



Family Support Services OF NORTH FLORIDA INC.

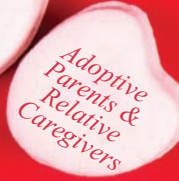
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SERVING DUVAL AND NASSAU COUNTIES

FEBRUARY | 2008



Learn how to cope with children's health challenges

The Family Nurturing Center of Florida is implementing the Nurturing Program for Parents and their Children with Health Challenges in Duval, Clay and Baker counties.

The curriculum supports families as they navigate uncharted waters of parenting, when a child is born or diagnosed with a life-altering illness.

The program is designed to help families explore their hopes and fears, develop effective parenting techniques, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration.

The eight-week program requires parents' and children's participation. Each two-hour session includes parents and children meeting separately for 90 minutes followed by a 30-minute family time activity and snack.

For more information or to refer a family, contact Joe at (904) 389-4244.

News Briefs

ADOPTION TAX CREDIT

If you adopted a foster child or you were a relative caregiver that adopted a child during 2007, there are tax credits available to you. For assistance in the preparation of your 2007 income tax return, please call Marsha Flaige, CPA, at (904) 880-5520. Mrs. Flaige is familiar with this tax credit and will make herself available to you.

SIGN UP FOR TRAININGS

Family Support Services of North Florida has arranged for First Aid; Infant, Child and Adult CPR, and Water Safety classes to be included in the required eight hours of in-service training for re-licensure and to be a part of Model Approach to Positive Parenting curriculum.

The same classes are also offered at the American Red Cross, Northeast Florida Chapter, 751 Riverside Ave. Call Judy Snyder at (904) 358-8091 Ext. 1824 for information.

FILL OUT THE SURVEY

Family Support Services of North Florida is preparing for accreditation by the Council on Accreditation (COA). COA wants feedback from people receiving our services including individuals and families involved in the adoption process, and from community stakeholders.

You will be receiving a survey on the COA letterhead. Please take a few minutes to respond and return it as requested.

Your input is valued and FSS appreciates your willingness to participate in our accreditation process.

MEETINGS

The Northeast Florida Foster and Adoptive Parents Association meets at 6:30 p.m. Monday, Feb. 11, at the Public Library on Edgewood Avenue.

The Greater Jacksonville Foster Parent Association meets at 6:30 p.m. Thursday, Feb. 28, at a location to be determined.

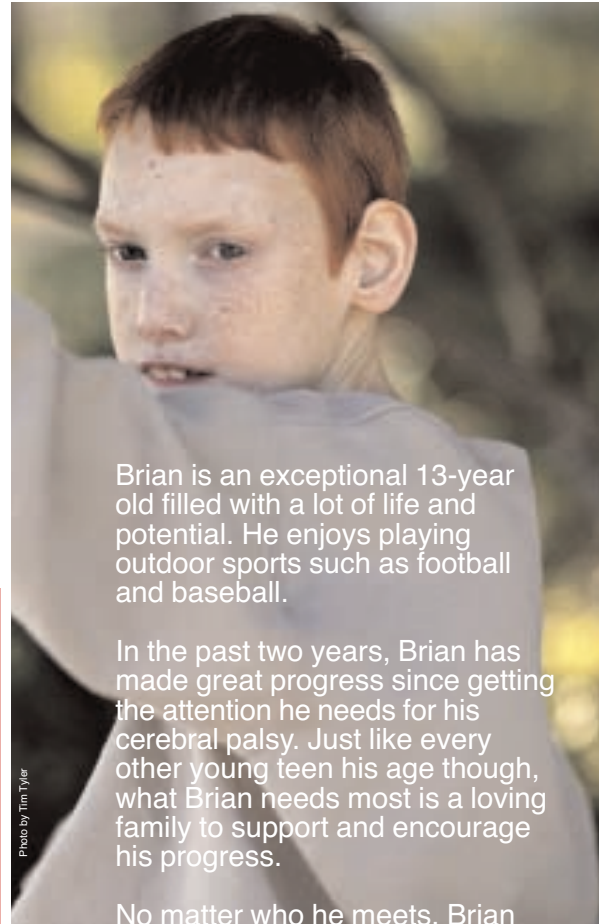


Photo by Tim Tyler

Brian is an exceptional 13-year old filled with a lot of life and potential. He enjoys playing outdoor sports such as football and baseball.

In the past two years, Brian has made great progress since getting the attention he needs for his cerebral palsy. Just like every other young teen his age though, what Brian needs most is a loving family to support and encourage his progress.

No matter who he meets, Brian will always greet them with his signature smile. He is friendly, affectionate, funny, and has an all-around great personality!

This special young man, who likes to listen to music, play video games and who loves to dance, needs a family that will understand and support his needs, but most of all, who will love him as part of their family. Brian is excited and eager to be part of a warm loving family that would include other children and pets!

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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www.fssjax.org



Children's Dental Month

February is National Children's Dental Month. In honor of the occasion, here are some tips on home dental care for your children from **Here's Looking at Your Child's Smile:**

INFANTS

- Wipe gums daily before teeth erupt
- Once teeth erupt, brush teeth before bed
- Wet toothbrush with water
- Infant toothpaste is fun but not necessary
- Brush all tooth surfaces – tongue, check and top sides
- No bottle or breast feeding after brushing
- Only water before bedtime
- Avoid juice bottles
- Supplement with fluoride if you have well water
- Visit the dentist before baby's first birthday



TODDLERS

- Visit the dentist every six months
- Supervise self-brushing
- Brush after your child
- No fluoridated toothpaste unless they can spit
- Flossing needed when teeth touch
- Avoid sodas
- Teach your child to use a cup
- Fill cups with water between meals
- Drink 100% juice with meals only
- Avoid sticky, chewy candy
- Limit snacks to 2-3 per day
- Watch for food stored in checks between meals
- Watch dietary factors at daycare or relative's house
- Wean children off pacifiers and fingers

SCHOOL-AGE CHILDREN

- Continue regular dental visits
- Have sealants placed on permanent molars
- Avoid sugary foods as rewards
- Be aware of dietary factors at school
- Talk to your children about food and cavities

TEENS

- Continue regular dental visits
- Brush twice daily—at least
- Avoid sodas
- Floss daily
- Eat nutritious snacks
- Avoid sticky, chewy candy

The 2008 Heart Gallery of Jacksonville is ready to touch your heart through compelling professional portraits of our community's children. The Heart Gallery is a unique, artistic exhibit that introduces you to Jacksonville's children who are anxiously waiting and looking for families to nurture, love and care for them.

Visit the 2008 Heart Gallery of Jacksonville online at www.heartgalleryjax.org. Please see the Event listings for Heart Gallery exhibit dates and locations.



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OF NORTH FLORIDA INC.
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Jacksonville, FL 32207

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Let's Talk
Adoption

Thursday, January 31 • 6:30 p.m.
First Assembly of God Church
302 S. 14th St., Fernandina Beach
For info: (904) 548-4850

Thursday, February 7 • 6 p.m.
Evangel Temple
5755 Ramona Rd., Jacksonville
For info: (904) 421-5800

Help spread the word:

"Open Your Heart to a Child," a *Let's Talk Adoption* event, is sponsored by Family Support Services of North Florida (FSS).

The event will give information not only on adopting a child but becoming a foster parent. Representatives from FSS and other child welfare agencies, Guardian ad Litem, adoption attorneys, foster parent associations and circuit court judges who preside in family court will be there to answer questions and pass out information. Child care will be provided.

Post Adoption Parent Support Group Meetings Calendar

Children's Home Society of Florida

- January 17, 2008: Adoption Subsidy...The Whole Story
- February 29, 2008: Traditional vs. Adoption-specific Parenting
- March 25, 2008: Empowering the Parenting Support Group
- April 29, 2008: Attachment Disorder
- May, 2008 (TBA): Spring Cookout
- June 24, 2008: How To Have Fun With Your Child(ren)
- July 29, 2008: Adoption-specific School Issues

Meeting Times
6:30 pm—8:00 pm

Children's Home Society of Florida

Levin Jackson Regional Adoption Center
3027 East Diego Road
Jacksonville, Florida 32247

Phone: (904) 493-8327
Fax: (904) 344-2199
Email: teresa.brown@chsf.org

