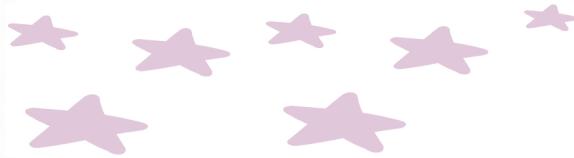




Kids & Families Together



March 2012

March: A New Spring Has Sprung

A clean slate for a new season and how to avoid those dreaded allergies for a more enjoyable season



March is upon us and you know what that means; the cold and gloomy winter weather gives way to the season of renewal and re-growth. With that promise of new growth and light, we begin to look around at our surroundings and maybe start to feel that we too could renew ourselves and start a new season fresh and renewed as well. Spring

cleaning is a task most looked to during this time and it is no small task; but with the help of your family, you too can start the spring season with a fresh home and a fresh new outlook.

Spring cleaning can seem like a daunting task, but even the most experienced spring cleaners know

that in order to carry out a proper clean; a plan needs to be in place. It is important to note that you don't have to finish spring cleaning all in one day or one weekend, dividing your spring cleaning into days helps to get a full clean and relieves that pressure you feel from "needing" to finish in one or two days. Make a list of what needs to be cleaned and the products that are needed, clean from the top down to avoid having to re-clean rooms, and don't be afraid to make this a family project, have your children help out by having the younger ones do small tasks like cleaning out their closets and toys for donation or the trash bin, or having older kids help with the garage and kitchen. A few basic starting points are: empty your freezer's contents, Wipe walls and ceilings, reseal grout lines,

Cont.pg 2

Having Faith

Dear Faith,

My husband and I adopted a child at four who is now fifteen. Looking back, our child has always been angry. My husband and I are frustrated as our son often has angry outbursts and then just walks away without addressing the issues or his emotions. Both of us think his anger has been intensifying the older he gets. Do you have any suggestions on how to deal with our son's anger?

Concerned Parents in Simi

Anger is a problem that many parents see with children who had early loss, trauma, neglect and/

or separation. Anger that begins in early childhood and has never been resolved is different from anger experienced by many healthy adolescents who are appropriately dealing with issues of separation, individuation and autonomy. Early anger that continues to increase in intensity as the child grows older is most often related to some sort of early unresolved trauma.

In the case of an adopted child, it would be important to know something about the birth family history, particularly as it relates to personality issues.

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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

March 3, Westlake Baseball's Opening Day ceremony

1571 East Potero Rd, Westlake Village from 8-11 am. This year we are hosting a raffle, having face painting, hair feathers, and temporary tattoos. Also, the traditional Home Run Derby, first pitch, and manager and team introductions. There will also be local vendors attending, some selling food, and others promoting their business. Come join us for the fun!

March 17, 24th Annual St. Patrick's Day Parade

10am – 12pm 211 E. Main Street, Ventura, CA Ventura Elks Lodge #1430 presents the 24th Annual St. Patrick's Day Parade in Downtown Ventura. The parade starts on East Main Street in front of the San Buenaventura Mission and continues up East Main Street and ends at the corner of North Chestnut Street and East Main Street. Up to 100 entrants will be accepted into the parade. Visit www.venturastpatricksdayparade.com

March 25, RailFest 2012 Event in Fillmore

9am – 5pm Central Avenue and Main Street, Fillmore, CA The Santa Clara River Valley Railroad Historical Society presents its 17th Annual Santa Clara River Valley "Railfest 2012" The center of activities will be held in Central Park in Fillmore. each day. Admission and parking are free; however, there is a charge for the railway excursions. Visit www.scrvrhs.com for more information.

March 31, 22nd Annual Spring Spectacular at America's Teaching Zoo in Moorpark

10am – 5pm 7075 Campus Road, Moorpark, CA. Spring Spectacular is the America's Teaching Zoo's largest fundraising event of the year, with VIP Tours of the zoo in areas not available to the general public, special animal guests in the Creature Feature area, and educational animal shows in the Eye to Eye theater. There's a special "Kids Zone" with fun events, games and prizes for the children. There is a raffle area and food and craft vendors. Spring Spectacular 2012 will be held the weekends of March 24-25, March 31-April 1, and April 7th-8th.

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vacuum and shampoo rugs, dust your home thoroughly, wax wooden furniture, ensure fire safety, wash window screens clean window treatments, rotate and change blankets, clean pillows, discard expired cosmetics and beauty products, update first aid kit, donate apparel you no longer use, clean attics and garages, giving away or discarding unwanted items, scrub decks, patios, driveways and walkways, and inspect light fixtures. Remember, with a set plan and a little help you'll be ready to welcome the new season in tip top cleaning shape. You can find more tips and tricks at MarthaStewart.com

And although spring is a lovely season, with the change into warmer

www.kidsandfamilies.org



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.



weather and the flowers in bloom, many people suffer from allergies and congestion specifically because of the season. The best known ways to deal with allergies and allergens is to avoid them. Here are a few tips to help families keep the pollen outside the home as best as possible:

- Don't hang clothing outside to dry. Pollen can be trapped in clothing fibers. Use a clothes dryer or indoor drying rack.
- Wash bed sheets in hot water weekly.
- Use allergy-proof covers for pillows, mattresses, and box springs.
- Be aware of the fluctuating pollen counts in your area. Avoid the outdoors during peak times between 5 a.m. and 10 a.m.

· Use the air conditioner in both home and car. Keep windows closed.

· Shower and wash your hair before going to bed to wash off allergens that you may have encountered during the day

· Keep pets off furniture and out of the bedroom, as they may have pollen in their coats.

· Check damp areas in your home for mold and mildew and remove with non-toxic cleaners.

If your symptoms become unbearable, consult your physician and/or pharmacist for over-the-counter antihistamines, decongestants, or nasal sprays to alleviate symptoms. Follow these tips and more at [Mayo Clinic: Spring-time Allergies](#), for a more fun and enjoyable spring time.

connect@kidsandfamilies.org

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It would also be important to know the child's history within the adopted family as well as any events that may have precipitated the onset of the anger.

I am not certain at this point if you will be able to do anything about such long-standing anger without professional intervention. If parenting techniques and parenting interventions were going to be of help to reduce your child's anger, I suspect it would have already occurred. For a professional to be of assistance to your son, he or she would first have to understand the origins of the anger. Once the origin of the anger has been established, a professional could begin to help your son understand how these original issues are currently being triggered in his present life.



Faith

Thank You!

Kids and Families Together would like to thank the wonderful and gracious people and organizations who generously helped us and our families these past few months.

A special Thank You to the following partners for providing meeting space for Resources, Education, Support and Area Coalition Groups:

Laurie Dickenson

Simi Valley Senior Center- Manager; 3900 Avenida Simi; Simi Valley- and an additional thank you for taking special interest in the Simi Valley Kinship Services Coalition and for providing the flyer to recruit Peer Mentors for the Simi Valley Area.

Naomi Valdez

Oxnard School District office- Director of Early Childhood Education Programs- meeting space for Oxnard Kinship Coalition.

Sue Tatangelo

MAOM; Ventura Wellness Center/Camarillo Health Care District Chief Resource Officer; 3639 Las Posas Road, Suite 117
Camarillo, CA ; meeting space for Resource, Education and Support Groups 2nd and 4th Thursday of each month.

Ventura County Community Foundation
for the County-Wide Kinship Coalition.



Did you know kids and Families Together has a Food Share pantry available to Kinship Families and 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

Connecting with Compassion: Creating Mutual Trust Last April, youth and adults came together for an unprecedented two-day conference to discuss ways to promote healing, growth, leadership and life success for youth from Ventura County's foster care system with the goal of creating "**Guiding Practices for Youth/Adult Relationships**". Since then the California Youth Connection and multiple agencies have finalized these practices which will also serve as a blueprint for care providers in working with emerging adults in extended foster care under AB 12. Foster care alumni and proud CYC members have developed the class and will be leading this training. Come learn what youth from the Ventura County foster care system have to say about creating mutual trust and understanding during this highly interactive workshop designed and taught by the youth themselves! Space is limited; Dinner is included and all are welcome but priority will go to Foster & Kinship Parents (2 training hours provided) who pre-register by March 9th! Wednesday, March 14th Dinner: 5:30-6:00pm Workshop: 6:00-8:00pm Ventura Co. Office of Ed. Conference & Educational Services Center 5100 Adolfo Road Camarillo, Salon C

Navigating the Adoption Experience (West County)

This series will cover important core issues for those who are considering adoption or for families who are currently walking the adoption journey. Join Adoption Social Workers, Steve Mabry and Cindy Carver for a three week discussion on: Talking with Children about Adoption, Open Adoption, Expand your understanding of how race, ethnicity and culture impacts families who are formed through adoption, and Life Long Issues of Adoption. You will be provided practical ideas, a better understanding of the benefits and barriers of open adoption and new ways of addressing the adoption issues that change as your child moves through his/her developmental stages. (6 training hours provided) Saturday, March 17th 9:30am - 4:30pm @ Aspiranet 1838 Eastman Ave. #100 Ventura

Baby Basics and Beyond (Two Locations and date/times)

Are you a new parent or caring for an infant as a foster or adoptive parent? It is likely that your little one came with a host of question marks (?????) Come, bring your infant and ask some of those questions of experienced foster parent and mentors, Mariana Abarta and Pattie Hunt. Topics include: calming the crying baby, sleep issues, feeding issues, red flags and other medical issues. Learn about the expected and unique needs of each infant. Build confidence and increase your joy in nurturing your infant! Sponsor: Moorpark College FKCE Monday, March 12th 7:00-9:00pm @ 781 Devore Avenue, Simi Valley OR Tuesday, March 13th 9:30-11:30am @ 63 W. Calle El Prado, Oak View
www.kidsandfamilies.org/calendar for more information & registration

K&FT Staff Spotlight: Kim Becker

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.



You are a Peer Mentor and Trainer, how does your work impact Kids & Families Together?

Being a former caregiver I provide a unique and personal perspective to the team

What is your favorite aspect of the job?

Relative approval training, I love working with caregivers one on one.

Could you possibly pick a favorite family pet?

I love all three of my dogs equally

Do you think the office drinks enough tea/coffee to sink a ship?

Yes! We love our tea and coffee! I have never worked with so many people that love their tea as much as I do

