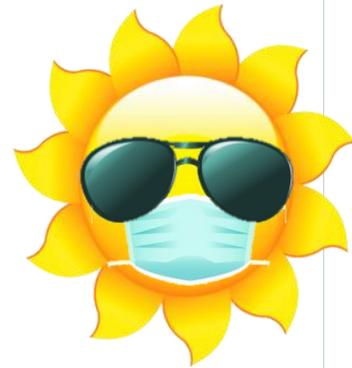


# Foster Parent Monthly

June 2020

## Greetings from George

Usually about this time families would be planning for or on vacation. School teachers would be clearing out their classrooms while students are breathing a sigh of relief the school year is over. Don't you hear the sound of swimmers in the pool? What about the slamming of doors as children go in and out of the house at the speed of light? Found a camp for your child? Don't worry, keep looking. Summer has just begun and parents are already counting the days until they have to go shopping for school supplies to start the new school year.



Well this June finds all of us in a new and very unfamiliar place. For many of us, we have been playing school teacher for the last couple of months. Mind you, homework help was one thing, but then things suddenly changed. Let's see,  $x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$ , oh just forget it my head hurts! Some of us spent the past few months telling our loved ones how much we love them and enjoy our time together. Right about now, some of you might be thinking, "I can't take being cooped up any longer," "you're too clingy," "this house has a lot of space in it, please go and occupy yourself in another room," and finally, "social distancing, remember at least 6 feet away!"

It has been a time of significant change, adjusting and adhering to a "new normal" for all of us. During this pandemic, we want to celebrate our heroes: school teachers, healthcare professionals, law enforcement, first responders, food banks, houses of worship, community organizations, DSS staff, all substitute caregivers, and any other essential workers.

Thank you for your hard work, sacrifice, adaptability and dedication every day, and especially in these difficult days. There are supports and resources identified on page 3 of this newsletter that might help!

## Suggestions

- Submit ideas for this newsletter & in-service trainings to George. This will also allow us to better serve your family's needs.
- Want to toot your own horn, another foster parent's horn, maybe a social worker's horn? Email George and don't forget a photo!



## Contact Information

|                        |              |  |
|------------------------|--------------|--|
| George Montgomery      | 704.216.8467 | <a href="mailto:George.Montgomery@rowancountync.gov">George.Montgomery@rowancountync.gov</a> |
| Nadean Quarterman      | 704.216.8462 | <a href="mailto:Nadean.Quarterman@rowancountync.gov">Nadean.Quarterman@rowancountync.gov</a> |
| Social Work Services   | 704.216.8440 |  |
| After Hours & Holidays | 704.216.8500 | Ask for the DSS On-Call Social Worker  |



### Board Payment Schedule

- May's payment will be mailed on June 19, 2020.
- June's payment & Clothing Allowance will be mailed together, date TBD.
- July's payment will be mailed on August 21, 2020.

**COVID-19**  
coronavirus

Ctrl+Click for more information from Rowan County

**ROWAN COUNTY**  
**PUBLIC HEALTH**  
Prevent. Promote. Protect.  
*Be an original.*

We continue to be grateful for your front line work in caring children! We have included a resource on page 3 of this news letter for tips on destressing, parenting in a pandemic, and talking to your kids. Rowan County DSS continues necessary precautions to prevent the spread of the COVID-19. Reminder, events for foster parents and youth remain cancelled. Details of each are below.

### Foster Parent In-Service Training

- In person training remains cancelled until further notice. You are still responsible for ensuring each foster licensed adult completes their bi-annual training requirements. **20 hours of continuing foster parent educational training are required every two years for re-licensure.** Check out the free resources below:
  - Fostering NC provides online training. <http://fosteringnc.org/on-demand-courses/>
  - The Center for Adoption Support & Education (CASE) is offering 13 free In-Demand webinar courses with coupon code HOME. <https://store.adoptionssupport.org/webinars>
  - The Devereaux Center a Free Informational Webinar requiring Registration. <https://centerforresilientchildren.org/home/webinars/>. There are additional On Demand Webinars. **Note: Certificate only provided for registrants of the Informational Meeting.**
  - Fostering Perspectives offers 30 minutes of training credit for each newsletter at the following link. <https://fosteringperspectives.org/?s=get+credit>

### Foster & Adoptive Parent Support Group

- Weekly Virtual ZOOM Group meetings are held on Sundays at 9:00 pm. The late night time is to give everyone a chance to get the kids off to bed so the parents will have uninterrupted time. Email Sarah Shrewsbury at [shrewsburysarah@yahoo.com](mailto:shrewsburysarah@yahoo.com) for a link to the meeting. You can request to be added to a private Facebook group which is updated regularly with the zoom meeting id.

### Foster Parent Recruitment Informational Meeting

- We are always in need of quality families interested in making a positive, lifetime impact through fostering. Inform us if you know of a local organization or group that is willing to give us time for a brief presentation. Know someone interested in becoming licensed foster parent? Email us!
- **New e-mail:** [Fostering@rowancountync.gov](mailto:Fostering@rowancountync.gov)

## LINKS Meeting

- LINKS meetings are suspended at this time. Our coordinator continues to send out the monthly newsletters. If you have a foster child over the age of 13 and are not receiving the newsletter, please contact LINKS coordinator, Tisha Warren, at (704)216-8488 or [Tisha.Warren@rowancountync.gov](mailto:Tisha.Warren@rowancountync.gov).

## Support & Resources

Ctrl+click on the [Blue Underlined](#) text to follow the links to resources.

- STRESS:** With schools closed and kids at home, many parents are facing added stress. Here are ways parents can destress.
  - ➔ [Mindfulness For Parents](#)
  - ➔ [Deep Breathing Techniques](#)
- PARENTING:** As we remain in our homes for extended periods of time to help stop the spread of COVID-19, parenting can be especially challenging.
  - ➔ Here are some [positive parenting tips](#) to help keep the calm at home.
  - ➔ See also, [Coronavirus Resources & Tips for Parents, Children & Others](#)
  - ➔ The [American Academy of Pediatrics](#) Advises Parents Experiencing Stress over COVID-19
  - ➔ Tips for [Coping with a New Baby](#) During COVID-19
  - ➔ Resources for [Supporting Children's Emotional Well-being](#) during the COVID-19 Pandemic
- EDUCATION:** Many parents are looking for advice on how to speak with children about COVID-19. Below are some helpful videos and activity sheets.
  - ➔ [PBS:](#) Read this article from PBS Kids that provides helpful tips about talking to children about COVID-19.
  - ➔ [Sesame Street:](#) Our friends at Sesame Street created a guide on how to discuss COVID-19 with young children.
  - ➔ [Importance of Washing Hands:](#) Sesame Street created fun, printable coloring pages that teach children how to wash their hands step-by-step.
- ACTIVITIES:** Looking for some fun and educational activities for your children while you stay indoors?
  - ➔ [Children's Museum of Manhattan:](#) You may not be able to visit the children's museum, but why not bring it home to you? Visit the Children's Museum of Manhattan's website for some ideas on how to fill your child's day with engaging interactive activities. There's something for everyday of the week!
  - ➔ [Children's Museum of the Arts:](#) Check out these videos from the Children's Museum of the Arts and learn how to make creative art projects out of household materials: tie-dye flowers, space stations, puppets. There's something for everyone!
  - ➔ [Disney Workouts:](#) Disney is offering free, family-friendly workout series that will have you breaking a sweat without even leaving your home.
  - ➔ [Lincoln Center Pop-up Classroom:](#) a daily dose of creativity designed and led by some of world's best artists and educators. Each daily digital live class will utilize simple materials found at home to help families with children explore a variety of art forms.
  - ➔ [Scholastic:](#) Scholastic created a fun-filled list of free at-home activities for children.
  - ➔ [Storyline Online:](#) A digital library of dozens of children's books read by celebrated actors, including Oprah Winfrey.
  - ➔ [Time for Kids](#) magazine is providing access to its digital archive. Stories are suitable for Grades K-6 and grouped according to grade level. They are designed to teach children about the world around them and build news literacy.



## **STATISTICALLY SPEAKING**

There were 4 adoptions that finalized in the month of April, which is an unusually high number for one month. We are so happy these children found permanence.

Foster parents need to know as much information as possible regarding the reason for the child's placement and the needs of the child. Confidential information, specific to the family's struggles, should not be shared unless that information has an impact on the child.

*Policy Brief*