

Reminders & Resources
FEC Highlighter

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Family Enrichment Center
 1002 E. Dr. Martin Luther King
 Tampa, FL 33603
 813.237.2530
 813.231.7196 FAX

Foster Care Team

Ext. 13 Michelle Costley
 Ext. 15 Catarolyn Glenn
 Ext. 16 Karen Redd
 Ext. 26 Judy Rowland-Smith
 Ext. 28 Lani Houston

Kinship Care Team

Ext 10 Robert Davis
 Ext 19 Ana Sanabria
 Ext 20 Chauncey Ellis



WHAT'S NEW!!



FEC has a new updated website. Log in to www.lectampa.org to take a look.

Annual Clothing Allowance issued July 15, 2016

- 10-day Tax Free Period begins August 5th this year
- Money is used solely for the purchase of back-to-school clothing and related items
- Cannot be used to purchase such items as diapers, toiletries, etc.
- Submit ORIGINAL RECEIPTS with each child's name on the back of their corresponding receipts to your FDS or mail to Eckerd **no later than September 30th**

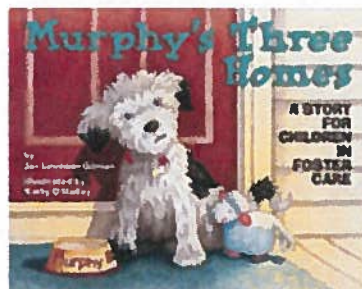
FEC Foster Parents Form Caregiver Activities Committee

Some of their plans include:

- A resource closet
- Conference Training Scholarships
- Dinner during monthly trainings
- Youth educational support (tutoring)
- Sports game tickets
- Volunteer stipends
- Caregiver t-shirts
- Food bank participation

All for the annual membership dues of \$20 per family – JOIN TODAY!!

Book Nook...



Murphy, a Tibetan Terrier puppy, is told he is a 'good luck dog' he is cheerful, happy, and loves to play and wag his tail. However, after going through two different homes and an animal shelter, Murphy starts to feel like a 'bad luck dog' who nobody wants. Murphy's Three Homes follows this adorable pup through his placement in three new homes, as well as through his anxiety, self-doubt, and hope for a new, loving family. Finally, Murphy is placed in a caring foster home where he feels comfortable and valued. He learns that he is not a bad dog after all and can go back to being a playful puppy and a 'good luck dog!' This book is available at Barnes & Noble for under \$6.



ON-LINE TRAINING

Below are a few websites where you can access available foster care-giving trainings from reading articles to interactive videos to obtain your hours for re-licensure. Remember, 12 training hours are needed per year, with 1-2 training hours completed each month!

Online Training Resources offer training hours from the comfort of your home with flexible hours.....train around your schedule. No need for baby sitters.

Website Resources.

www.centerforchildwelfare.com

<http://www.childwelfare.gov>



Do you have a success story, poem, picture or idea that you want to share, send us a copy and we will feature it in our newsletter.

How YOU Can Help!!

- Help us meet our recruitment goals by joining the Caregiver Activities Committee – attend recruitment events to tell prospective parents about your experience.
- Contact FEC to tape a testimonial to become eligible to be featured on the agency’s website.
- Be a trained volunteer for FEC during the upcoming football season with the **Tampa Bay Buccaneers/ Aramark** fundraising program.

Important Dates...

UPCOMING TRAINING:

HCFPA Membership Meeting

Saturday, August 6th 2016 – 10:00 am

HCFPA Meetings are held at the Family Place – 9309 N. Florida Ave. in Tampa near E. Busch Blvd.

FEC in-service: Topic: “Supporting Youth in Education”

On Tuesday, July 26th 2016 - 6:00 pm

and

FEC in-service: Topic: “Town Hall Meeting – System of Care Update”

On Tuesday, August 23rd 2016 – 6:00 pm

“Training Tuesday” Sessions are held at the W.E. Davis Family Support Center – 5407 N. 30th St. Tampa
RSVP to your FDS. Child care is available, but limited due to safety concerns. Please RSVP.

FEC Professional Parenting Pre-service Training for Prospective Foster Parents

Thursday evenings 07/21/16 – 09/08/16 from 6:15 to 9:15 p.m. and

Saturday mornings 08/06/16 – 08/27/16 from 9:00 am to 3:30 p.m. (expedited)

Currently licensed foster parents may join for refresher sessions. SORRY, THERE IS NO CHILD CARE PROVIDED.

WELCOME TO THE FAMILY

Join us in welcoming the following newly licensed foster families:

- ✓ Alana Perry
- ✓ Pamela Wilcher
- ✓ Nakia Sturrrup
- ✓ Sadie Douglas
- ✓ Donovan & Shatonja Williams
- ✓ Bruce & Wanda Chabot
- ✓ Joanne Mangum
- ✓ Ruth & Reinaldo Torres
- ✓ Lourdes Delgado

and Family Development Specialists (FDS):

- ✓ Catarolyn Glenn
- ✓ Lani Houston
- ✓ Karen Redd

FEC’s Helpful Fostering Tips:

1. Your licensing renewal application MUST be submitted to Eckerd for review no later than 45 days prior to the expiration date of your license. In order to meet this mandatory deadline, we begin the re-licensing process a minimum of 90 days before expiration.
2. You MUST be fingerprinted every 5 years. Five (5) year and annual background screening results take a minimum of 30 business/working days to return.
3. All children 12 to 17 and turning 12 living in your home during the license year must have juvenile clearances completed. Please be sure to advise your FDS when a child in your home turns 12 years old.

Swimming Safely in Lakes, Rivers and Streams

Swimming in lakes, rivers and streams can be safe at designated swimming areas that are protected by lifeguards. Swimming in a natural body of water is different from swimming in a pool. More skills and energy are required for natural water environments because of cold water and air temperatures, currents, waves and other conditions—and these conditions can change due to weather.

Life Jackets Are Not Just for Boating

Many people involved in aquatic emergencies never intended to swim in the first place. Whenever you are around water, take steps to prepare for the unexpected, such as wearing a U.S. Coast Guard-approved life jacket, also known as a personal flotation device (PFD). Select and use the right life jacket by:

1. Checking the life jacket label for proper usage and sizing and to be sure that it is U.S. Coast Guard approved.
2. Making sure each life jacket fits its intended user.
3. Checking buckles and straps for proper function. Discard any life jacket with torn fabric or straps that have pulled loose.
4. Making sure everyone tests swimming in a life jacket in a swimming pool.



PHOTO GALLERY



Mr. Robert Davis, Operations Director for Kinship Care along with Mrs. Dee Solomon and camp participants J'Shon Scott, Cornelius Williams, Kerry Taylor and Keyron Taylor at the 2016 Freddie Solomon Youth Football Camp ON July 16 @ the University of Tampa Athletic Complex

Look for this and other photos on the FEC website at www.lectampa.org

Did You Know...

- ❖ The most commonly used alphabet is "E"?
- ❖ Lemons contain more sugar than strawberries?
- ❖ 11% of people are left handed?
- ❖ August has the highest percentage of births?
- ❖ You burn more calories sleeping than watching TV?
- ❖ The bigger the orange, the sweeter it is?

From Did-you-knows.com



10 Stress Management Tips for Parents

29 August, 2011 – excerpted from *Foster 2 Forever.com* by Penelope

Are you a stressed parent?

Most parents would declare a resounding, “YES”! Add to that the stress of parenting foster children that have suffered through neglect and other abuse. Haunted by their traumas, foster children can act out with behaviors difficult for us, as parents, to understand or manage. The resulting stress can be overwhelming sometimes.

STRESSED OUT?



10
Stress Management
Tips for Parents
Foster2Forever.com

Secondary Traumatic Stress (STS) is defined as the “stress resulting from helping or wanting to help a traumatized or suffering person.” STS is commonly referred to as **Compassion Fatigue**.

- Foster parents are especially at risk for developing STS due to:
- Having empathy for foster children; and
- Not having enough recovery time.

As a foster parent, you might be suffering from STS if:

- Acting and/or feeling in ways that are not normal for you;
- Feelings of anger, sadness, depression, or anxiety that last longer than usual;
- Having nightmares similar to the type of trauma that your foster children have experienced;
- Avoiding places or people out of fear for your foster children.

The signs of stress can be physical, mental, or behavioral. These may include:

- Tight muscles
- Feeling anxious, forgetful, sad, confused, angry
- Lack of caring for others
- Mood swings
- Laziness
- Irritability
- Over or under eating

There are a number of **ways that you can combat stress** in your life.

1. **Exercise.** Last year, I started the [Couch Potato to 5K \(c25k\) program](#) and now try to run/walk for at least 30 minutes 2-3 times a week. (*I jog 2 minutes, then walk 1 minute and have gone as far as 8 miles using this method. I DON'T run 30 minutes straight.*) I have completed a number of 5ks and am training for a half-marathon in November using the [Galloway walk/run program](#). I can feel my self-esteem improving with every milestone. Do you have any exercise goals?
2. **Eat Properly.** I do not eat as well as I should, but have been more self-conscious of the foods I eat. I have a chef salad for lunch most days and have added more olive oil to my diet.
3. **Journaling.** Having a website allows me the opportunity to write out my frustrations of being a foster parent. Do you blog or journal?
4. **Join a Support Group.** The wonderful readers that comment here on *Foster2forever* are my support group. Thank you!!! Do you have a support group?
5. **Ask for Respite Care.** A few weeks ago, [FosterDad and I took respite care](#) and enjoyed our time away from the kids to reconnect and just relax and focus on the 2 of us. Sadly, we do not regularly schedule time together and I believe we need time away again! Scheduling weekly date nights is the next goal!
6. **Family Fun.** When we do [fun things with the kids](#) that allow them to be kids, we ALL feel better. We need to schedule this more often! Last night, Stinkpot enjoyed playing baseball with FosterDad in the 102 heat. Maybe a trip to the beach this weekend?
7. **Massage.** I get tension headaches when I'm stressed and can feel it in my shoulders and neck. When pain killers just don't do the trick, I take a quick trip to the mall to the massage kiosk to have my neck and shoulders massaged. Works every time!
8. **Yoga and/or Meditation.** I haven't practiced yoga in a few years, but the stretching and meditation through counting helped me relax tremendously. When I try thinking about what's bothering me, each time, I'm so relaxed that I can't think of anything!
9. **Music.** Add music to your life. Nothing can change my mood quicker than music. My kids love music too. Singing to my kids also helps them during tense times.
10. **Acceptance.** Learn to accept your children. Our Stinkpot is an extremely strong-willed child. As I was reading [Setting Limits with your Strong-Willed Child](#), Dr. MacKenzie pointed out that it is the nature of the strong-willed child to test, test and test *everything*. Once I realized that it was Stinkpot's job to test me, I was able to better accept it, anticipate it and cope with it.