

## Reminders &amp; Resources

**FEC Highlighter****INSIDE THIS ISSUE:**

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**What's New!!****THERE IS NO ROOM AT THE INN!!**

As I am sure you are aware by now, our System of Care (SOC) has experienced an unprecedented number of new children being sheltered over the last several weeks. SOC bed capacity/availability has, unfortunately, fallen far short of the number needed to accommodate them; and as a result, children are being shuffled from one foster home to another in temporary placements nightly; waiting longer than ever for permanent placements to be identified; sibling groups are being split up; and placement, licensing FDS as well as case management and Eckerd management staff are sitting up night after night making placement calls to foster homes asking families to care for children falling outside their placement profile and established bed capacity. More than ever before -- WE need your help!!!

- If you have a guest room you can use
- If you can add an extra bed to a room that allows for another child to share
- If you have foster children who will be reunified soon
- If you are "taking a break" but can care for a child, if we can provide a little more help
- If you are helping out by providing overnight, temporary care

We need you to remember children need to feel safe in stable, loving homes. Let us know you can help -- RIGHT NOW!! Call our main office at (813) 237-2530 or FEC's after hours on-call at (813) 997-6716.

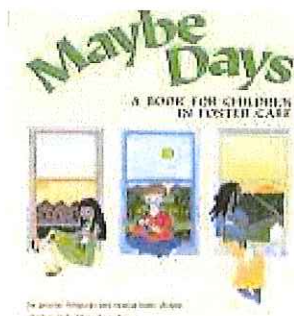
**NOT SO NEW -- IN-SERVICE TRAINING REQUIREMENTS**

Each caregiver/foster parent is required to complete twelve (12) in-service training hours per license year. The purpose of training is to enhance, improve and build each caregiver's knowledge, skills and abilities across time. Caregivers are now required to:

- Complete between 3 to 5 hours of training quarterly (every 3 months) (on-line trainings and related quizzes must be completed individually by each caregiver and the completion certificates printed separately -- one certificate per person for each training completed)
- Complete the water safety class (if applicable) and psychotropic medications refresher class annually
- Complete at least 3 hours of training specific to trauma and its impact on children's behaviors

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

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

**Book Nook...**

This book introduces the people and procedures involved in foster care, and the feelings, reactions, and concerns of new foster children. Includes an afterword for caregivers. This book can be found at Walmart

for under \$10 dollars.  
Ready, Set, Read!





## 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.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.



**New Life Village** is a community designed especially for parents who have adopted children out of foster care. For more information on how to live in the community, volunteer or donate, please visit their website @ [www.newlifelivillage.org](http://www.newlifelivillage.org) or call 813-304-0623.

### Crisis Center of Tampa Bay Services

- 2-1-1 Tampa Bay – Information, referral and Crisis Counseling – 2-1-1
- Child Development Infoline – (813) 425-GROW (4769)
- Corbett Trauma Center – Trauma counseling services for children and adults – (813) 264-9955
- Telephone Reassurance – Daily reassurance and safety checks – 964-1577
- Family Stabilization – Financial assistance – 264-9949
- Sexual Assault Services – Sexual assault forensic medical unit – 2-1-1
- TransCare – Emergency medical and/or mental health transportation – 681-4422
- Volunteer services – 969-4991

## Help!!

Help us meet our recruitment goals by hosting an agency sponsored information meeting at your home, church or community center.

What YOU will do:

- Contact FEC to set a date, time and place for your event
- Invite people who want to make a difference in the lives of vulnerable children – your family, friends, acquaintances and people you come in contact with at the grocery store, nail salon, church – anywhere you go...

What FEC will do:

- Bring refreshments -- snacks and drinks
- Present information and follow up
- Teach the class at your church or community center, when possible
- Give you a \$25 gift card for every family licensed from your referral

## Important Dates...

### UPCOMING TRAINING:

#### HCFPA Membership Meeting

Saturday, August 6<sup>th</sup> 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: "TBD"

On Tuesday, June 28<sup>th</sup> 2016 - 6:00 pm

"Training Tuesday" Sessions are held at the W.E. Davis Family Support Center – 5407 N. 30<sup>th</sup> St. Tampa

#### FEC in-service: Topic: "Psychotropic Medication Update"

Saturday, June 11, 2016 – 12:00 pm (MANDATORY for all new and existing families)

This session is being held as part of the Pre-service training for prospective foster parents at the FEC Main Office – 1002 E. M. L. King, Jr. Blvd.; Licensed foster parents are encouraged to attend to meet the annual "Psych Meds" Refresher requirement. SORRY, THERE IS NO CHILD CARE PROVIDED.

## FEC's Helpful Tips:

1. FEC is responsible for ensuring placements in your home are properly verified to avoid board rate payment errors and delays. Please call Michelle Costley @ ext. 13 on the day children leave your home. We need to know the child's name, last night the child slept in your home and where they moved to – i.e., reunification with a parent, a relative placement, to adoption or aged out.
2. There is a new Independent Living Services documentation form for those of you who are caring for children 13 years and older. You are teaching these kids some valuable life skills. Make sure we know it. The form should be maintained in the child's "yellow jacket" (Child Resource Record) Ask your child's Case Manager for more details.



## Tips for Building Trusting Relationships with the Children in Your Care

1. **Provide Stability & Consistency:** Giving children a loving, stable environment until permanency is achieved shows them you are an added support.
2. **Be a Positive Role Model:** Lead by example; kids' actions and words are dictated by what they observe from adults.
3. **Make yourself Available:** Engage with the child in open, honest conversations.
4. **Have an attitude of Acceptance:** Accept all children for who they are, and who their biological families are, even when it looks different than your own family.
5. **Pursue Education & Training:** Take advantage of training opportunities in person and on-line to gain a better understanding of behaviors and challenges for the children in your home. Increase your knowledge, skills and parenting abilities.



### *PHOTOS FROM FEC'S FIRST EVER BBQ & MOVIE ON THE LAWN*



### Did You Know That...

- ❖ It is impossible for most people to lick their own elbow. (try it!)
- ❖ Los Angeles' full name is "El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula"
- ❖ A cat has 32 muscles in each ear.
- ❖ An ostrich's eye is bigger than its brain.
- ❖ Tigers have striped skin, not just striped fur.





# ***Making Healthier Food Choices!***

***As caregivers, it is important that we feed our kids meals and snacks that are all around healthy. However, healthy does not mean it does not have to be fun. Check out a few fun and easy recipes for the family to make and enjoy and see below how to obtain a free recipe book!***

## **LUNCH: Turkey Wraps**



### **Ingredients**

- 2 whole grain 8-inch tortillas
- 2 Tbsp hummus (healthy substitute of mayonnaise)
- 4 slices low sodium roasted turkey breast (about 4 oz total)
- 4 romaine lettuce leaves
- 4 tomato slices
- 2 slices reduced fat cheddar cheese (about 2 oz total)

### **Preparation**

1. Lay out the wraps on a flat surface.
2. In the center of the tortilla, spread 1 tablespoon of the hummus on each wrap and top each with 2 slices turkey, 2 romaine leaves, 2 tomato slices and 1 cheese slice.
3. Fold an inch of the top of the wrap down over the filling, then fold an inch of the bottom up over it. Starting with one side, roll the wrap up tightly into a log.

**Makes 2 wraps**

## **SNACK: Peanut Butter & Apple Wedges**



### **Ingredients**

- 1/4 cup low fat granola
- 1 oz dark chocolate chips
- 2 large Gala or Fuji apples
- 3 Tbsp peanut butter

### **Preparation**

1. In a small bowl, combine granola and chocolate chips.
2. Slice each apple into 8 wedges.
3. Spread approximately 1/2 teaspoon peanut butter on each apple wedge.
4. Dip apple wedge, peanut butter side down, into granola mixture. Serve immediately.

**Makes 8 servings**



## **DESSERT: Honey Yogurt Parfait**



### **Ingredients**

- 1/2 cup uncooked oats (gluten free if needed)
- 1/4 cup sliced natural almonds
- 2 Tbsp wheat germ
- 1 Tbsp orange juice
- 1 Tbsp honey
- 1/2 tsp cinnamon
- 12 oz nonfat vanilla Greek yogurt
- 12 oz nonfat plain Greek yogurt
- 1 cup sliced strawberries
- 1 cup blueberries

### **Preparation**

1. Preheat oven to 325°. Lightly spray 8-inch square baking pan with nonstick cooking spray.
2. In a bowl, combine oats, almonds and wheat germ.
3. In another small bowl, combine orange juice, honey and cinnamon.
4. Add juice mixture to oat mixture; mix well.
5. Spread mixture evenly into prepared baking pan. Bake for 20 to 25 minutes, or until toasted, stirring twice during baking. Remove from oven. Transfer mixture to sheet of foil to cool fully.
6. In a bowl, combine the yogurts.
7. In 6 parfait or other glasses, evenly divide yogurt, berries and granola in layers.

**Makes 6 servings**