturity and developmental level.

If you have a question about whether or not to allow your foster child to participate in an activity, please discuss it with your Social Worker.

“Reasonable and prudent parent standard means the standard characterized by careful and sensible parental decisions that maintain the child's health, safety, and best interests.”

W&IC Section 362.04 & 362.05

Thanks to the San Joaquin County Foster Parents Association for this article.

Adoption Support Group Meetings

We are pleased to announce that the monthly adoption support group meetings have started. These meetings are a great time to network with other adoptive parents in all stages of the process. It is also good place to ask questions and talk with people who have been there and understand! The support group meetings are held in Roseville and Oakland. Previous topics include:

- Creating Lifebooks for your Adopted Child
- How to Talk to Children About Adoption based on the WISE-UP technique.

Depending on the topic, these meetings are also a great way to get training hours towards your annual training requirement.

Please ask your social worker for more information about the support group meeting in your area. And, we

are always looking for suggested discussion topics so please let your social worker know if you have any suggestions. or if you have any suggested discussion topics.



Ask a Social Worker



What is the training requirement for foster and fost/adopt parents?

During your certification process you completed 12 hours of training through attending our Pre Certification classes. These 12 hours are "good" for one year. After that first year, each foster parent must complete 12 hours of training each year as part of the re-certification process. Fost/adopt parents are also required to complete 12 hours of training each year until their adoption is finalized. The training can be completed a number of ways. Six training hours may be

completed online an through a website such as www.fosterparents.com. The other six hours must be completed in-person through course work (see the information below about courses at American River College), book study or video/DVD review. We will continue to highlight training opportunities in future editions of this newsletter.

Please contact your social worker if you have any questions or need any information about training.

Training Spotlight

American River College Foster Care Education

This program provides free parenting training for foster parents. American River College offers these classes on a rotating basis each year. Courses include:

- Cultural diversity and sensitivity
- Accessing education and health services
- Adolescent pregnancy prevention
- Self-esteem enhancement

- Understanding and working with the court system
- Basic child development
- Adoption and concurrent planning issues
- Accessing education and health services

For more information:

<http://web.arc.losrios.edu/~foster/index.htm>



Heath Education: Flu Season is Coming!

We have all been reading about the upcoming flu season and the H1N1 virus. Here are some tips to keep you and your family healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Or, use your elbow to "catch" your cough/sneeze instead of your hand to prevent the spread of germs
- Wash your hands often with soap and water, especially after you cough or sneeze. [Alcohol-based hand cleaners](#) are also effective.
- Avoid touching your eyes, nose or mouth. Germs

spread this way.

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.
- For more information check out the CDC Website: <http://cdc.gov/h1n1flu/qa.htm>





Christmas Parties - Save the Date

Roseville, Sacramento, Stockton and Yuba Families

Wednesday, December 16th

Benicia Families

Tuesday, December 8th

Oakland and Santa Clara Families

Wednesday, December 16th

Invitations will be mailed to you — please plan to join us!



Kid Korner

Trail Mix Bars

Ingredients:

- 4 Tbsp butter
- 3 Tbsp honey
- 7 Tbsp quick-cook oats
- 1/2 cup packed soft brown sugar
- 1 cup Cheerios
- 3 Tbsp raisins
- 3 Tbsp salted peanuts or pumpkin seeds
- 4 Tbsp chocolate chips
- 3 Tbsp sunflower seeds

1. Preheat oven to 325° F. Line an 8 x 8" pan with parchment paper and grease lightly. Set Aside
2. Put the butter and honey in a small pan over low heat and stir occasionally until the butter melts. Set aside to cool.
3. Place the remaining ingredients in a large bowl and stir. Add the cooled butter mixture and stir well. Transfer the mixture to the prepared pan and press down firmly. Bake for 25 to 30 minutes until the center is just firm to the touch.
4. Remove from the oven and cool for 15 minutes. Cut into bars

using a sharp knife. Allow to cool completely before lifting from the pan. Enjoy or store in an airtight container.

Makes 8 Bars.

Just in time for back-to-school, have your kids help you make these delicious and healthy treats!



Source: Scholastic Parent & Child