

Loving Hearts Foster Care

July-September 2009



LOVING HEARTS FOSTER CARE NEWSLETTER

Dealing with Anger and Children

Article Excerpt from PsychPage

Do not teach your children never to be angry; teach them how to be angry. ~Lyman Abbott

Is anger a bad thing? Many of us were taught as children that we were not allowed to be angry, that being angry was bad, or that it was our fault if we were angry. These kinds of mistaken beliefs from our own childhood make it more difficult for us to handle anger in children. The first step toward better management of children's anger is to set aside what we were taught, and instead teach something new. Teach children that anger is normal, that it is ok to get angry. The task then becomes how to manage anger and channel it toward productive or at least acceptable outlets. Parents and teachers must remember that just as there are many things in our adult lives that make us angry (i.e., being cut off in traffic, losing something important, or being frustrated by our computers). Becoming angry at these types of events is normal. Likewise, there are many things in children's lives that make them angry, and their reactions are normal. Adults must allow children to feel all of their feelings, and model acceptable ways to manage them. Children respond with anger because they feel helpless. To understand why one child becomes more angry than other children takes some time and effort. What triggered the outburst? The thing to realize is that our anger is generally a reaction to frustration. In children, however, anger appears to be a more generic emotion. It can be triggered by embarrassment, loneliness, isolation, anxiety, and hurt. Children often respond with anger to these types of situations because they feel helpless to understand the situation fully and helpless to change it. In a way, their anger is a response to frustration as well. It is important to remember that anger is not the same thing as aggression. Anger is a feeling, while aggression is a class of behaviors. Anger is a temporary emotional state caused by frustration; aggression is often an attempt to hurt a person or to destroy property. Explain that anger is OK, aggression is not.

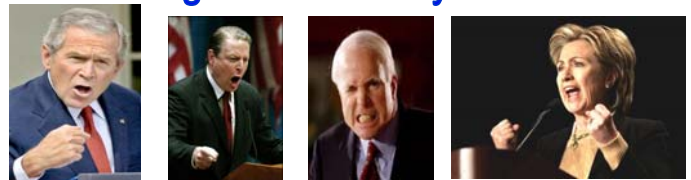
Six Tips for Angry Children:

- Comment on your child's behavior when it is **good**.

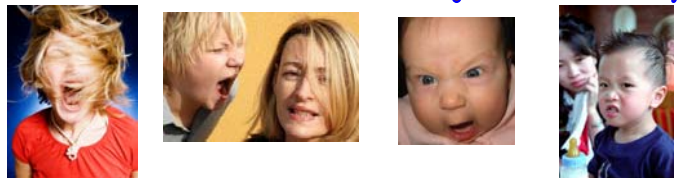
- Ignore inappropriate behavior that you can tolerate.
- Say "NO!" as needed. Limits should be explained clearly and enforced consistently. Don't say "no" all the time though. Be sure to say yes when it is appropriate and point out why that moment is appropriate.
- Provide physical outlets and exercise, both at home and at school.
- Take an interest in your child's activities.
- Use modeling.

Good discipline includes setting limits, but being flexible when needed. It means explaining the rules and sticking to them in a neutral way. Handling angry children means understanding why they are angry and responding appropriately, setting your own anger aside as much as possible. Bad discipline involves punishment which is unduly harsh and unpredictably meted out. Sarcasm and ridicule also go along with bad discipline.

Anger Affects Everyone



Teach Your Children How to Channel Their Anger in Constructive Ways



Everyone will be Happier in the End



Empowerment Training Day July 18, 2009

Join us for a 6 hour training day customized for foster parents.

You will receive individual credit for each class you register.

The training modules include specialized classes for DDD and Spanish speaking only.

All classes are free but registration is required.

Topics include:

Helping Children with Grief and Loss Through Writing	Gang Awareness
Grandparents Raising Grandchildren	Autism Spectrum Disorder
Divided Loyalties for Kinship Care	Preparing Children for Visitations
When Children Trigger Your Past Pain	Sexually Acting Out in Foster Care
Building Connections with my Heritage	Shaken Baby Syndrome
Managing Anger	Positive Behavioral Support for DDD Foster Families

Building Self-Esteem in Children www.mentalhealth.org

Most parents have heard that “an ounce of prevention is worth a pound of cure” and it’s especially true with self-esteem in children. All children need love and appreciation and thrive on positive attention. Yet, how often do parents forget to use words of encouragement such as, “that’s right,” “wonderful,” or “good job”? No matter the age of children or adolescents, good parent-child communication is essential for raising children with self-esteem and confidence. Self-esteem is an indicator of good mental health. It is how we feel about ourselves. Poor self-esteem is nothing to be blamed for, ashamed of, or embarrassed about. Some self-doubt, particularly during adolescence, is normal—even healthy—but poor self-esteem should not be ignored. In some instances, it can be a symptom of a mental health disorder or emotional disturbance. Parents can play important roles in helping their children feel better about themselves and developing greater confidence. Doing this is important because children with good self-esteem:

- Act independently
- Take pride in their accomplishments
- Handle peer pressure appropriately
- Handle positive and negative emotions
- Assume responsibility
- Tolerate frustration
- Attempt new tasks and challenges
- Offer assistance to others

What else can parents do?

Be generous with praise. Parents must develop the habit of looking for situations in which children are doing good jobs, displaying talents, or demonstrating positive character traits. Remember to praise children for jobs well done and for effort.

Teach positive self-statements. It is important for parents to redirect children’s inaccurate or negative beliefs about themselves and to teach them how to think in positive ways.

Avoid criticism that takes the form of ridicule or shame. Blame and negative judgments are at the core of poor self-esteem and can lead to emotional disorders.

Teach children about decision making and to recognize when they have made good decisions. Let them “own” their problems. If they solve them, they gain confidence in themselves. If you solve them, they’ll remain dependent on you. Take the time to answer questions. Help children think of alternative options.

Show children that you can laugh at yourself. Show them that life doesn’t need to be serious all the time and that some teasing is all in fun. Your sense of humor is important for their well-being.

All of us at CPES-Loving Hearts Foster Care would like to say
Happy 4th of July
Congratulations to the Robinson Family on their adoption!

Family Time

Fun things to do with the entire family

Music on the Mountain Enjoy a summer outdoor concert series on Sundays through September 6th at the village of Summerhaven on Mt Lemmon. Featuring musicians playing country, bluegrass and jazz. Bring a lawn chair. Time: Noon to 5pm.

Tucson's Children Museum presents Bubblepalooza. Big bubbles, little bubbles, colorful bubbles, clear bubbles! From bubble art to bubble blowing...bring the whole family and spend the morning making bubbles! July 4, 2009 Time: 10am to 4pm Cost: \$5 for children and \$7 adults. Call to confirm 520-792-9985

Ranch Day: 4th Saturday Colossal Cave Mountain Park Riding Stables 16721 E. Old Spanish Trail Vail EXPERIENCE REAL RANCH LIFE! Learn how a cowboy shoes his horse – right up close! Watch branding and learn why a rancher brands his livestock. Ride a horse drawn hay wagon through historic, scenic La Posta Quemada Ranch – a working ranch since the 1870s. 1-hour sessions,. Available for groups from 10 – 50. Reservations required. Call 647-3450. Cost: \$ 8.50 Adults & \$5.00 12 and Under Call to Confirm.



Kids in the Kitchen

Shake with a Twist

Summer heat getting to you? Cool off with a tall, frosty treat that takes the traditional chocolate shake to tasty new heights.

Combine all ingredients in a blender. Mix on high for about 8 seconds or until the ingredients are evenly combined, then pour into a tall glass. Serves 1.

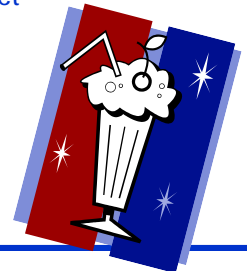
RECIPE INGREDIENTS:

1/2 cup milk

2 scoops chocolate ice cream

3 tablespoons chocolate syrup

1/8 teaspoon peppermint or orange extract



Don't forget to update your First-Aid and CPR this year!

CPES offers First-Aid and CPR classes to all of our foster families **FREE** of charge at our training office located at 1430 E. Ft. Lowell Suite 210 in Tucson.

**Our classes fill up quickly so please register two weeks in advance by calling your licensing worker.

July Class Schedule

07/09 Adult CPR 3p-6:30p
First-Aid 6:30p-8:30p

07/15 First-Aid 10A-12p
Adult CPR 1p-5p

07/22 First-Aid 10A-12p
Adult CPR 1p-5p

07/29 First-Aid 10A-12p
Adult CPR 1p-5p

You can check out the August and September CPR Training Calendar online at www.cpes.com



Foster Parent Resource

1st Choice Tax Services Inc.

Has offered free consultations to foster parents concerning tax guidelines and other services.

Already filed your taxes?

They will review previous tax returns. Call for more information about services provided and fees.

520-320-1041

1640 N Country Club Suite B
Tucson, AZ 85716

Please note that CPR and First-Aid classes do not count towards your required training hours for the year.

We're online!
Check us out at
WWW.CPES.COM



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CPES

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Want to make \$100 the easy way?
Refer a friend to CPES-Loving Hearts Foster Care.
If they become a licensed foster parent we'll give you a
\$100 gift card! You'll also receive an additional \$50 if they are
licensed to care for teens, older children or siblings!



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