

Fostering Notes Weekly



Week of April 6, 2020

Happy Easter



Who says the Easter Bunny isn't an essential service worker?

Though many activities have been canceled during this pandemic, Easter, occurring this year on April 12, doesn't have to be one of them. There are plenty of ways to make Easter special while following protocol to slow the spread of COVID-19.

This is going to be the Easter that children may remember for the rest of their lives. We should make this day special, because this is going to be the one that they're telling their grandchildren about someday!

Here are some links with some great ideas on how to make the day special for children this Easter:

[Easter Activities Quarantine Friendly - CLICK HERE](#)

[Easter Activities w/ Free Printable, Recipes & More CLICK HERE](#)

[Easy Peasy & Fun Easter Activities - CLICK HERE](#)



Oregon
Family Support
Network

4275 Commercial St SE, Suite 180 Salem, OR 97302
ofsn.org | (P) 503.563.8068 | (F) 503.591.3161

Reach Out Oregon - Tuesday through Thursday 12:00 pm - 7:00 pm
Call 1-833-REACH-OR or chat with us at www.reachoutoregon.org

30 MINUTE SELF CARE

The use of individualized daily self-care techniques is vital to those who are impacted by toxic stress and trauma in their home, community or work environments

DURING THIS CONDENSED 30-MINUTE SESSION WE WILL LOOK AT THE MIND-BODY CONNECTION TO TRAUMA AND TOXIC STRESS, AS WELL AS EXPLORE A VARIETY OF SELF-CARE TOOLS AND RESOURCES.

Join via Zoom:
<https://bit.ly/34dFJhg>

Presented by OFSN Trainer Shawna Canaga!



Oregon Family Support Network has made a recorded session available for viewing on your own time.

Go to <https://bit.ly/34dFJhg> to register and get access to the previously recorded video.



[Statement from Superintendent Perry Regarding School Closure - CLICK HERE](#)

Suggestions For Creating a Work Space at Home for Optimal Learning

When you sit down to begin online learning, you might not realize all the things you need in your space to be successful. Use the checklist below to create a space in your home that will be your “home learning base”. This is where you will go each day when you need to work on your home learning activities. The more things you can check off this list, the more successful you will be as we begin our lessons next week.

CHECK LIST:

- **Comfortable chair**
- **Desk or surface for Chromebook AND space for writing**
- **Good lighting. A light nearby (a window works too)**
- **Ability to limit distractions – consider using headphones**
- **Pencils, pens, and markers – pencil box**
- **Paper**
- **White board and marker (if you have these at home)**

Additional Resources for Students

Online resources-All of these activities are optional

- ★ Learning Resources
- ★ Daily Activities
- ★ Brain Breaks
- ★ Stress Relief



Free Meals for Children under 18

- ★ List of Grab-and-Go sites



Parent/Guardian Resources and Materials



Sample Daily Schedule

Time	Activity	
8:00 - 9:00 am		Morning Routine Breakfast Get ready. <i>Yes, change out of PJs</i>
9:00 - 9:30 am		Math Daily supplemental educational resources. <ul style="list-style-type: none"> - <i>Dedicated practice of learned skills, ideally doing it while sitting next to an adult or older sibling giving them positive feedback for effort.</i>
9:30 - 10:30 am		Physical Activity, Play, Snack Ideally outside if weather permits. Snack time
10:30 - 11:30 am		Language Arts 30 minutes of reading. Read and/or listen to stories. <ul style="list-style-type: none"> - <i>Stories can be read aloud digitally or by an adult or sibling and if students are ready, they can read on their own.</i> 30 minutes of daily supplemental educational resources. <ul style="list-style-type: none"> - <i>Dedicated practice of learned skills, ideally doing it while sitting next to an adult or older sibling giving them positive feedback for effort.</i>
11:30 - 1:00 pm		Lunch, Break, Quiet Time
1:00 - 2:00 pm		Educational Enrichment - Free Choice Math, Literacy, Science, Social Science, SEL. <ul style="list-style-type: none"> - <i>An educational game, free write, and/or an online or printed resource</i>
2:00 - 4:00 pm		Physical Activity, Play, Snack Ideally outside if weather permits. Snack time. Relax, play, time with family.

CLICK ON THE LINK BELOW

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

Training Opportunities/Support Groups/News

How to install and use Skype for Business

- Instructions for Iphone and Samsung attached!



The Second Time Around support group in Salem is being postponed

until future notice to limit exposure for our consumers/caregivers. The CDC guidance for high risk populations is to avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.

If you are in need of connecting with other kinship caregivers check out Ties that Bind on Facebook. Ties that Bind on Facebook is an on-line support group where Oregon grandparents raising grandchildren (and other relatives) ask questions and share links, information, feelings and resources to make life easier for themselves and family. For more information or to join go to WWW.Facebook.com/groups/TiesThatBind.

All caregiver support groups offered by NorthWest Senior and Disability Services (NWSDS) will be postponed until future notice. If you have received information on support groups, classes, trainings or events not offered by NWSDS please contact the community partner putting on the event for additional details.

We will update you as things change. If you have any questions or concerns please feel free to contact me. Or if you cannot reach me and have questions about local resources contact our Aging and Disability Resource Connection at (503) 304-3420 or information.nwsds@nwsds.org. Thanks for your understanding and patience.

Foster Parent College

Interactive multimedia training courses for adoptive, kinship and foster parents.

- Parent Brochure Attached
- Contact Ann Ortiz-Crow to get credits to take courses through Foster Parent College, FREE!
- ANN.F.ORTIZ-CROW@dhsosha.state.or.us

ORPARC (Oregon Post Adoption Resource Center)

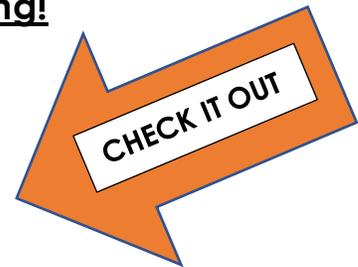
Foster and Adoptive Parent LENDING LIBRARY includes Digital Material

- <https://www.orparc.org/library-request-materials.php?tn=4>

Stay Tuned for more information about the possibilities of going Virtual for Support Groups and Foundations Training!

Successful Video Chats w/ Young Children

- Article Attached



The District 3 website has been updated to include a list of DHS approved video apps workers can use as well as links and information about free or low cost internet service options. Check it out!

[District 3 Website - Click Here](#)

HEATHER FORBES

[FREE WEBINARS CLICK HERE](#) All of these pre-recorded webinars are absolutely free to you with the following coupon code: [thistooshallpass](#) (all one word).

Regretfully, this has been CANCELLED due to Covid-19

FOSTER PARENT APPRECIATION

May 8, 6- 8 PM

Keizer Community Center

GIVE YOURSELF GRACE!

A note from a teacher, to the parents of their students ~

I have heard from so many parents and families trying to figure out what to do with their kiddos at home. I am amazed by how many truly are so concerned about their kiddo falling behind or what they should be working on at home to continue learning. There are lucky kiddos to have such loving parents! If only all kiddos had advocates like you!

While I wish there were great research-based ideas on what to do with kids during a pandemic, there just isn't! But we do know a lot about developing children, transitions and change is hard for all ages! And consider the trauma this season has caused as well; we all are grieving the normal we once knew. Give yourself, your kids and your family **GRACE!**

A few things I do suggest (having no sense of what I'm doing here either) but things my experience as a teacher and a mom lead me to believe...

1. This is a time to focus on your mental health and your kids. Consider your most important skill you can teach your kids now is to grow socially and emotionally. Help them name their feels! Talk through situations you didn't have time to before and **EMPATHIZE with your children**. They just might learn to empathize with you too.
2. Give your kids **CONTROL in every opportunity** even if it's so small. **Kids need CHOICE** and to feel like they have power still. Offer choices that you're okay with at the time. "Do you want to play this or that" or "Do you want a green plate or a red plate?" If they are pushing back on something, give them more choices you're okay with but still keeping your boundaries. Boundaries are healthy and make kids feel safe but they also need control. So hard!
3. **Kids need a ROUTINE!** Make a visual representation listing your routine, but from my experience I would suggest avoiding writing specific times for your schedule because who feels at a loss if you don't get them to do X by whatever time.... You! You feel the loss, they don't. If the schedule is more frustrating to you consider just a routine so you have built in flexibility. Maybe your kiddo is playing so well with their sibling, **don't** interrupt that so you can get them to do schoolwork next.
4. **Modeling FLEXIBILITY is so powerful!** Teachers have to be flexible every day to accommodate so many things and look how flexible you had to be to have your kids home all day and work from home etc. This is a life skill that's so important, so if today your schoolwork or your plan just isn't happening, try it again later or longer tomorrow or hey maybe outside is a better spot for reading!
5. **Find JOY!** Kids love a calendar to know what's coming next. Spending time outside in this beautiful weather has brought joy this week. Having my adult daughter and son here with me while we're in quarantine brought joy as we laugh trying to put together a 1000-piece puzzle.
6. **Know your kids LOVE LANGUAGE and love them that way well.** This can be tricky to know your child's love language but it's so important to feed their needs. I learned early on that my son's love language is time and my daughter's is words of affirmation. When they were young, once I knew how to speak their language, I saw positive results in their behavior.

Notice I have nothing to say about "academics" ... your kids are learning SO much right now. Don't feel any pressure to push your kids into uncharted academic territory. Every kid around the world has been interrupted this spring. Don't make this time about a power struggle to learn another grade level. Teachers are very aware there will be impacts on how we teach and where we pick up when we get back into those classrooms someday.

Grace to yourself. Grace to your kids. Grace with humanity right now.

Be kind to yourselves and your kiddos today 

AFFIRMATION

The action or process of affirming something. To encourage or provide emotional support.

Dear Caregivers,

You are not forgotten and the wonderful service you are providing speaks to the integrity of your heart and active caring for children. I have been so impressed by what I am hearing and seeing of your dedication during this difficult time. You are a blessing to our children. Thank you for being my heroes and have a wonderful Easter.

Blessings,

E'rma S Brundidge
Trainer/Consultant

I AM A Foster Parent. . . .

WHAT
IS
YOUR
SUPER
POWER?

