

Family Resource Network

January/February 2017



Mission Statement

To provide the best quality care, education, and programs for children and families and to serve the community in which we live and work!

About Us

Family Resource Network, formally Kids' Resource Network, was founded in 1985, moving into El Paso county area in 1992. Since the beginning it has been our goal to grow gradually and to focus on a solid and stable program. Our outstanding resources are proof of that. Family Resource Network is the exception! We work with many diverse children and families, who all have different and special needs. Our families and staff stand out above and beyond what could possibly be expected and provide an amazing service to the children and families in the community. We work with children from ages 0-18 and sometimes help young adults up to the age of 21 should there be special circumstances. Family Resource Network works to reunify children in a safe and stable family environment. Should a child be unable to return to their biological family, we help to locate and finalize a permanent placement. In addition to Foster/Adoptive services, we also have a host of services that we provide to the community, through our partnership with Kaleidoscope counseling, such as family, couples, individual, and play therapy, life skills, family preservation, parenting groups, foster and adoptive support groups, assessments, evaluations, interventions and child and family investigations.



SPOTLIGHT

At the end of September 2016, Jessica and Eric were welcomed into the Family Resource Network family of providers. Jessica and Eric have three children and two adopted pets named Teddy and C.J. This family has so much love to give that they have opened their hearts and home for children who need a forever home. Jessica and Eric are prime examples of parents who can provide a loving, nurturing, and safe home to more children. Becoming a foster parent was a lifelong dream for Jessica which is now a reality! The family is eager to provide a stable and loving home for a child in need of a forever home. This family lives in an area with ½ acre of land for the kids to run and play. Both, Jessica and Eric have a professional background that would be highly beneficial

PHOTO COURTESY OF ZIGGITYZOOM.COM

Tomato Soup and Grilled Cheese Sandwiches



Tomato Soup:

Sauté:

- 4 finely dice garlic cloves
- 1 cup finely diced Vidalia onion
- 2 Tbsp olive oil
- 1 tsp fresh thyme leaves

Add:

- 2 cans diced tomatoes, 28 ounce size
- 3 cups chicken stock / "No Chicken" broth (vegan version)
- ½ tsp basil
- 2 ½ Tbsp sugar
- 4 Tbsp half n half
- 2 Tbsp grated parmesan cheese
- Pepper and sea salt

Sauté above ingredients for approximately 5 minutes over medium heat. Add remaining ingredients and heat over medium heat for 15-20 minutes. Use a hand-held blender to remove chunkiness, or use a regular blender. Blend to desired texture. If serving kids, they may prefer a very smooth consistency.

Grilled Cheese Hearts:

- Oatmeal bread slices
- Mozzarella slices
- Butter

For each sandwich, start with two slices of bread. Either hand-cut a "heart" shape or use a heart-shaped cookie cutter. Butter bread slices on one side. Set one buttered slice in pan over medium heat, set cheese slice on top and then top off with second slice of bread, butter side up. Flip sandwich once first side is lightly browned. Lightly brown second side.



Director's Chair

This month the Family Resource Network clinical team has grown... to include two new interns and a therapist.

Dawn is a Colorado native who is joining us for her practicum after having worked as a behavior analyst. For 15 years Dawn worked with children with autism. She is currently a graduate student at Adams State University.

Diana is also starting her practicum and is a graduate student at Capella University. Her previous experience includes teaching middle school and high school Spanish in Missouri where she is originally from.

Rob is our new therapist. Rob has a degree in mental health counseling from Denver Seminary and has worked in developmental trauma, intensive in-home therapy, and had his own private practice. He also enjoys focusing on cross cultural issues as he lived in South Africa for 17 years and has experience with adjusting to new cultures.

I hope you'll come in to meet them soon.

4 Activities to Help Kids with Special Needs Learn at Home

Parents of children with special needs work to ensure they are getting a sound education at school and that their needs are being met through an Individualized Education Program (IEP) or [504 Plan](#). However, these parents also realize that they have a responsibility to support their children and help them learn and develop skills at home as well. The following activities are some of the best we've found for helping kids with special needs learn at home.

1. Drama Activities

For kids who live with attention deficit hyperactivity disorder (ADHD) or who have an autism spectrum disorder, it is helpful to take part in [drama activities](#) because they promote the development of social skills. When acting out a play or learning appropriate behaviors or new skills through drama, kids with special needs can concentrate on learning in a manner that they perceive as being safe because they are not in a typical classroom setting. They can hide behind a mask or a prop and explore their new understanding in a controlled and predictable setting that includes a script.



Parents have a nearly limitless catalog of options for creating drama activities at home. If children are struggling with a certain social situation at school, you can act it out at home with them and model appropriate behaviors or Responses.

to caring for children who have had a rough beginning in life.

Family Resource Network is lucky to have such a high caliber family as a foster to adopt family! Thank you for all you have done to become licensed providers, we feel privileged to be on this journey with you

2. Work on a Car Together

Hands-on learning activities are ideal for kids with special needs, especially those who are tactile learners. By [working on a car](#) together, you are giving your child an opportunity to gain real-world experiences and build skills that may lead to employment or a hobby that will stay with your child for the rest of his life.

Working on a car together also is an ideal way to help your child with special needs match his abilities and skills to tasks. There are so many things that you can do when you work on a car that kids with special needs of nearly any age can help and build their skills and confidence at the same time.

3. Learn to Prepare Meals

Teaching children with special needs to prepare foods, eat healthily, and cook safely is important for increasing their confidence and [future independence](#). Cooking also helps kids apply mathematical concepts to real-world scenarios and by adding, subtracting, and using fractions. Additionally, reading recipes and working with short lists of instructions is good reading practice for kids with [dyslexia](#). Begin with simple recipes and encourage kids to do as much as they can handle on their own with guidance from you.

[Cooking](#) is an ideal activity to do at home with

For young children with special needs, use pretend money and play store or bank at home. For example, help your child create a store with her belongings and make purchases with one of you acting as the cashier and one of you acting as the customer. Older children can learn about money and personal finances with allowances or taking part in creating the weekly grocery list.

By supporting kids' learning and development at home, parents ensure their children with special needs can apply their knowledge to real-life situations and grasp concepts that will benefit them in the long term.

Image via [Flickr](#) by Lyn Lomasi

CALENDAR OF EVENTS

SUPPORT GROUP SCHEDULE:

Foster Parent Support Group classes are designed to offer training and education to help parents succeed and build bonds with other fostering parents. These two hour classes offer a way to earn training credit towards state licensing requirements. Best of all—they are FREE! All Foster Parent Support Group meeting times will begin promptly at 9:00 am. Evening classes will be offered by request and RSVP. Evening classes begin promptly at 5:30pm for those who have RSVP'd; we need a minimum of 2 families to conduct evening meetings. Please call 719-227-7477 ex. 16 to RSVP for an evening Foster Parent Evening Support Group Meeting.

Meeting times are 9:00 am (no RSVP required) or 5:30pm (with RSVP).

- Tuesday, Feb. 28th
- Tuesday, March 28th
- Thursday, April 27th
- Tuesday, May 23rd
- Tuesday, June 27th

