

Read/Watch for Training Credit:

Foster parents can read/watch the following books/movies and turn in a book report to get 2 hours of training credit. Many of these are at your local library. If you cannot find them, please contact your foster home coordinator to see if they are available to borrow through Kids Crossing.

- The Lost Boy: A Foster Child's Search for the Love of a Family by Dave Pelzer.
- A Child Called It by Dave Pelzer by Dave Pelzer.
- A Man Named Dave by Deave Pelzer.
- The Sexualized Child in Foster Care: A Guide for Foster Parents and other Professionals by Sally G. Hoyle.
- The Women Who Raised Me: A Memoir By Victoria Rowell.
- Beyond Consequences, Logic and Control by Heather Forbes and Brian Post.
- Parenting the Hurt Child: Helping Adoptive Families Heal and Grow by Dr. Gregory Keck.
- Adopting the Hurt Child: Hope for Families with Special Needs Kids-A Guide for Parents and Professionals by Dr. Gregory Keck.
- Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys by Dr. Gregory Keck.
- Parenting with Love and Logic by Foster Cline and Jim Fay.
- Returnable Girl (young fiction) by Pamela Lowell.
- A Knock on the Door: Stories by Biological Parents Who Have Children in Foster Care by Youth Communications.
- Another Place at the Table By Kathy Harrison.
- Plenty Good Room by Cheri Paris Edwards.
- Finding the Right Spot by Janice Levy (for ages 4-8).
- Families Change: A Book for Children Experiencing Termination of Parental Rights by Julie Nelson (for ages 4-8).
- The Star by Cynthia Miller Lovell (for ages 4-8).

MOVIES:

- My Flesh and Blood (2002).
- Just an Overnight Guest.
- Switching Parents.
- The Blind Side.
- Losing Isaiah.
- I am Sam.
- Taken In: The Lives of Children in Foster Care, Antwone Fisher.

These are just a few. If any foster parents or staff have recommended readings or movies, please email them to Melissa Parkowski at mparkowski@kidscrossing.com.

Our Stars

★ WELCOME NEW FOSTER PARENTS!

- ♥ Amy & Michael in Colo. Springs!
- ♥ Michelle & Keith in Colo. Springs!

★ **CONGRATULATIONS!** Foster parents, Lisa & Randy have adopted a son.

★ **Going ABOVE & BEYOND!** Sam & Mary Lou consistently go above and beyond for the kids in their home. Thank you!

★ **SUPER Job!** Foster parents, Patti & Peter are mentoring the 17-year-old mother of the infant in their care. The baby was born at 25 weeks gestation and has multiple special needs. Patti & Peter transport this young mom to and from OT and PT, as well as to many doctor's appointments in order to ensure that she learns how to care for her baby.

★ **MAKING a DIFFERENCE!** Foster parents Joanna & Teal have provided support to new foster parents, who have less experience with toddlers. They have made themselves available for questions and support for the new placement.

★ **WELL DONE!** Foster parents Jennifer & Paul Burnett did a great job of managing the placement of two sibling groups (four children total) in their home, working with both biological families, and facilitating the transitions home prior to the holidays

★ **DOING LOTS OF HARD WORK!** Foster parents, Jennifer & Jeff have continued to transport the children in their care to and from very difficult visits twice per week. The children regularly have screaming tantrums after each visit, and Jennifer & Jeff have continued patiently to try to help them deal with their feelings.

★ **Going the EXTRA Mile!** Foster parents, Jenny & John have been transporting the children placed in their home way out east to the children's school in District 11, in order to make their transition easier.

★ **THANK YOU!** Foster parents, Paula & Brad changed their plans to accommodate an out-of-county father when he arrived for a visit on the incorrect date, so that he could see his children, rather than having to drive home and return on the correct day.

★ **FANTASTIC Teamwork!** Margaret & Joseph have foster children who are part of a sibling group that is in three separate homes. They worked with the other two foster families to ensure that the children were able to spend Christmas together.

★ **WAY to GO!** Foster parents Milly & Wayne worked closely with the parents of the two children in their home as they transitioned home. The girls had a difficult time with the transition, and Milly will continue in a "grandmother" role to the girls to help with this. Milly & Wayne also provided beds and bedding to the family for the girls



Newsletter • Jan. 25, 2011

www.kidscrossing.com



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CPSC Approves Strong New Crib Safety Standards To Ensure a Safe Sleep for Babies and Toddlers

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission (CPSC) voted unanimously to approve new mandatory standards for full-size and non-full-size baby cribs as mandated by the Consumer Product Safety Improvement Act of 2008 (CPSIA). The federal crib standards had not been updated in nearly 30 years and these new rules are expected to usher in a safer generation of cribs.

Once they become effective, the mandatory crib standards will: (1) stop the manufacture and sale of dangerous, traditional drop-side cribs; (2) make mattress supports stronger; (3) make crib hardware more durable; and (4) make safety testing more rigorous.

CPSC has recalled more than 11 million dangerous cribs since 2007. Detaching drop-side rails were associated with at least 32 infant suffocation and strangulation deaths since 2000. Additional deaths have occurred due to faulty or defective hardware. These new standards aim to prevent these tragedies and keep children safe in their cribs.

Effective June 2011, cribs manufactured, sold, or leased in the United States must comply with the new federal standards. Effective 24 months after the rule is published, child care facilities, such as family child care homes and infant Head Start centers, and places of public accommodation, such as hotels and motels, must have compliant cribs in their facilities.

The full-size and non-full-size crib standards adopted the current ASTM International voluntary standards with additional technical modifications.

For more information on crib safety and safe sleep environments for baby, visit CPSC's crib information center at: www.cpsc.gov/info/cribs/index.html.

ASIST TRAINING

(Applied Suicide Intervention Skills Training)

WHEN: February 10th & 11th

WHERE: Colorado Springs (TBA)

TIMES: 8:30am – 4:30pm both days

Must Attend Both Days.

No Cost But Must **PREREGISTER**

&

COMMIT To Both Days.

Learn How To:

RECOGNIZE INVITATIONS FOR HELP

REACH OUT AND OFFER SUPPORT

REVIEW THE RISK OF SUICIDE

APPLY A SUICIDE INTERVENTION MODEL

LINK PEOPLE WITH COMMUNITY RESOURCES

To Register:

E-Mail your NAME, E-MAIL ADDRESS & TELEPHONE NUMBER to Taylorlora@hotmail.com. Also please state if you work with adolescents.

Suicide Prevention Partnership Pikes Peak Region
704 N. Tejon, Colorado Springs, CO 80906
719-573-7447 Office
Taylorlora@hotmail.com

YOUTH ADVISORY BOARD IN COLO. SPRINGS

- Youth in foster care and foster parents are encouraged to attend YAB meetings — this is a great opportunity for young people to feel heard and participation is a great resume builder, too.
- The YAB meets at the Community Prep School gymnasium, 332 E. Willamette from 5 to 6 p.m.
- Next meeting date is Tuesday, February 8.
- Adult supervision and snacks are provided at these meetings.
- If you have questions or need help with transportation, please call Deanna at 667-7055 or Melissa at 667-7044.

FOSTER PARENT GROUPS AT KIDS CROSSING & OTHER TRAINING OPPORTUNITIES:

Colo. Springs



❖ OPEN HOUSE • 1 HOUR

Tues., Feb 1st, 5:30 to 6:30pm, 1440 E. Fountain Blvd. Open House is for anyone interested in knowing more about Kids Crossing and/or foster care. Please RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.

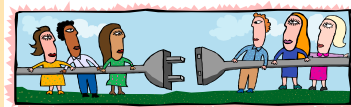
❖ BEYOND CONSEQUENCES • 20 HOURS

- ◆ Kids Crossing, Colo. Springs office.
- ◆ 10 weeks on Thursday mornings, beginning Jan. 13, going through Mar. 17. 9:30 to 11:30 a.m.
- ◆ RSVP to Melissa Parkowski at 667-7044 or mparkowski@kidscrossing.com.
- ◆ Unfortunately, daycare cannot be provided.

❖ CORE TRAINING • 12 HOURS

- ◆ Kids Crossing, Colo. Springs office.
- ◆ Wed. Jan. 26 • 6 to 10 pm AND
- ◆ Sat. Jan. 29 • 9 am to 5 pm (lunch on your own).
- ◆ A commitment to attend both days is required.
- ◆ RSVP to Jackie Porter at 667-7050.

Colo. Springs Foster Parent Group Meetings



IMPORTANT INFORMATION FOR ALL GROUPS:

- ◆ RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.
- ◆ Child care will be provided with an RSVP.
- ◆ KC will provide beverages for these meetings. Please bring a snack to share.

TRAINING GROUP:

- Kidpower.
- 2nd Friday — Feb. 11th • 10 to 11 a.m.

SUPPORT GROUP:

- 4th Friday — Feb. 25th • 10 to 11 a.m.
- Foster parents will be given the opportunity to discuss any frustrations they have encountered, hear advice from other foster parents, share positive stories, and meet other foster parents to build a support system.

MENTORING GROUP:

- ◆ This group is for foster parents who have been licensed at least 3 years and are interested in mentoring new foster parents.
- ◆ 1st Thursday — Feb. 3rd • 10 to 11 a.m.

Denver

❖ BEYOND CONSEQUENCES • 20 HOURS

- ◆ Kids Crossing, Aurora Office, 14901 E. Hampden Ave., Suite 205.
- ◆ Starting Monday nights on January 10 and meeting for ten weeks, **except for Jan. 17 and Feb. 21, which are holidays.**
- ◆ Meeting time from 6:30 p.m. to 8:30 p.m.
- ◆ Learn more about working with children with difficult behaviors and earn 2 training credits per night.
- ◆ FREE to Kids Crossing Foster Parents and Group Home Parents/Staff.
- ◆ If you cannot commit to coming to all ten weeks, don't worry about it! You will earn 2 hours of training for each night you come and any time you can come will help you and your interventions with tough kids!
- ◆ Register with Amy Harder at 303-861-8915 or aharder@kidscrossing.com.
- ◆ Unfortunately, daycare cannot be provided.



Denver Foster Parents Monthly Support Group Meetings

NEXT SCHEDULED MEETING:

MONDAY • APRIL 4 • 6:30 PM

TOPIC: "How to say good-bye" to the children in your home and help them transition to planned placements (i.e. reunification or an adoptive home).

RSVP IF YOU PLAN TO ATTEND: Contact Amy at 303-861-8915 or aharder@kidscrossing.com.

CHILD CARE: Child care will be available — please let Amy know if you will need child care.

REFRESHMENTS: Snacks and beverages will be provided

TRAINING CREDIT: 1.5 hours.

CONTINUING SCHEDULE: Beginning in April, we will resume meeting the first Monday of each month at 6:30pm.

Pueblo

❖ BEYOND CONSEQUENCES • 20 HOURS

- ◆ Kids Crossing, Pueblo office.
- ◆ Ten weeks on Wed. mornings, beginning Feb. 16, except MarcAh 23, with last class on April 27.
- ◆ 10am to 12noon.
- ◆ RSVP to Roxann at 545-3882.
- ◆ Unfortunately, daycare cannot be provided.

❖ CORE TRAINING • 12 HOURS

- ◆ Kids Crossing, Pueblo office.
- ◆ Wed. March 9 • 6 to 10 pm AND
- ◆ Sat. March 12 • 9 am to 5 pm (lunch on your own).
- ◆ A commitment to attend both days is required.
- ◆ RSVP to Roxann at 545-3882.
- ◆ Unfortunately, daycare cannot be provided.

♥ LOVE & LOGIC TRAINING:

- ◆ Catholic Charities
- ◆ 429 West 10th St. Suite 102
- ◆ Phone: 544-4233 ext 120 or 112
- ◆ Fee: \$25 a person or \$30.00 a couple.

♥ ASSOCIATES FOR PSYCHOTHERAPY & EDUCATION:

- 924 Indiana Ave.
- Classes meet at 6pm.
- Call 564-9039 to register. Fee \$5.

Feb. 1: Stress.

Feb. 8: Helping Your Child Have Success in School.

Feb. 22: It's An Overwhelming Life.

Mar. 1: Promoting Strong Self-Perspective in Our Teens

Mar. 8: Grief—Part 1. Can You Be Proactive about Grief?

Mar. 15: Grief—Part 2. Dealing with the Aftermath of Loss.

Mar. 22: Preventing the Unplanned Life Consequences of Teen Pregnancy.

Mar. 29: Preventing Conflict in Mother Teen-Daughter Relationships.

❖ CPR& FIRST AID CLASS:

- ◆ Good for 2 years.
- ◆ \$35 for both.
- ◆ February 5th • 1:30 to 5:00 p.m.
- ◆ New Life Bible Church, 2320 Prairie Avenue.
- ◆ Call Renee for reservations at 251-8878 or 561-0941.

CDHS

Toolkit for Positive Parenting of Children/Youth in Out-of-Home Care

This training will help foster parents and caseworkers to understand the children/youth in their care from a developmental perspective and will offer specific approaches to "corrective caregiving." Our premise is that maltreatment is a disturbance in the parent child relationship, which usually begins in the earliest days and months of the child's life and persists until addressed and resolved.

- Children/youth bring what they have learned about relationships with caregivers into foster care, and many of their behavioral issues are rooted in their lack of trust or in their inability to self-regulate.
- There will be emphasis in the training on the first three years of life and how early experience and failure to resolve these tasks results in longterm behavioral and relationship problems with subsequent care providers.
- Behavior will be discussed in the context of the child/youth's whole life experience, and offer information that will help "zero in" on identifying the origins and meaning of problem behaviors.
- Practical approaches to troublesome behaviors, which will help the child rework past developmental issues via "corrective caregiving experiences" as well as behavior management.

February 14-15, 2011 Denver Metro Area
March 14-15, 2011 Denver Metro Area
April 26-27, 2011 Pueblo
May 23-24, 2011 Grand Junction

Upon completion, you will receive a certificate for 10 hours of training credit. Breakfast will be provided both days. Lunch on your own.

To register, please go to www.cdhsacademy.com

If you have questions, please contact Leslie Navarro at leslie.navarro@state.co.us or 303-866-7170.