



Family Support Services
OF NORTH FLORIDA INC.
SERVING DUVAL AND NASSAU COUNTIES

Family Connections

APRIL | 2009

(904) 421-5800 | 4057 CARMICHAEL AVENUE • SUITE 101 • JACKSONVILLE, FL 32207

www.fssjax.org

NEWS *briefs*



Ask your caseworker for a complete list of the City of Jacksonville Parks and Recreation subsidized summer camps or visit www.fssjax.org and click on the Summer Camp 2009 link. Registration will be at the specific camp location and is available on a first-come, first-served basis beginning in April. Each camp will have its own sign-up period.

Free zoo memberships

If you have adopted a child, you're eligible for a one-year FREE family membership to the Jacksonville Zoo and Gardens. The family membership includes up to two adults and four children living in the same household. Contact Candace Monroe at (904) 421-5860 with questions or to request an application form.

Computers available

If you need a computer or computer training, please contact Debbie Campbell at (904) 521-5628.

E-news is coming

Both of the Family Support Services Adoption and Foster newsletters are being combined and will only be distributed electronically in the future. If you are an adoptive or foster parent, or a relative caregiver, and would like to continue receiving the newsletter, please send your email address to mary.hurst@fssnf.org.

Parent Association meetings

On back...

Stars of Tomorrow shine at annual banquet

The 9th Annual "Stars of Tomorrow" Scholastic Awards Luncheon will be held Sat., April 25 from 11:30 a.m. to 2 p.m. at Evangel Temple, 5755 Ramona Blvd. in Jacksonville.

The event honors all foster/adopted children who are doing well in school. To be eligible for recognition, the child must have been on the A/B Honor Roll, have perfect attendance, good citizenship or improved academic performance during this school year. Children who are not eligible for an award are still encouraged to attend.

Please send a copy of the child's most recent report card and RSVP by March 31 to the Northeast Florida Foster/Adoptive Parent Association, 11776 Tumbleweed Way, Jacksonville, FL 32218.

In addition to report cards, please submit nominations for the 2009 Annual Lillie Blackshear Scholarship Award. The \$75 award will be presented to a child who has taken adversity and turned it into positive academic progress.

Be the best parent you can be

April is Child Abuse Prevention Month

To remind parents of what they can do to reduce stress levels, here is advice from the Florida's Ounce of Prevention parent resource booklet available at www.ounce.org.

The signs of stress...

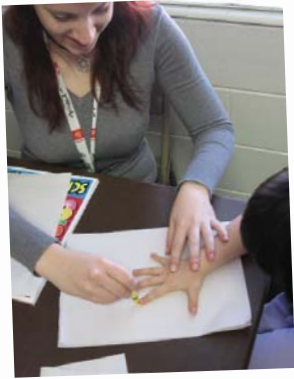
- ▶ Feeling tired most of the time
- ▶ Snapping at family and friends
- ▶ Not being able to make decisions
- ▶ Changes in sleep habits – either sleeping too little or too much
- ▶ Not wanting to eat or overeating
- ▶ Headaches/stomachaches
- ▶ Muscle tension leading to pain in the neck, shoulders or back
- ▶ Not being able to concentrate

Continued on back

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Reduce stress by:

- Change the way tasks are done to help reduce stress. Try to plan the day the night before, make a list and do the most unpleasant tasks first.
- Keep your home organized and clutter-free. If you don't use it, wear it or need it, box it up and store it, or donate it to charity. Label all stored boxes.
- Get some exercise – even if it's taking a walk around the block.
- When running errands, go when the children aren't tired or hungry. Bring diapers, snacks and drinks that will hold the children over until you can get lunch. Be flexible, too. Do your most important errands first in case you have to head home.
- Looking for a job that has flexible hours may be helpful if there will be times when you must be with your children. When your employer understands you may have to meet with a teacher or stay home with a sick child, you'll have less work-related stress.



Lee Kaywork, Family Support Services Foster Care Redesign Project Manager, explains the effects of the changes to children and foster parents in a March 7 training. More than 100 foster parents attended the training. Volunteers provided daycare service to 50 foster children so that parents could attend the event.



All things behavioral

The 11 Commandments of Nanny 911.

1. **Be consistent** – “no” means no and “yes” means yes.
2. **Say what you mean and mean it** – think before you speak.
3. **Parents must work together as a team** – agree on parenting practices, goals and consequences.
4. **Don't make promises you can't keep** – be realistic.
5. **Listen to your children** – acknowledge their feelings and help them problem-solve.
6. **Establish a routine** – schedules create harmony.
7. **Respect is a two-way street** – parents must respect each other and their children, and demand respect from children in return.
8. **Manners are universal** – model good manners for your children.
9. **Define your role as parents** – you are not your child's best friend. It is your job to parent and prepare children.
10. **Positive reinforcement** – works much better than negative reinforcement.
11. **Actions have consequences.**

Source: *Winds of Change 2009 Parent Resource Booklet* at www.ounce.org.



Rickie Shaw, Family Support Services Case Management Supervisor, reads *Green Eggs and Ham* to students at Southside Elementary School in honor of Dr. Seuss' birthday March 2.

HeartgALLERY featuring Skylard

NORTH FLORIDA

Skylard is an intelligent, thoughtful teen with a quiet demeanor. But don't let his quiet nature fool you! He's also got a very dry sense of humor and gets along very well with everyone. Because of his kind nature he would be a wonderful son to parents who have a big open heart to share with him.

Sky wants to attend a culinary arts institute and become a chef. His second career choice is journalism and is an avid reader with good grades in school. Whatever his career choice, for now his most important goal is to become part of a forever family.

For more children available for adoption, visit www.heartgalleryjax.org.



Photo by: Pete Helow

Parent Association meetings

The Greater Jacksonville Foster and Adoptive Parent Assn. will meet at Thur., April 23 at 6:30 p.m. at the Florida Department of Children and Families Roberts Building auditorium, 5920 Arlington Expressway.

The Northeast Florida Foster and Adoptive Parent Assn. will meet Mon., April 13 at 6:30 p.m., at the Northwest Branch Library, 1755 W. Edgewood Ave.

The Nassau County Foster and Adoptive Parent Assn. will meet Thur., April 23 at 6:30 p.m. at the Nassau County Building, 80626 Pages Dairy Road in Yulee.

