



# Kids & Families Together

March 2017

## Easy St. Patrick's Day Recipes for Kids

Planning a last-minute throw-together for a St. Patrick's themed day? Don't worry, Forkly ([www.forkly.com](http://www.forkly.com)) has exactly what you need to pull it off – 5 great treats for kids that are both easy-to-make and will take less than 5 minutes (preparation time) to whip up. There are a few key things to remember when planning snacks for kids (as most you probably already know). The main thing is balance. Sure, you want your kids to eat healthy but every now and then (especially on special occasions like St. Patrick's Day) it's okay to throw in a sugar-filled treat. Another thing to remember is to keep it fun: your kids will keep these memories with them forever and pass along your festive spirits to their children one day as well. The Forkly St. Patrick's Day Countdown continues with these 5 Easy St. Patrick's Day Recipes for Kids:

### 1. St. Patrick's Day Leprechaun Hat Cookie

Make a batch of easy-to-make cookies (you can add

green food coloring to the dough, if you want). Once the cookies are baked, put a round dot of black icing in the middle. Spread the icing around, but keep it thick enough that it will hold the gold chocolate coin to the cookie. On top of the gold coin, place another dab of black icing and place a green mini peanut butter cup (found in any supermarket around St. Patrick's Day) on it. There you have it, the coolest St. Patrick's snack recipe I've seen this year.

### 2. St. Patrick's Day Snack Platter

This is incredibly easy to make once you've purchased the platter. You can find these at any dollar store or craft store around St. Patrick's Day. Once you have the platter, fill it with any green snacks you like. From Smarties and M&Ms to cucumbers and broccoli, there's no shortage of both fun and healthy treats to choose from.

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## Having Faith

Dear Faith,

My husband and I just adopted a seven year old girl who spent almost six years on and off with her birth family and several different foster families before she was placed with us and my husband and I adopted her. We have a ten year old biological child and this is our first child to join our family through adoption. We are committed to her. Recently, someone expressed to me the importance of claiming our child and I was wondering if you could help me to understand what claiming means exactly?

New Adoptive Parent in Simi

Claiming is the process between the parent and adopted child that makes the child their own child and an equal member in the new family. A biological child has had the experience since birth of belonging to a family.

Your new adopted child needs you to go out of your way to claim her as part of your family. She needs to have ongoing experiences that help her to know that you are her forever family.

Some simple ways to claim a child is to begin by placing pictures of your adopted child with other family pictures. It's important to include pictures of the child's birth siblings or other biological family members if these pictures are available. As the child learns his or her new family's history, so should the new family learn and understand the child's history. Often this includes painful memories for the child which can be difficult for the parents to hear, but it is the child's story and must be accepted as such. A child that is old enough to remember previous homes, needs to be asked about her holiday traditions and family rituals and the adoptive family needs to incorporate some of this into their current home.

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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

## **Mar. 2 – Dr. Seuss Celebration!**

Celebrate Dr. Seuss with crafts, games, and stories. Foster Library, Main St., Ventura. For more information, call 648-2716. 3:30 – 5:00 p.m.

## **Mar. 2 – Read Across America!**

Celebrate Dr. Seuss with crafts, games, and stories. Camarillo Public Library, 4101 Las Posas Rd., Camarillo. For more information, call 388-5222. 3:00 – 5:00 p.m.

## **Mar. 7, 14, 21, & 28 – Lego Play at Foster Library, All Ages**

Children of all ages welcome. Foster Library, 651 E. Main St., Ventura. For more information, call 648-2716. 3:00 p.m.

## **Mar. 4-5 – Spring Arts & Crafts Festival**

Artisans and crafters will sell original, hand-made arts & craft items at this free event. Borchard Community Center, 190 Reino Rd., Newbury Park. 381-2791. 10 a.m. – 4 p.m.

## **Mar. 11 – Teddy Bear Story Time**

Bring your favorite stuffed animal to share and make a craft. Camarillo Public Library, 4101 Las Posas Rd., Camarillo. 388-5222. 10 a.m. – 11 a.m.

## **Mar. 11 – St. Patrick's Day Parade**

This year's parade includes floats, antique cars, equestrians, fire trucks, marching bands, and the grand marshal, Mary Osborne, who is a professional surfer, model, environmentalist, women in sports advocator, and writer. The route will begin at San Buenaventura Mission going east on Main Street to Laurel Street, downtown Ventura. For entry information, call 64-4275. 10:00 a.m.

## **Mar. 16 – Spring Crafternoon!**

Make a decorative spring themed craft. Foster Library, Main St., Ventura. For more information, call 648-2716. 3:30 p.m.

## **Thru – May 21 – The Museum of Ventura County**

Masterworks of the Museum features artifacts and works of fine art from the museum's 104-year-old collection. 100 E. Main St., Ventura. For information, call 653-0323. Free first Sundays of the month.

## 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.



## **Ongoing – Underwood Family Farms at Tierra Rejada**

The farm offers many kinds of animals to visit, games, and ponies to ride. Birthday parties and educational tours are also available. Underwood Family Farms at Tierra Rejada, 3370 Sunset Valley Rd., Moorpark. 523-2957.

## **Mar. 25 & 26, Apr. 1 & 2 – Spring Spectacular**

America's Teaching Zoo at Moorpark College offers over 100 animals, shows, demonstrations, and animal encounters throughout each day. These special weekends are the Zoo's biggest showcase of the year. There will be food, VIP tours, kid's zone, and quest animal celebrities. Admission charged. Moorpark College, 7075 Campus Rd., Moorpark. For more information, call 378-1441.

Having Faith cont. from pg. 1

This claiming process can sometimes be difficult because the child may not look, act, or have the same interests as the adoptive family. Claiming occurs when parents begin to find similarities between the child and the new family and stop focusing on the differences, and accept the differences as part of the child. Adopting an older child is somewhat like a marriage where each person in the relationship must accept the other as a unique individual. Often due to challenging behaviors exhibited by the child, the new family might decide that the child placed with them is not a “fit” or decide the child didn’t want to be adopted rather than understanding that due to early losses in the child’s life, many children placed for adoption have significant problems with trust and the ability to attach to adult caregivers. For adoptive parents, claiming is the act of making the child yours no matter what. Parents who cannot make this commitment to the child early in the parent-child relationship are not likely to make this unconditional commitment at a later date. Basically, you either claim a child fully or you don’t claim them at all.

—Faith

Easy St. Patrick’s Day Recipes for Kids cont. from pg 1

### 3. **Chocolate Covered Strawberries with Green Icing**

Chocolate covered strawberries have always been a huge hit with kids. Make them the same way you would make traditional chocolate dipped delights but season them with green garnishing like green icing or green sprinkles.

### 4. **Rainbow Pot of Gold Fruit Platter**

Put this out at the beginning of the day and let your kids snack on healthy fruits all day long. They’ll love the idea and they’ll enjoy making their way to the pot of gold. If you’re feeling really fun, swap out the bananas for gold chocolate coins and tell your kids they can have one chocolate coin for every layer of the rainbow they eat.

Source: <http://www.forkly.com>



## Training Opportunities

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

### [How Do Your Children Grow? Ages & Stages of Child Development](#) (Central County)

**4 Thursdays: March 9th, March 16th, March 23rd, March 30th 6:00-8:00pm** (choose one, all, or any combo!)

#### **Ventura County Community Foundation**

**4001 Mission Oaks Blvd., Camarillo** (Community Room)

These 2-hour workshops examine the major developmental stages of childhood and identify typical development as well as the challenges to typical development.

#### ***Infants*** (Thursday, March 9th 6:00-8:00pm)

Caregiver interactions have a vital impact on how infants experience total well-being in their physical growth, mental health, emotional stability, and human relationships.

#### ***Toddlers & Preschoolers*** (Thursday, March 16th 6:00-8:00pm)

Preschoolers aren’t babies anymore. Even though preschoolers are on a quest for independence they still need to learn limits and how to live within the family structure.

#### ***School Age*** (Thursday, March 23rd 6:00-8:00pm)

The middle years of childhood (from about 5-11 or 12) are years of enormous social and intellectual growth, complex years when children’s self-esteem is reinforced daily.

#### ***Adolescence*** (Thursday, March 30th 6:00-8:00pm)

The “tween” and teen years are a time of great change. The years from puberty to adulthood can be sub-divided into three more stages: early adolescence, middle adolescence and late adolescence. *Sponsor: Ventura College FKCE.*

### [Parenting Again: Grandparents as Parents](#) (Central County) **NEW!**

**Facilitators: Pam & Bill Lehtonen**

**3 Wednesdays: March 15th, March 22nd, March 29th 5:30-7:30pm, dinner & childcare provided!**

#### **Channel Islands Social Services**

**5251 Verdugo Way Suite G, Camarillo**

Just when you thought your parenting days were over, you get a call and your grandchildren or niece and nephew need to come to your house to stay. For many of us, that temporary circumstance turns into a permanent situation and most of the time you are overwhelmed. You do your best and make sacrifices.

You are not alone! Come and experience like families who want to learn ways to take care of themselves and also get the much needed help in raising their second family. Let’s do this together! *Participants will receive credit for 6 hours of training upon completion of the class series.* Please RSVP to Rhonda Carlson at [rcarlson@vccd.edu](mailto:rcarlson@vccd.edu) Limited childcare is also available with pre-registration; please contact Miriam at Channel Islands Social Services to secure your child’s spot. Email [Miriam@IslandSocialServices.org](mailto:Miriam@IslandSocialServices.org) or call (805) 384-0983 ext. 859, no later than March 9<sup>th</sup>  
*Sponsor: Ventura College FKCE*

For more information on these classes you may call **Ventura College at 805-289-6327** or **Oxnard College, 805-986-5800 ext. 2018**, or send an email as indicated.

# K&FT Staff Spotlight: Joanne Marrs

*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*



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

*As a family support specialist I work with Resource families and biological families in our in-home programs providing education on attachment, trauma and therapeutic parenting. I also facilitate Preservice Service Trainings, helping resource families understand the child welfare system and their role within it.*

**2. Describe yourself in one sentence.**

*An empathetic and compassionate person who enjoys being a companion to the youth and families that we work with during their incredible journeys together.*

**3. What's something most people don't know about you?**

*I love rainy weather.*

**4. On a scale of 1 to 10 how "cool" are you? Why?**

*Totally cool, because my dogs say so (just don't ask the cats).*

