



Richmond Resource Center Gazette

Spring 2014 Edition

Table of Contents:

- Training Opportunities: pg. 2
- Article: Parenting a Difficult Child.....pg. 3
- Birthdays/Congratulations.....pg. 4
- Referral Bonus/ Article.....pg. 5
- Cooking Corner.....pg. 6
- Parent Trainer Contact Information.....pg. 7



FHC Richmond Trainings 2014

Pride Training

Wednesday, March 19– 5:30 p.m.-9:30 p.m.

Saturday, March 22– 9:00 a.m.– 5:00 p.m.

Wednesday April 2– 5:30 p.m.-9:30 p.m.

Wednesday, April 9– 5:30 p.m.-9:30 p.m.

Wednesday, April 19– 5:30 p.m.– 9:30 p.m.

*****Youth Empowerment Group will be offered on:**

3/27- SAT/College Prep; Leader- Ms. Aisha, Co-Facilitator- Ms. Rosalind

4/27- Budgeting/Money Management; Leader- Ms. Rosalind, Co-Facilitator- Ms. Bekki

5/22-Healthy Cooking Skills Leader- Ms. Bekki, Co-Facilitator- Christine

***** Foster parents bringing a child will also have the opportunity to be provided training.**

*****Snacks provided!**

Brown Bag Trainings

Remember to bring your lunch and join us from 12 p.m.-2 p.m.

March 19, 2014 : *VEMAT Preparation and Procedures*

April 16, 2014: *SCAN (Stop Child Abuse Now) Awareness and Prevention*

May 21, 2014: *National Foster Care month*

Parenting a Difficult Child

Grating qualities, great strengths, and seven suggestions

Published on February 25, 2014 by Carrie Barron, M.D. in The Creativity Cure

Some children are hardwired to disturb the peace at home or school but their unusual energies take them to high places later.

Why are some kids difficult: ADHD, a creative personality, a highly sensitive nature, oppositional defiant disorder, a learning disability, a mood disorder or a sub-clinical phenomenon? Naming a problem can be good for clarity and anxiety relief. However, the diagnosis is less important than customizing a remedy for each child and family.

Disruptive, demanding children can become fantastic contributors later in life. A troublemaker who takes over the classroom may become an energetic CEO. A big personality might become a media mogul. A tearful soul might become a missionary for a meaningful cause. A recluse may become an artist. Some people are not that social because they have a rich inner life. If your child hibernates all weekend maybe you do not have to worry as much as you think you do. Some kids are too social in the eyes of their parents but the stimulation they get from carousing may be the source of great success in the future. Unless there is an underlying illness, riding out the calls from the principal may be your best bet.

That said, life is hard for kids who don't vored by teachers, sitters or family doubt, overt punitive gestures or subtle

Conform versus be yourself can be an challenge. Have faith that small steps kids grow out of unevenness.

In the here and now, how can you help and adjust to expectations so that they peers?

Understanding and managing your own out what to do.



comply or fit in. They may be disfa- members, which can lead to self- rejections.

interesting rather than a torturous lead to big changes and know that

your child protect his or her spirit do not alienate authority figures or

inner reactions will help you figure

Seven Suggestions

- Be honest with yourself about who your child really is even if you cannot exactly figure out where they came from.
- Accept that your personality and theirs may not have a natural harmony. That's okay. Love does not require a symbiosis or sameness. There can be a distance between you and your child.
- Explore supports for his or her strengths. If she tends to get revved up maybe a calm friend is good and will bring out the best in him or her. Support can come in the form of an opposite influence.
- Communicate about how it is going. Listen to what your child says and observe where there is a spike in emotion. This will give you a clue to the crux of the matter if they have not told you directly. Kids may not be able to articulate what is wrong, but they reveal it through behavior or affect (emotion.) Being heard goes a long way because when a child feels less alone with the predicament, he or she is more motivated to comply without feeling controlled.
- Respect idiosyncrasies in your child and see how to channel them. Go with their natural gifts and characteristics. Be at

MARCH

**K. Cotman
3/22**

**A. Crawley
3/30**



APRIL

**C. Cherry
4/29**

**J. Cherry
4/25**

**S. Robertson
4/25**



FHC wants to welcome new foster parents:

P. Woodson & E. & W Woodruff!

“Thank you all for your hard work and dedication

Anniversaries

M. Couroma– 2 years

J. Willis– 11 years

Employee of the Quarter

Christine Smither

to the service you provide to our foster children”

FHC Referral Bonus



TELL YOUR FRIENDS!

REMEMBER that FHC will pay any current foster parent that refers a new parent!!

You can receive a stipend for:

- ◆ **\$150** when a referred home completes PRIDE training.
- ◆ **\$250** when a referred home opens.

The Dangers of "Button" Batteries!!

This Patient Safety Advisory is to inform all UHS Facilities of a potential risk associated with "button-type" batteries used in small electronics. Some examples include, but are not limited to: TV/VCR remote controls, hearing aids, small toys, watches, laser pointers, flashlights, flameless candles, key fobs, book lights, calculators, glucometers, timers, lighted jewelry/shoes, digital thermometers, music players, cameras, and wireless game controls.

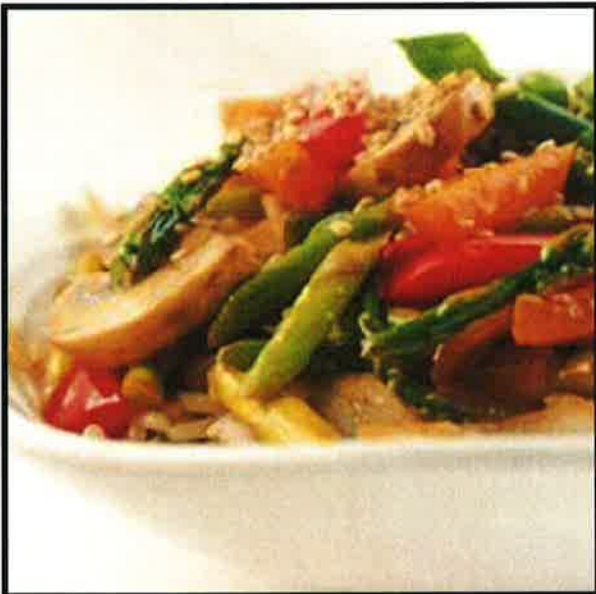
Risk Issue: Ingestion of button batteries can result in irreversible injury and/or death. Injury can occur rapidly. An individual can be asymptomatic or demonstrate non-specific symptoms until catastrophic injuries develop over a period of hours or days.

Information: When swallowed, saliva triggers an electrical current. The chemical reaction that results can severely burn the esophagus in as little as two hours. Batteries can lodge in the esophagus causing erosion along with irreversible damage. Erosion of the esophagus can extend into the aorta resulting in massive hemorrhage and death. Button batteries put in the nasal or ear canal can be equally damaging.

Signs and Symptoms: It may not be obvious at first that something is wrong. An individual can still breathe and act normal after ingesting a battery. It may seem like the person has the flu. Symptoms of battery ingestion can include: Coughing, vomiting, refusal of food, fever, or listlessness and discomfort.

Cooking Corner

Stir Fried Sesame Vegetables with Rice



Ingredients

Original recipe makes 4 servings

- 1 1/2 cups vegetable broth
- 3/4 cup uncooked long-grain white rice
- 1 tablespoon margarine
- 1 tablespoon sesame seeds
- 2 tablespoons peanut oil
- 1/2 pound fresh asparagus, trimmed and cut into 1 inch pieces
- 1 large red bell pepper, cut into 1 inch pieces
- 1 large yellow onion, sliced
- 2 cups sliced mushrooms
- 2 teaspoons minced fresh ginger root
- 1 teaspoon minced garlic
- 3 tablespoons soy sauce

Directions

1. Preheat oven to 350 degrees F (175 degrees C). In a saucepan combine broth, rice and margarine. Cover and bring to a boil over high heat. Reduce heat to low and simmer for 15 minutes, or until all liquid is absorbed.
2. Place sesame seeds on a small baking sheet and bake in preheated oven for 5 to 6 minutes, or until golden brown; set aside. Meanwhile, heat peanut oil in a large skillet or wok over medium-high heat until very hot. Add asparagus, bell pepper, onion, mushrooms, ginger and garlic and stir-fry for 4 to 5 minutes, or until vegetables are tender but crisp. Stir in soy-sauce and cook for 30 seconds.



PARENT TRAINING CONTACT NUMBERS and EMAILS

Rose Dixon

Foster Parent Trainer

(804)-358-8737 ext. 208

Rose.Dixon@uhsinc.com

Bekki Dize

Foster Parent Trainer Flex

(804)-358-8737 ext. 211

Bekki.Dize@uhsinc.com

On-Call Weekend/Holiday Numbers

(804)-205-4870—Caseworker

(804)-640-6669—Supervisor