



Kids & Families Together

January 2012

Resolutions

How sharing New Year's Resolutions can bring your family together, show support and help everyone achieve their goals



The first of every year marks new beginnings and a new hope for the year ahead. Many resolve to make habitual changes, like quit smoking or eating healthier; others strive for self-improvement like becoming more patient or being assertive. New Year's Resolutions can be taxing in some ways, for instance it takes a lot of discipline and sometimes it can be a challenge due to the emotional, mental or physical forces of life. However, making a resolution for 2012 may be a good thing, if not for you, than for the children in your care. It's a fine way

to set an example, show accountability, motivation and follow-through.

A fun way to begin the New Year is to have everyone in the family share their resolutions or what they hope to achieve in the year ahead. By doing this, the entire family becomes involved and can help encourage other members to meet their goals. This also doesn't have to be an activity that is done at the beginning of the year. For instance, you and your family can come together once a month to share each other's progress, maybe around the dinner table or during a family game night. Discussing any adversities or challenges can help your child work through their problem in a healthy way. Together, you can examine solutions and/or different approaches to the issue. In addition to discussing the difficulties in

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Having Faith

Dear Faith,

Our child is six and was adopted out of foster care at two. We go to classes and continue to learn about more effective ways to take care of our child who experienced early life trauma. We have a better understanding of the importance of staying calm and controlling ourselves in order to help our child to become emotionally regulated. Life is becoming better at home.

Over the holidays, we went to various parties with our children. Bill the six year old, would often start running wildly around the party and then would

start pushing and shoving other kids. Now that it is the New Year, there will be birthday parties to attend. Could you help us to figure out the best way to handle parties?

Thanks,
Rosie and Mike in Santa Paula

Dear Rosie and Mike,

It is possible that your child feels nervous in these situations and he doesn't know how to contain his anxiety. He may be feeling overwhelmed and overstimulated in a party setting.

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Kids & Families Together's mission is to strengthen relationships and provide safe, supportive help and education to keep family members emotionally connected to one another.

IN OUR COMMUNITY

A look at what's happening this
month

Make a resolution to spend more time with your family this year. Partaking in these activities is just the beginning! Happy New Year!



Keeping up with Kids & Families

There are a number of ways to stay in loop with what's going on at Kids & Families Together. If you are reading this, you're already one step ahead!

You can also Like us on Facebook, send us a tweet on Twitter @KandFT, Follow us on LinkedIn, check out our calendar on our website, give us a call or stop by our center.



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meeting new goals, make sure to note the positive as well- highlighting what your child is doing right can be great for their self-esteem and general well-being.

Resolutions are a great way to bring a family together and a way to share and support each other's goals in the coming months. While keeping them may be difficult, know that it's okay to change or make adjustments. Flexibility is key in maintaining resolutions and so is creating a plan, both short-term and long term. Whatever you or your family's resolution is, share it with each other and it is sure to be far more successful than keeping it to yourself.

January 5, Diabetes Education & Support Group 6:30-7:30 St Johns Medical Center 1600 N Rose Ave Oxnard Conference room 2

January 10, Shots for Kids & Adults Vaccines, Camarillo health care district call 805-988-2865 for an appointment.

January 14, Free Entrance Day to the Santa Monica Mountain National Recreation Area beginning at 8 am. Fee waiver includes entrance fees, commercial tour fees, and transportation entrance fees.

January 17, Shots for Kids and Adults. St Johns Regional Center call for an appointment 805-988-2865

January 15, Family Time at the Museum of Ventura County 100 E Main St. 1-3pm admission is free

January 21, Kid Flix Mix at UCSB Campbell Hall beginning at 11 am. Come watch the best short films and animations from around the world. The entertaining mix of a dozen musical and narrative shorts offers a delightful experience for all ages. Adults: \$15 Children: \$10 For tickets and information: www.ArtsAndLectures.UCSB.edu or call 805-893-3535

January 21, FunTastic Family Magic Show Master Magician Jersey Jim will saw Simi Valley Mayor Bob Hubor in half with a power buzz saw at the Simi Valley Cultural Arts Theater. This will be performed during Jim's 90 minute, "Funtastic Family Magic Show," featuring his blend of hilarious comedy, grand illusion, and audience participation. Two matinees will be presented at 11:00 A.M. and 2:00 P.M. Tickets are \$10 adults, \$8 children 12 and under. Tickets are available from the Arts Center Theater at: www.Simi-Valley.org or by calling: 805-583-7900. 3050 Los Angeles Ave. Simi Valley

January 24 to Feb 6, Tall Ships Hawaiian Chieftain & Lady Washington Ventura Harbor Village offers daily Dockside Tours, Battle Sails, and Adventure Sails where passengers learn sea-worthy history.



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When it becomes a birthday party, your child might have a difficult time because he is not the center of attention and could be jealous of the birthday girl or boy.

When your child starts exhibiting these inappropriate behaviors, keep yourself calm! Breathe. Don't personalize his behavior. Provide some physical/environmental containment to help him calm down. Keep in close proximity to your child so you can be the buffer to stimulation- take him

outdoors or to a calm area so that he can re-adjust himself. Give him the language to express how he is feeling. If all else fails, remove him from the party (just politely thank the hostess and leave before your child has a complete meltdown). If you do need to leave early, don't present it to your child as a punishment but rather, "I can see by your behavior that this is difficult for you to be here so let's leave now."

-Faith



THANK YOU!

Kids and Families Together would like to a some great people & organizations who helped us and our families this past holiday season.

Ventura Elks Lodge 1430,
El Camino High School's Parent Leadership
Team & Kim Becker, and
The Ventura County Forty-Leaguers



Did you know Kids & Families Together has a Food Share Pantry available to Kinship Families & Emancipated Youth? Our pantry offers non-perishable & dry goods. All you need to do is call and make an appointment! 805-643-1446 ext. 125

Training Opportunities

from Ventura County Community College District's Foster & Kinship Care Education

The ABC's of AB12— Perhaps you've heard it said "AB12 changes everything"...and although it may not change everything, it will allow youth to remain in foster until age 21 (under certain conditions). This workshop will provide an introductory overview of the history of the legislation, eligibility, implementation, participation requirements and conditions and describe the role of caregivers. All foster parents and guardians, especially those who care for children over the age of 16, are highly encouraged to attend! Dinner is included. Space is limited and all are welcome, but priority will go to Foster & Kinship Parents (2 training hours provided) who preregister by January 20. Tuesday, January 24, 5100 Adolfo Rd, Camarillo Dinner 5:30-6, Workshop 6-8pm

Positive Discipline for Preschoolers— Caring for young children is one of the most difficult tasks an adult will ever face. No matter how much you love your child, there will be moments filled with frustration, anger, even desperation. And of course, there will be many questions. Throughout the course you will learn how to use kind and firm methods to raise a child who is responsible, respectful and resourceful. You will be given practical solutions to things such as challenges as potty training, sleeping, and tantrums. Limited childcare is available with pre-registration; please call Channel Islands Social Services 384-0983, no later than January 12th. Channel Islands Social Services 900 Calle Plano Suite K, Camarillo, 6-8pm 6 Wednesdays Jan 18-Feb 22

Cornerstone Training Network: Picky Eaters— This presentation will define what is and is not picky eating, why it happens, and what caregivers can do about it. Saturday, January 14th 9:00-11:00am @ Cornerstone Church 2080 Winifred Street, Simi Valley Room 10. Please RSVP for limited childcare by calling Channel Islands Social Services 384-0983, no later than January 11th.

Self Care For Care Givers— The demands of care giving and busy lives often bring added stress. When we are so busy taking care of others, we often forget to take care of ourselves. This interactive workshop will show how self-care is an important component in keeping yourself and your family balanced. Specific ways we can take care of ourselves will be shared! Saturday, January 28th 10am-noon @ Kids & Families Together 856 E. Thompson Blvd., Ventura

www.kidsandfamilies.org/calendar for more information & registration

K&FT Staff Spotlight: Sylvia Orozco

Our staff members play a critical role in maintaining the everyday flow of Kids & Families Together. They are kind, nurturing and here to serve their community.



Sylvia Orozco

What does the Kinship Support Services Program (KSSP) do?

Kinship Support Services Program, assists grandparents, aunts and uncles, siblings and other individuals who have taken sole responsibility of their relative children. The program has been designed to raise awareness of kinship issues; increase the identification of kinship families and improve coordination and provision of services & resources to the kinship population.

KSSP provides resources and information to navigate issues such as :

Financial aid (including food and clothing), housing, school enrollment, legal health, counseling for the child and adults & advocacy and support or anything the family requires in order to help maintain the family's unity and provide stability for the child or children placed with the relatives.

How are you tied to the program?

I coordinate the program's needed to provide the resources and information as required by the families. I advocate for the families, helping to navigate the system and identify the support systems available to the family and child. In addition the role of the coordinator is to also provide Peer Mentors to help the caregiver identify the strengths within the family.

Do you have a New Year's Resolution?

To assist and provide education and training necessary to create support groups in each area of the county.

How do I feel right now?

I am excited to have the opportunity to have a part in the organization.

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