



Kids & Families Together

January 2013

Keeping Resolutions

How to start and keep the New Year on the right foot



With every new year, comes a new blank slate full of new opportunities for a better and improved you. In anticipation for this new opportunity we make resolutions, resolutions to lose weight, to change a habit, to save more money, and any other number of things that we believe we should change for the better. Unfortunately, most of those resolutions are forgotten in a few weeks because kids happen, life happens, work happens and any other number of reasons come up. To help us reach the goals we aspire to for this new year, here are a few tips from about.com:

- 1. Choose a Specific, Realistic Goal

Every year, millions of adults resolve to "lose weight" or "get in shape" during the next year. Instead of selecting such an ambiguous goal, focus on something more concrete that you can realistically set your sights on. For example, you might commit to losing 10 pounds or running a mini-marathon. Choosing a concrete, achievable goal also gives you the opportunity to plan exactly how you are going to achieve your goal over the course of the year. Planning is an essential part of achieving any goal. Experts suggest that you should spend

some time planning out how you will tackle a major behavior change.

- 2. Start With Small Steps

Taking on too much is a common reason why so many New Year's Resolutions fail. Dramatically slashing calories, over-doing it at the gym or radically altering your normal behavior are sure-fire ways to derail your plans. Instead, focus on taking tiny steps that will ultimately help you reach your larger goal. If you've resolved to run a marathon, start out by going for a jog two or three times a week. If you are trying to eat healthier, start by replacing some of your favorite junk foods with more nutritious foods. While it may seem like a slow start, these small changes make it easier to stick to your new habits and increase the likelihood of long-term success.

- 3. Remember That Change Is a Process

Those unhealthy habits that you are trying to change probably took years to develop, so how can you expect to change them in just a matter of days, weeks or months? It may take longer than you would like to achieve your goals, but remember that this is not a race to the finish. Once you have made the commitment to changing a behavior, it may be that you will continue to work on for the rest of your life.

Having Faith

Dear Faith

Our adopted daughter Clara, now 2 ½, came to us when she was 13 months old. There was domestic violence in Clara's first home and she did have one other placement before she came to live with us. The issue we have been having with Clara is that when going to sleep at bedtime, she cries and throws tantrums and consistently has difficulty going to sleep. I sit by her bed every night until she goes to sleep, but this can take up to two hours or more and she gets up and down before finally going to sleep. What makes me even more frustrated about all of this is that at daycare, she takes a two hour nap with no problem.

Confused in Fillmore

Dear Confused,

Start by remembering that napping in the daytime may feel very different to your daughter than going to bed at night. Clara started her life without a safe environment and a secure relationship, she has had multiple placements and trauma in her beginning life and she very well could still feel fear every night even though she is now in a safe and loving home. Your daughter's behavior is showing you that she needs more security around sleeping, and the most effective security you can offer her is through your relationship with her.

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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

Jan 1 Tournament of Roses Post-Parade Showcase of Floats

Check out the Post Parade Showcase of Floats on Tuesday, January 1, 2013 from 1 pm to 5 p.m. and Wednesday, January 2 from 9 a.m. to 5 p.m. (rain or shine) to get an up close view of the nearly 50 floats planned to appear in the 124th Rose Parade. The theme of this year's event is "Oh, the Places You'll Go." Wear comfortable walking shoes! Viewing all the floats will require walking a distance of approximately 2.5 miles and will take at least two hours. For more information about the Showcase of Floats, visit www.tournamentofroses.com or call 626.449.4100. Location: End of Parade route on Sierra Madre Blvd

Jan 9 Family Storytime & Crafts at Moorpark City Library

699 Moorpark Avenue, Moorpark Family Story time & Crafts Wednesdays, January 9, 10:30am – 11:30am. For more information drop by the Library.

Jan 21 Ventura County's 27th Annual Martin Luther King, Jr. Day Celebration in Oxnard

The theme for the Ventura County Martin Luther King, Jr. Day Celebration on January 21, 2013 will be "Our World, His Dream: Freedom, It's Happening in Ventura County!" The 2013 Celebration will start at 8 a.m. with a gathering at Plaza Park (5th and C Streets in downtown Oxnard), followed by a "Freedom March" at 8:30 from Plaza Park to the Oxnard Performing Arts Center (OPAC). The indoor program starts at 9 a.m. In addition to keynote speaker Dr. Gregory Freeland of Cal Lutheran University, the program will feature the MLK Youth Celebration Choir under the direction of Ms. Mary Ann Woodard, AKA Youth Speaker Jordan Preciado, and Academic Achievement Honorees from around the county. Refreshments will be served in the Oxnard and Ventura Rooms after the program. Please visit and "like" the Martin Luther King, Jr. Committee of Ventura County facebook page and our website at www.mlkventuracounty.com.

Jan 26 Battle of the Badges IV Charity Boxing Event in Port Hueneme

A charity boxing event pitting Police officers versus Firefighters with all proceeds going to support The Boys and Girls Clubs of Greater Oxnard and Port Hueneme. Additional tickets available through our box office. 805-986-4818 or buy tickets online at www.tix.com/Event.asp?Event=514891. Saturday, January 26, 2013 at 4:00 PM at Oceanview Pavilion, 575 East Surfside Drive, Port Hueneme. Phone: (805) 986-4818 www.oceanviewinfo.com



Keeping up with Kids & Families

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

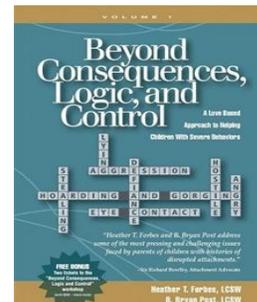
You can also "Like" us on Facebook, send us a tweet on Twitter @KandFT, follow us on LinkedIn, check out our calendar on our website, give us a call, or stop by our Center.



Book of the Month: January 2013

Beyond Consequences, Logic, and Control

By: Heather T. Forbes, LCSW and B. Bryan Post, LCSW



This book gives us the understanding to truly provide emotional safety for children with trauma histories. By revealing the connection between the body/mind system as it relates to trauma and stress, it challenges all of us to embrace a paradigm shift. It reveals our own fears, invites us to step into our child's internal world, and demonstrates how to respond to them with love.

These authors have managed to offer a parenting method so simple (simple yes, easy no) yet so potentially effective as to not only dramatically change family dynamics and bring peace into our homes but to also change the course of human destiny to a world where children can finally experience what it means to be truly loved.

Beyond Consequences, Logic, and Control and other books are available for check-out at our Lending Library located in the Kids and Families Center. Call Karina at (805)643-1446 ext.133 if you have questions, or visit the Lending Library page on our website.

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If you had been with Clara at the beginning of her life when she became fearful or overwhelmed, which is often referred to as being emotionally dysregulated, you would have stayed connected to her and used your own calmness to help control her until she eventually learned to settle. She can only learn control by ongoing adjustments with an attuned and loving caregiver. Prior to putting Clara to bed at night, rock her, soothe her, play soft music and bottle feed her. Create a consistent routine that you follow every night that offers predictability. Stay present and emotionally attuned to her. Being in her own room by herself all night long might be too much for her right now. It might help to have her either sleep in your bed with you or move a mattress into the bedroom so she can sleep near you. Find a way to keep her physically closer to you at nighttime. She needs you to be with her in order for her to feel protected and to help calm her nervous system.

Kids with early trauma have past memories literally ingrained in the cells of their bodies that trigger them in a variety of ways. Interpreting bedtime as a scary event is a very common one. The best way to re-create a different cellular memory for a child with early trauma is through an ongoing safe and secure relationship with an attuned caregiver.



—Faith

Thank You!

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

Messermeister, Inc.

Debbie Dressler, Samantha Lawhon and staff
For the sock monkeys, books, play-dough and toys donation for our families

United Way of Ventura County

For the Target Christmas trees for our families

Limoniera in Santa Paula

Kathleen Thompson and the wonderful crew

Simi Valley Senior Center

for helping host our Holiday Family get together

Forty Leaguers of Ventura County

Al & Doris Harmon

Alan & Carol Saltzman

Albert J & Deborah Hocamp

Arthur Barr

Bryson & Anne Uhrich

Carol Houck

Channel Islands Social Services

Chris & Nancy Bradford

Dale and Shiela Blommendahl

Dennis Mitchel

DeWayne & Marilyn Bocali

Edith Wysinger

Eileen Weickle & George Mayo

Greg and Judy Spear

Huyen & Greg Brannan

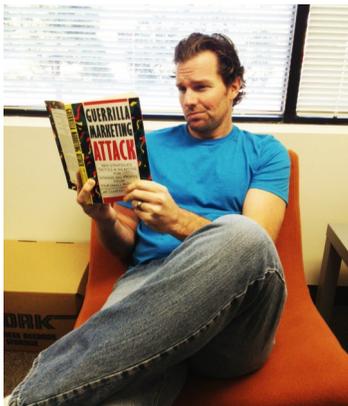
James & Cynthia Reed
Jamie Cook-Tate and Tom Tate
Jerry and Terri Renelli
Jim Maxwell
Left Coast Parrot Heads
Leon & Sandy Fairbanks
Linda Salsedo
Marty and Brenda Cohen
Maxine Young
Meg George
Norma Hughes
Pat and Jerry
Patricia M Appleby
Richard & Catherine Lincoln
Robert and Jean Bonar
Robert J Dykstra
Robyn Posin
Sheri Ann Cate
Steve and Marney Engh
Steve and Sandy Thompson ;
Ted R & Carleen Wells
Tom and Rebecca Lowe
Victoria Stanton



Did you know Kids & Families Together has a Food Share pantry available to kinship families and emancipated youth? Our pantry offers non-perishable and dry-goods. All you need to do is call and make an appointment!
(805) 643-1446 ext.125

K&FT Staff Spotlight: Jason Donaldson

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.



What is your role at K&FT and how does it impact the organization?

I'm in charge of design and updates to the Kids & Families Together website. This includes posting items such as the 1520 KVTA interview with K&FT Director David Friedlander this past Fall. The website helps the organization send off important news and updates to our community, lists an overview of the programs offered, and most importantly allows anyone who wishes to make a Pay-Pal donation to support K&FT... I urge you to do so now at www.kidsandfamilies.org!

What are the three things that you cannot live without?

My iPhone, my wife, and my kids! One of those doesn't look right, but if I have to choose three there it is. They keep me invigorated with life each and every day, and Angry Birds is pretty cool.

What would your Super Hero name be?

The NickNamer! Because I love coming up with loving heartfelt names for all of those I meet. Just ask my kids; Huddy Bear, Soda Monkey, Thatch Du-Do-Do, and Presley Petunia...

If you could learn how to do something new next week, what would you choose?

Breakdancing! Wouldn't it be sweet to be out somewhere when a jam comes on, and be able to spin around super fast, maybe even get up on my head, throw in a couple flips with twists. Ah; that would be so cool!



United Way of Ventura County
 Attn: Marissa
 4001 Mission Oaks Blvd.
 Camarillo, CA 93012



Kids & Families Together
 856 E. Thompson Blvd.
 Ventura, CA 93001
www.kidsandfamilies.org
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