

Especially for Adoptive
Parents and
Relative Caregivers

May 5 - Cinco de Mayo
May 11 - Mother's Day
May 26 - Memorial Day



Family Support Services
OF NORTH FLORIDA INC.

SERVING DUVAL AND NASSAU COUNTIES

MAY | 2008

Gonzales: President of Nassau's Parent group



Jim Adams, CEO, Family Support Services of North Florida with Frankie Gonzales.

Frankie Gonzalez is the inaugural president of the newly formed Nassau County Foster and Adoptive Parent Association.

A senior PC Technician of Firedog Services, a consumer electronics retail store that provides services to corporations and consumers, he consults regularly with consumers to help ease the fast changing world of electronics.

A Sayre, Penn. native, he was raised in a large family with three brothers and two sisters on a small farm that boarded race horses. He's kept up the tradition - now living with his wife, four children, two dogs and two cats in Callahan. His youngest was recently adopted. He has been a foster parent for the last three years in Nassau County.

"I look forward to being a part of a process that can have an everlasting impact on the children, families and Northeast Florida," Gonzales said.

It was a long and early bus trip to Tallahassee for foster children, parents and FSS staff for **Children's Day** in the State Legislature recently.

Foster children got a tour of the Capitol and met some legislators including State Senator Tony Hill from Jacksonville.

Foster and Adoptive Parent Association presidents Dee Wilson and Lillie Blackshear also attended.



News Briefs

Here's where to find the money

Medicaid's enhanced benefits account program has sent letters to Family Support Services regarding dollars that have accrued in you child's account as a reward for your child's regular doctor visits, immunizations, etc. Foster Parent Liaison Carlese Floyd has put them in the "Benefits Basket," which she'll bring to all foster and adoptive parent association meetings in Duval and Nassau counties for parents to go through.

These vouchers allow the purchase of items including diapers, baby shampoo, cold remedies, pain relief products, and diabetic products. For more information, visit http://ahca.MyFlorida.com/Medicaid/Enhanced_Benefits.

Space is limited so sign up now

Children's summer camps are filling up fast. And those families who qualify can take advantage of summer camps offering financial help, grants and sponsorships.

Police Athletic League is one such organization, offering camp at \$75 a week, which includes meals and field trips. For registration forms or more information, call 355-3308 or 845-6555. The website is www.jaxpal.com. Other sources for a list of summer camps is www.folioweekly.com or www.jax4kids.com.

Learn some lingo and help world hunger

A new website offers to increase your vocabulary skills and for each word you get right, 20 grains of rice are given by the UN World Food Program to help end hunger.

Go to FreeRice.com and try it. Increasing vocabulary skills can help students in school with writing and thinking and grades. Adults can improve their job performance.

To date, more than 27 billion grains of rice have been sent to nations with food shortages. If you get a word wrong, you'll be given an easier word. If you get the word right, you'll be given a harder word. It's multiple choice and fun.

Need a break?

If you need respite care from Family Support Services, please remember that there is a two-week notice required, unless you have an emergency. If you have a friend or a relative that is willing to help you out, he or she must get fingerprinted and have a background check run, but can be a back-up provider in your home for short periods of time. Call Kids Central at (904) 421-5828 for more information.

Foster Parent meetings

The Northeast Florida Foster and Adoptive Parents Assn. will meet at 6:30 p.m. Monday, May 12, at the Northwest Branch Library, 1755 W. Edgewood Ave.

The Greater Jacksonville Foster and Adoptive Parents Assn. will meet at 6:30 p.m. Thursday, May 29 at St. Johns Presbyterian Church on 4275 Herschel St.

If you would like to submit a story idea, calendar item or ask Jim Adams, FSS CEO, a question, please email mary.hurst@fssnf.org.

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Summer Safety: Tips to keep children safe around water

Tips to keep your children safe around water at home, according to the American Association of Pediatricians.

Children must be watched by an adult at all times when in or near water. Children may drown in two inches of water. Stay within an arms length of your child around:

- Bathtubs, even with baby bathtub “supporting ring devices;
- Buckets and pails, especially 5-gallon buckets and diaper pails;
- Ice chests with melted ice;
- Toilets;
- Hot tubs, spas and whirlpools;
- Irrigation ditches, post holes, and wells;
- Fish ponds, fountains.

Other safety tips include:

- Emptying all buckets , pails and bathtubs after each use;
- Keep young children out of the bathroom unless they are closely watched;
- Teach others in the home to keep the bathroom door closed;
- Never leave a child alone in a bathtub or in the care of another child, even for a moment;
- Use a rigid, lockable cover on a hot tub, spa or whirlpool, or fence in all four sides as you would for a swimming pool;
- Set your water heater thermostat no higher than 120-degrees;
- Throw away or tightly cover water or chemical mixtures after use;
- Watch children closely when they are playing near wells, irrigation or drainage ditches. Fill in empty holes or have fences installed;
- Learn CPR and how to get emergency help.

Kids ‘N Care takes care of medical needs

Kids ‘N Care Health Center strives to provide comprehensive and quality primary care to children in foster care in Duval County through partnership with the Florida Department of Children and Families, Family Support Services of North Florida, the Duval County Health Department, Children’s Medical Services, and the University of Florida.

Comprehensive Health Assessments are offered for all children as they enter foster care. This includes a physical health evaluation, screening for developmental, educational, emotional/behavioral, vision, hearing and dental problems, as well as infectious disease exposure.

With access to Florida Shots, the statewide immunization database, Kids ‘N Care can assess each child’s immunization status and update them. As a result of this evaluation needed referrals to a dentist, eye doctor, developmental evaluations, and specialty evaluations can be made

Following the Comprehensive Health Assessment, they can continue to follow your foster child—offering well child checkups, sick visits, evaluations of chronic health problems such as asthma and chronic health problems as well.

An on-staff child psychiatrist can evaluate and treat children using Kids ‘N Care for their primary care. Open 8 a.m. to 5 p.m., Monday - Friday (closed most Wednesday afternoons for training). Call (904) 359-3842 to schedule an appointment.

All Things Behavioral... Whining

A newborn cries. An adult stops the crying by giving food or comfort. Instantly, the newborn learns that one way to get attention is whining. Years later, having learned the lesson well, that person dashes off a letter that begins, “Dear Legislator ... I’m sick and tired of ...” Whining, it turns out, is a pretty useful way of getting what we want—if only it wasn’t so irritating.

Here’s how to help an irritating whiner become a constructive complainer. Recognize that some whining is just general irritation, for example, when a child is hungry. Avoid attending to tone of voice. What the child is saying might actually be reasonable, for example, “I’m hungry.” Help the child speak in a way that will gain what the child wants. You might say to the child, “Say, ‘I’m hungry,’” and model the proper tone of voice. When the child complies, provide a small snack. Later, you can teach acceptance of “no” and “wait.”

The Behavior Analysis Services Program helps caregivers to teach children to complain in less irritating ways. To enroll in our classes (free!), please contact your Foster Parent Liaison at (904) 421-5800.

David E. Lee, MS BCBA, University of Florida,
Behavior Analysis Services Program
Got a question? Email davelee@ufl.edu