

Fostering Notes Weekly



Week of June 1 – 5, 20

Child Mind Institute

Helping children when and where they need it most

CHILDMIND.ORG

<https://childmind.org/about-us/>

As the nation mourns the deaths of George Floyd, Breonna Taylor and other black Americans, images of unrest fill our screens. Discussions of racism and violence dominate the national conversation — and the conversations we’re having at home. Children are listening, and they may be scared, angry or confused about what’s going on, while parents (many of whom are struggling to manage our own emotions) are wondering how to help.

Talking to kids about racism and violence is difficult, but it’s also necessary — both now and as children grow up. Today we’re offering guidance and advice for helping your child process their feelings as well as ideas to help parents dig in to challenging questions without turning away. We also recorded a frank, open conversation on this topic between two of our experts, Dr. Kenya Hameed and Dr. Jamie Howard, and rounded up resources to help children build resilience and manage anxiety

CLICK THE HIGHLIGHTED WORDS ABOVE TO GO TO THAT VIDEO

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They're not too young to talk about race!

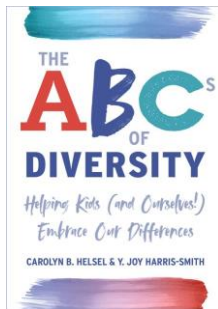
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At birth, babies look equally at faces of all races. At 3 months, babies look more at faces that match the race of their caregivers. (Kelly et al., 2005)	Children as young as two years use race to reason about people's behaviors. (Hirschfeld, 2008)	By 30 months, most children use race to choose playmates. (Katz & Kofkin, 1997)	Expressions of racial prejudice often peak at ages 4 and 5. (Aboud, 2008)	By five, Black and Latinx children in research settings show no preference toward their own groups compared to Whites; White children at this age remain strongly biased in favor of whiteness. (Dunham et al., 2008)	By kindergarten, children show many of the same racial attitudes that adults in our culture hold—they have already learned to associate some groups with higher status than others. (Kinzler, 2016)	Explicit conversations with 5–7 year olds about interracial friendship can dramatically improve their racial attitudes in as little as a single week. (Bronson & Merryman, 2009)

Young children notice and think about race. Adults often worry that talking about race will encourage racial bias in children, but the opposite is true. **Silence about race reinforces racism** by letting children draw their own conclusions based on what they see. Teachers and families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity and skills to promote a more just future—but only if we talk about it!

Do some learning of your own to get ready for conversations with children. Here are some good places to seek *information and training*:

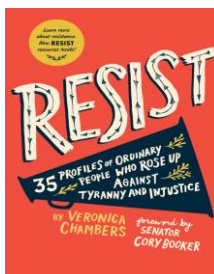
- Teaching Tolerance — tolerance.org
- Raising Race Conscious Children — raceconscious.org
- Embrace Race — embrace.org
- Teaching for Change — teachingforchange.org
- AORTA Cooperative — aorta.coop
- Fortify Community Health (CA) — fortifycommunityhealth@gmail.com
- Delaware Valley Assoc. for the Education of Young Children (PA) — dvaevc.org

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The Children's Community School
1212 South 47th Street, Philadelphia PA 19143
childrenscommunityschool.org



How do we help our children respect, embrace, and learn from those who look and think differently than they do?

The ABCs of Diversity equips parents, teachers, and community leaders to address children of all ages on complicated topics of race, political affiliation, gender, class, religion, ability, nationality, and sexual orientation. Such intercultural dialogues can support communities as they work for the mutual well-being of all. <https://youtu.be/3XM4zqSaHS0>



You may only be one person, but you have the power to change the world.

Before they were activists, they were just like you and me. From Frederick Douglass to Malala Yousafzai, Joan of Arc to John Lewis, Susan B. Anthony to Janet Mock—these remarkable figures show us what it means to take a stand and say no to injustice, even when it would be far easier to stay quiet.



Distance Learning Information
<https://salkeiz.k12.or.us/distance-learning/>

P-EBT – What is it?

Benefits for children who receive free or reduced price school meals.

Pandemic EBT (P-EBT) is funded by The Families First Coronavirus Act for children eligible for free or reduced-price meals at a school participating in the National School Lunch Program (NSLP). P-EBT benefits help families in Oregon buy food when schools are closed for more than 5 days.

Who is eligible?

Oregon families with children who are eligible for free or reduced price school meals will get pandemic food (P-EBT) benefits. This includes children in foster care, children of migrant workers and homeless youth.

Note: Families are eligible for P-EBT benefits even if they have been getting meals from schools or other sources during the school closures. This means **families who receive P-EBT benefits can also get meals from schools or other sources during the school closures.**

How do I get P-EBT benefits?

You will get P-EBT benefits if your child is eligible for free or reduced price school meals.

- If you are a current SNAP participant, P-EBT benefits will be added to your Oregon Trail Card account in late May.
- If you don't currently receive SNAP benefits, you will access your P-EBT benefits through an Oregon Trail Card. **The Oregon Trail Card will be mailed to you in June.**

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4600 25th Ave Ste 110 Salem, OR 97301

P-EBT cont.....

Even though schools are closed, you can still apply for free or reduced price meals. If you are eligible, you will receive P-EBT benefits.

You will only receive P-EBT benefits for the months you were eligible for free or reduced price meals. For example, if you apply for free or reduced price school meals in May, you could receive P-EBT benefits for May and June.

[Apply for free or reduced priced meals online](#) or contact your local school for other ways to apply.

To be eligible for free or reduced priced meals during the 2019-2020 school year, you must apply by June 30, 2020

My school provides free meals for all students. Do I need to apply for free or reduced-price meals?

No. You do not need to apply.

- If you are a current SNAP participant, P-EBT benefits will be added to your Oregon Trail Card account in late May.
- If you don't currently receive SNAP benefits, you will access your P-EBT benefits through an Oregon Trail Card. **The Oregon Trail Card will be mailed to you in June.**

What if my child didn't get free or reduced-price school meals before the school closure?

[Apply for free or reduced price meals online](#) or contact your local school for other ways to apply.

Find more information at

<https://govstatus.egov.com/or-dhs-benefits>

Foster Parent must return Oregon Trail Cards w/ P-EBT benefits for any child/ren no longer in their care.

Community Resources

****NEW**** Marion County Youth and Family Crisis Services for youth 0-17 years old - 503-576-4673
Home & Community Mental Health Crisis Screening and Services.

 [Youth & Families Crisis Services brochure \(English\)](#)

 [Youth & Families Crisis Services brochure \(Spanish\)](#)

 [Flyer - English](#)

 [Flyer - Spanish](#)

 [Santiam Canyon Resource Guide](#)



**GETTING CONNECTED TO
THE SERVICES YOU NEED IS
AS SIMPLE AS DIALING 2-1-1.**

- Health Care
- Energy Assistance
- Elder Care
- Volunteer Options
- Counseling/Support
- Employment Resources
- Emergency Food/Shelter
- Disability Support/Advocacy
- And more...

Your call
is free,
confidential,
and live.

Monday-Friday, 8 a.m. - 6 p.m.
Service available in more than 150 languages.

Search online at 211info.org

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Articles, Information, Resources & Training

How to install and use Skype for Business

- Instructions for Iphone and Samsung attached!

Foster Parent College

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

- Contact Ann Ortiz-Crow to get credits to take courses through Foster Parent College, FREE!
- ANN.F.ORTIZ-CROW@dhsoha.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>

Oregon Department of Human Resources Covid-19 Information and Resources.

- <https://govstatus.egov.com/or-dhs-covid-19>

Netlink opportunities in May – Click link below.

- [Netlinks via PSU CWP](#)

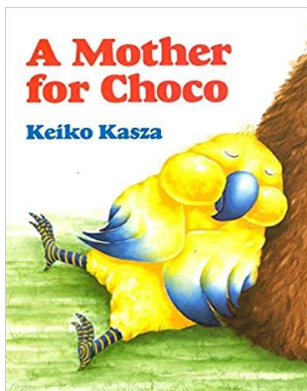
Free Internet – More Information Attached!

- Wave for the Woodburn area: www.Internetfirst.com.
- Comcast for the Salem Area at www.internetessentials.com.

CHAT – Caregiver Happenings, Awareness and Triumphs

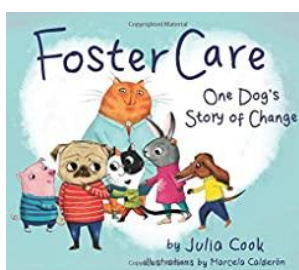
Latest edition sent out 4/14/2020 by email. If you did not get it in your INBOX, Check your Junk/Spam folder. **NOT THERE?**

EMAIL  FosterFamily.Supports@dhsoha.state.or.us



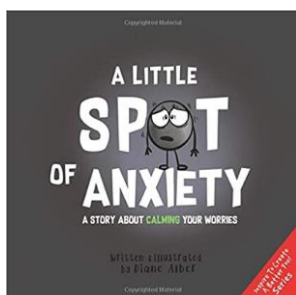
Family is about love no matter how different parents and children may be, adopted or not.

Choco wishes he had a mother, but who could she be? He sets off to find her, asking all kinds of animals, but he doesn't meet anyone who looks just like him. He doesn't even think of asking Mrs. Bear if she's his mother-but then she starts to do just the things a mommy might do. And when she brings him home, he meets her other children-a piglet, a hippo, and an alligator-and learns that families can come in all shapes and sizes and still fit together.



In this heartfelt story from the bestselling author of *My Mouth is a Volcano!*, Foster meets new friends and a kind foster mom who help him **navigate the fears and feelings associated with going into foster care.**

Written in an honest, approachable way, *Foster Care* will encourage children entering or already in foster care and help them understand they are not alone. Foster, Daisy, Zeke, Simpson, and Rex all have different circumstances which brought them to foster care. Together they talk through their stories and realize this is right where they need to be for now; under the caring watch of foster mom, Miss Beulah.



Anxiety comes from feelings of being worried, scared, or anxious. When these feelings are in small amounts that's okay because they are there to help protect us, but when they get TOO BIG, they become overwhelming and need to be managed. When a child experiences anxiety it can prevent them from doing what he/she wants and and/or needs to do, which can make anxiety a disability.

This story addresses how anxiety can affect all ages and how it can show up in all different situations. The Gray SPOT in the story creates a visual representation of Anxiety so that a child can see when it's gets too big, and how to shrink it back to a Green PEACEFUL SPOT.



<https://afosteredlife.podbean.com/>

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Liberty House Resources HERE

What is Liberty House?

Liberty House is a child abuse assessment center serving Marion and Polk counties - the only place providing special assessment services in a safe, comfortable, child-friendly environment.

Since 1999, Liberty House has provided child-focused, high quality assessment services to children when adults are concerned that they may have been hurt by sexual abuse, physical abuse or neglect. With compassion and expertise, medical providers conduct complete medical examinations for the children coming to Liberty House. Specially trained child interviewers also help children talk about what has happened to them in a neutral and sensitive manner to ensure the objectivity of the assessment and the wellbeing of the child.

Complementing the assessment are family support services for caregivers, including information and resources for keeping children safe and healthy. Follow up mental health services for children and their caregivers is available at [Hope & Wellness Services](#) here on our campus.

Liberty House also provides medical consultations to the community about child abuse questions and offers community education and outreach about the issue of child abuse and its prevention.

Liberty House serves children from birth to age 18. Our services are voluntary and free of cost to the family. All services are carefully coordinated with local law enforcement and child welfare agencies in order to provide the highest levels of support for children and families. "It was and is a difficult time for us. My daughter still sleeps with the bear and quilt you gave her. You helped her a great deal in handling her trauma," said one mother.

We invite you to learn more about the issue of child abuse and get involved in making a difference for children!

Stewards of Children® Sexual Abuse Prevention Training



[Darkness To Light Training Information Click HERE](#)

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<https://www.acesconnection.com/>

TIC Take Five: Fingerholds Technique for managing overwhelming emotions and stress

This current situation is, for many individuals, families and communities around the world, a very real trauma. For some, it may not ultimately meet the generally accepted definitions of "trauma." Each of us will experience it differently. Each of us IS experiencing it differently, including a wide range of emotions we may be feeling.

One mind-body self-care strategy we teach in our trauma trainings is the Fingerholds Technique, based on ancient Eastern Medicine traditions, that combines gentle accupressure and mindful breathing to release difficult feelings and bring ourselves back into emotional balance.

The tip of each finger is associated with certain emotions:

Thumb – tears, grief, emotional pain, feeling upset

Pointer/Index finger – fear, panic, feeling scared

Middle finger – anger, rage, resentment, feeling mad

Ring finger – worry, anxiety

Little finger – having self-doubts, not feeling good about ourselves or feeling bad

When you are experiencing one of these emotions, taking a few minutes to do the fingerholds technique can help to re-calibrate us emotionally and regain a sense of calm.

A written explanation of the fingerholds technique, with diagrams is ATTACHED!

If you prefer to watch a video explanation, here's a 2 minute video to guide you through doing the fingerholds technique:

<https://www.youtube.com/watch?v=ggaywj347z0>

FOOD BOX DISTRIBUTION

Farmers to Families Food Box Program

What? Free food boxes, available to the public. The boxes are a mix of produce, dairy and meat products. Availability of box type will vary at each site. They include high quality product sourced from local farmers and food industry partners as part of the Farmers to Families Food Box Program (FFFBP). The food product is 100% refrigerated.

Who? These food boxes are available to anyone in need. There is no income requirement and no ID required. You will only be asked for the number of individuals in your household.

Where/When? See below. Distributions will be socially distanced and “drive through.” Volunteers will ask for your household size and place food boxes directly in your trunk.

How? The USDA purchased these food boxes from regional producers as part of the COVID-19 relief efforts. This program supports local farmers, food industry partners and our local food economies.

Why? To help feed our communities while supporting our farmers, ranchers and food industry during this difficult time

Is it safe? Volunteers will be wearing masks, sanitizing surfaces and taking necessary safety precautions.

See the email for:

- **Locations**
- **Address**
- **Pickup Time**

WATCH YOUR **EMAIL** FOR **DETAILS ABOUT FOOD BOX DISTRIBUTION** AT OUR CHILDWELFARE OFFICE!

You can find this food and more at your local food pantry!
Please visit www.marionpolkfoodshare.org/gethelp for a list of places to get food.

AFFIRMATION

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

DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?