

September 1st 2022

Resource Newsletter

Training Opportunity: Cultural Inclusivity For

There is a new training that was added this year for 2023; it's called Cultural Inclusivity for Caregivers: Understanding and Expanding Your Role. Yes, it is mandatory for Foster Care and Kinship families. It is located on the Colorado Welfare Training System (CWTS). Is it offered once a month for both Foster Care and Kinship families. These are the dates still available to sign up for the zoom training **January 10, 2023 @ 8:30 a.m. - 12:30 p.m., February 6, 2023 @ 8:30 a.m. - 12:30 p.m., March 7, 2023 @ 8:30 a.m. - 12:30 p.m. and April 11, 2023 @ 8:30 a.m. - 12:30 p.m.** These dates fill up fast, please go out there and sign up for your zoom training sooner than later. Please don't forget this is part of your mandatory training and you will get 4 hours training credit. Please see below a short summary of what the training involves.

For many caregivers in Colorado, the race and culture of a child aren't even considerations—they just want to provide quality care to youth of ANY color or ethnicity. Although this feels warm and fuzzy, overlooking the cultural differences between a child and yourself can impact not only the child's well-being and development of their sense of self but also the stability of the placement.

In this introductory course, you'll do the following:

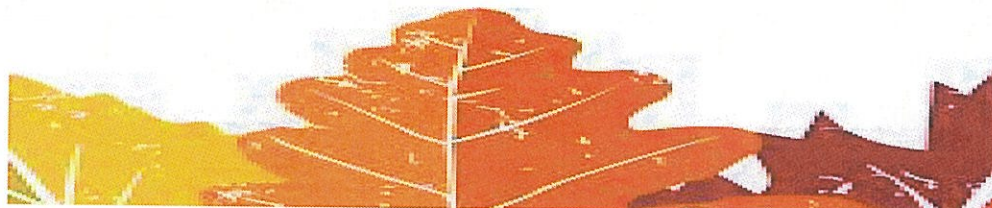
- Learn to distinguish between the concepts of race, culture, and ethnicity
- Look at how differences in cultural beliefs and values can lead to misconceptions about others
- Use new knowledge to inform your own perspectives about those who are different from you
- Get support as you explore personal biases and how to minimize their impact on the kids in your care

You'll leave this course with greater confidence to start incorporating a child's or youth's culture into your caregiving to promote their development and positive self-esteem and to help them adjust in their foster home and community.



Chili Supper

Logan County Department of Human Services' Resource Unit would like to invite you, your family, friends and anyone in the community to our 7th annual Chili Supper and Silent Auction. This is our largest community event that helps raise funds and awareness towards supporting Logan County's children in foster care. The funds raised from this event stay local and are placed in the Step Out for Kids program. The Step Out for Kids Program is a way to help foster kids have some of the same opportunities and experiences that most of Logan County's kids enjoy while living at home with their parents. So mark your calendars for October 8th at 5:30pm and join us at the Elks Lodge (321 Ash Street Sterling, CO). Everyone is welcomed and tickets can be bought at the door. Be sure to like and follow our Facebook @stepoutforkids to see updates on the Chili Supper. Hope to see you there!



Back To School Means Back to Routine!

Routines can help keep your life simple and organized. Routines also provide children with structure to learn important skills like how to set priorities, meet deadlines, become more independent, and develop habits of self care.

Use a calendar

Back to school means dates and times for assignments, sports practice, rehearsals, school events, church activities and so much more! A great way to keep everything organized is to have a calendar where all dates are recorded. A calendar will help with your family organization!

Create a morning routine

Create a morning schedule and adjust it as needed. What time should the child (ren) be up? What time will they eat breakfast? Get dressed? Brush hair and teeth? Leave for school? Adjust these times as you start to see what works best for you and your family. Maybe your

child has a hard time waking up so you may need to dedicate more time to this part of the morning. Or maybe you have a girl who spends more time on their hair daily and you would want to dedicate more time to this part of the morning.

Establish Zones in your Home

Kids come home and are so excited. They come through the door and kick off their shoes and throw their backpacks down, maybe even dig through their bags to show you something they did at school. Create zones such as where their shoes belong, where their backpack should be out, where should they put important paperwork? Art projects?

Establish a bedtime and stick to it

It is so important for kids to get the sleep they need. Each child is different so it is important to know your kids and their personal needs.

Prepare at night for morning

Preparing the night before the next school day can make the morning seem like it goes smoother. The night before it may help to lay out clothes for the next day, get backpacks ready, prepare lunches, and maybe even set out the breakfast plates.



Foster Parent Support Group

This year we are switching things up for our foster parent support group. We understand that everyone is busy and once a month is difficult for people to attend so we are going to try something new and do quarterly support groups. Our first one will be September 12th and we will be serving children noodle

soup and pumpkin cupcakes. Child care will be provided. We will have a speaker from the Sterling Police Department to talk about the dangers of sexting and concerning phone apps. This is a great opportunity to get training hours and meet other Logan County foster families. Hope to see you all there!

***Foster Parent Support
Group – September 12th,
6-8pm @ Logan County
Department of Human
Services***

11 Ways to Make your Child Feel Important

11 Ways to Make Children Feel important

1. Leave notes in their lunch
2. Let them overhear you bragging about them
3. Share memories about good times you've shared with them
4. Eat dinner together
5. Be affectionate
6. Create weekly or monthly rituals together
7. Ask questions that show you're interested in their lives
8. Start a new hobby together
9. Take on a craft project as a family
10. Sing together
11. Ask for their opinion

Snack Time!

Kids come home from a long day at school and want a snack Here are some fun fall and Halloween snacks you can make for your kid(s) that are both easy and fun!

Pumpkins and Ghost

Peel a tangerine or cutie

Cut up small pieces of celery

Place the small pieces of the celery into the center of the tangerine or cutie for a mini pumpkin.

Cut a banana in half and place two chocolate chips on it so it looks like eyes.



Scarecrow Crunch:

4 cups Life cereal

4 cups pretzel sticks

1 (24 oz) bag of candy corn

2 cups Reese's Pieces (or M&Ms)

2 cups caramel popcorn with peanuts

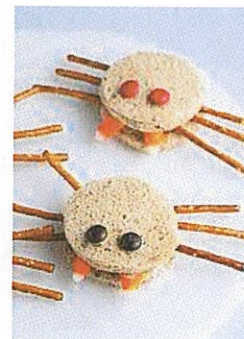
Spider Sandwich:

Make a peanut butter and jelly sandwich and use a cookie cutter to cut a circle.

Press in 8 pretzel sticks for the legs

Press in two pieces of candy corn for teeth

And use two M&M for the eyes of the spider



Not-So Scary Halloween Movies

Halloween is an exciting time with lots of fun activities for families. One of the best ways to spend time together on a chilly autumn day is to pop some popcorn and watch a Halloween movie. We have compiled a list of not-so-scary Halloween movies that are appropriate for goblins of all ages.

It's the Great Pumpkin Charlie Brown

Halloweentown

Hocus Pocus

Casper

The Nightmare before Christmas

Muppets Haunted Mansion

Monster House

The Addams Family

Spookly the Square Pumpkin



Hotel Transylvania

Frankenweenie

Corpse Bride

Gremlins

Scooby Doo

Ghostbusters

Goosebumps

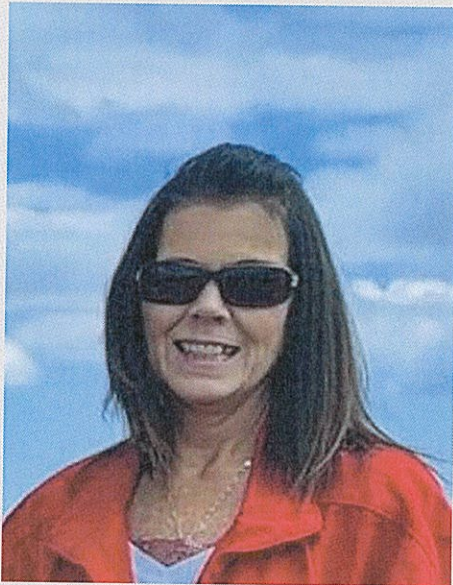
Spooky Buddies

Coco



Spotlight On our Resource Team

JUSTINE HANNEMAN



Shout out to our resource worker of the quarter, Justine Hanneman. Justine has worked for Logan County DHS as a case aide for 3 and half years. She performs many job duties such as kinship support worker, facilitator for family engagement meetings, placement contractor, and works alongside the state to schedule administrative review division meetings. Justine enjoys meeting new kinship families and working with them to provide support and resources for the children in their care. She also enjoys helping with the events held by the resource unit. One fun fact about Justine is she loves her Diet Mountain Dew. Justine is energetic, motivated, and always willing to help. The resource unit would like to thank Justine for all her hard work and dedication towards helping children and their families involved in child welfare. We are all very thankful to have you on our team.



Pumpkin Muffin Recipe

Ingredients:

- 15oz pumpkin puree
- ½ cup melted salted butter
- ¾ cup light brown sugar
- ¾ cup granulated sugar
- 2 eggs
- 1 tsp pure vanilla extract
- 1 ¾ cups all purpose flour
- 1 TBS pumpkin pie spice
- 2tsp cinnamon
- ½ tsp fine sea salt
- 1 cup chocolate chips

Instructions:

1. Preheat oven to 375 degrees F
2. Grease a standard 12 cup muffin tin and set aside
3. In a small bowl, mix together flour, pumpkin pie spice, cinnamon, baking powder, and sea salt and set aside
4. In a large bowl, whisk together pumpkin puree and melted butter until smooth
5. Add brown sugar and granulated sugar and whisk until combined and there is no lumps
6. Add eggs and vanilla and stir to combine
7. Add dry ingredients and stir until batter is smooth
8. Add chocolate chips and stir until evenly distributed
9. Pour ¼ cup of the pumpkin muffin batter into each well of the muffin tin and smooth out the top
10. Bake in preheated oven for 14-17 minutes, or until the tops are set.

Let pumpkin muffins cool in the pan on a wire rack for 11 minutes, then remove them and transfer muffins to a wire rack to cool completely.

