



Relatively Speaking

A Newsletter for the Kinship Caregiver Support Program
of Spokane County

How Much Sleep Does Your Child Get?

Because of increased homework loads and television, many kids aren't getting enough sleep. Elementary kids should get 10-11 hours per night. Without it, they can act out, have trouble focusing in school, and have added stress. Sleep is as important as a nutritious diet and exercise.

To help kids get enough sleep, try the following:

- Pick a time for your child to be in bed every night, and try to stay within 15 minutes of that time.
- Eliminate TV for at least half an hour before bedtime.
- Give kids a warning ten minutes before that it's almost bedtime.
- For older children, allow a period of reading in bed before "lights out."
- For younger children, have a bedtime routine that includes a warm bath followed by a story and a song.
- Give babies and toddlers a stuffed animal or small blanket that they associate with going to bed.
- Avoid any foods or drinks with sugar after dinnertime, sugar is a stimulant.



We Are Family Day At the Mariners Game

The Seattle Mariners and Children's Administration (CA) announced details for the 10th annual We Are Family Day, which will be held Sunday, May 20, at Seattle's Safeco Field.

The stadium gates open at 11:10 a.m., and the caregiver's family event will begin at 11:30 in the Outside Corner on Safeco's 300-level. Morning activities are being redesigned to be more family-friendly, and we are hoping to see more of you!

We hope to rock the stadium this year when the Mariners take on the Detroit Tigers at 1:10 p.m.

The Mariners make deep discounts to tickets for this event – and they sell quickly!

These discounted tickets are available for foster parents, relative and kinship caregivers, tribal caregivers, CA staff, CPA staff, Group Care staff, our community partners and stakeholders, along with our friends and families. Tickets are now available for purchase at www.mariners.com/wearefamily

Click on the green "buy now" button on the webpage.

You must enter promo code: **WE ARE**

Depression - Kids Get It Too

The old idea that all children are basically happy isn't true, according to new studies. One in 33 children and one in eight teenagers suffer with depression. Depressed children have difficulty in school, with friends, and with their own families.

Adolescents who become clinically depressed are also at a higher risk for drug and alcohol abuse problems.

If it's not caught and treated early, it can worsen with age. The suicide rate among children has tripled in the past 40 years. Watch for depression if there is a family history of depression or mental illness, or if a child has been through a great deal of stress or trauma (from divorce, death, witnessing violence, abuse, or illness).

Seek help for the child if you notice these patterns:

- Frequent sadness or crying
- Feelings of hopelessness
- Withdrawal from friends and activities
- Lack of enthusiasm or motivation
- Decreased energy level
- Major changes in eating or sleeping habits.
- Increased irritability, agitation, anger, or hostility.
- Frequent physical complaints such as headaches and stomachaches
- Indecision or inability to concentrate
- Feelings of worthlessness or excessive guilt.
- Extreme sensitivity to rejection or failure
- Pattern of dark images in drawings.
- Play that involves excessive aggression directed toward oneself or others, or involves persistently sad themes.
- Recurring thoughts or talk of death, suicide, or self-destructive behavior.

Source: WebMD

Communicating with Your Kids

Communicating with the kids in your life is so important! It is one of THE most important skills your child will need to get ahead in the world today. We may not realize what an important role we play in developing these skills, at any stage our kids are in.

In our last issue, we learned the first three. Here are some more. We'll finish the list in the next news letter.

4. How about we agree to...

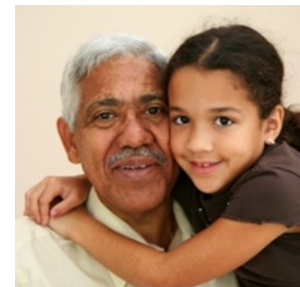
This is about establishing a few basic agreements that set the stage for how you work together within the family. Having agreements in place helps avoid common issues and provides a framework within which to solve problems when they do arise.

5. Tell me more.

This is a request for your children to share their thoughts, feelings and ideas with you. It also involves learning to listen, which is always a gift because it signals that you care.

6. Let's read.

Reading to your kids brings so many benefits. It helps them build skills they need for success in life. It enriches your relationship and instills a love of learning. And books provide a gateway to the world...people, places and ideas.



Resource Information!



Does the child in your care need clothing? Please contact the Kinship Navigator. As a Kinship Caregiver, the relative children in your care may be eligible for a clothing referral every six months. 509 458-7450 option 4.

Kira's Kloset
Old Mead Middle School gym
12509 N Market St, Mead, WA

Open the third Saturday of the month from 10am–1pm*
Last shoppers admitted at 12:30pm



*Closed July and December



Preparing
Tomorrow's
Workforce

The Next Generation Zone provides education, career skills training, and community and employment resources to young adults ages 16-24. They seek to inspire and motivate young adults to explore their skills and interests, and provide exposure to the world of work. They focus on providing education around regionally in-demand industries to prepare our emerging workforce for the jobs of tomorrow.

Next Generation Zone works with a wide array of community partners, educators, private foundations, and business supporters to leverage resources and provide a one-stop center that meets the needs of our region's young adults.

For more information, please contact 509 340-7800.

Looking for Someone to Talk To?

Sometimes we need someone to talk to, bounce ideas off of or just know we are not alone in our journey.

If you are a relative (grandparent, aunt, uncle, sister, brother, cousin, etc.) raising a relative's child under the age of 18 and want to be with other kinship caregivers....Let us know!

We would like to form a group here at Kinship Caregiver Support Program just for YOU!

Please call the Kinship Navigator at 509 458-7450 option 4 and let us know you'd like to join the group. Tell us the best days and times for you, too.

We hope to have a group forming soon!





Kinship Korner ~ Your Answers to Everything About Kinship Care



As your Kinship Navigator, I get asked a lot of questions and love to find the answers!

“I love the kiddos I’m taking care of, but sometimes I need a break. What can I do?”

Having children in our lives the second time around comes with benefits and challenges. We may have a renewed sense of joy or purpose, times of happiness and a deeper bond with the children in our care. On the other hand, caring for children may cause some stress, strain on resources or put plans on hold.

When you fly on an airplane, an oxygen mask may descend in front of you. What do you do? As we know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others.

Caring for yourself is one of the most important, and one of the most often forgotten things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

Consider these suggestions to make the most of your relationship with your grandchildren:

- Take good care of yourself physically by getting enough sleep, exercising regularly, and

eating well. Don't neglect your own preventive health care appointments.

- Expect to have emotional ups and downs. Recognize and talk to a trusted friend, loved one, or mental health professional about your feelings. It's important to get them out in the open and deal with them honestly.
- Taking care of the kids can be all-consuming, so remember to build in personal time for friends, quiet time, and hobbies.
- There may be options for you to get a break. Consider your “circle”; trusted friends or relatives. There may be community or after school sports or programs available. Some offer scholarships or discounts. There is also a program available statewide called Lifespan Respite. Please call Linda Porter at 425 740-3788 or talk to your Kinship Navigator for respite information.

If you have any questions, you can always contact me at 509 458-7450, option 4! Your questions may be answered here in the newsletter.

Patricia

Kinship Navigator ~ Spokane County



15th Annual

Voices of Children Contest

2018

Tell us...

what living with a grandparent, aunt, uncle or other relative has meant to you...

What is the contest?

Voices of Children Raised by Grandparents and Other Relatives is a contest for children in Washington State who are being raised, now or in the past, by a relative *other than their parents*. The contest honors both the children, and the more than 45,000 grandparents and other relatives in Washington State who are raising them.

How do you enter the contest?

- Write a poem or short essay, or draw a picture that describes how living with a relative (such as a grandparent, aunt, or uncle) has made a positive difference in your life.
- Mail entries to: Voices of Children Contest, 1202 Black Lake Blvd. #B, Olympia, WA, 98502.
- **All entries must be submitted or postmarked by April 1, 2018.**

What are the rules?

- All participating children must live in **Washington State** and be **5-19 years old**.
- Entries will be judged in three age categories: ages **5-7**, ages **8-12**, and ages **13-19**.
- Poems should be 21 lines or less.
- Essays should be 200 words or less.
- Make your art as **big and bold** as possible and add a statement that explains your drawing.
- **Artwork must be submitted on the enclosed entry form.**
- Do not include any names within artwork.
- Artwork must be flat and within the box on the entry form.
- Entry must be original, in English, and **unpublished**.
- Winners will be notified in early May and all decisions of the judges are final.
- Award ceremony for winners will be held at the Governor's Mansion in Olympia.
- We reserve the right of first publication and use of writings and drawings.
- All entries may be published in a 2018 book called *Voices of Children-Raised by Grandparents and Other Relatives*.

Entry form on the
Back of this page!

What are the prizes?

The top two entries in each age category will receive:

- **\$100 from TwinStar Credit Union**
- **A free night at Great Wolf Lodge, Grand Mound, WA for a family of four!**



Questions?

If you have questions, please call Family Education and Support Services at 360-754-7629, or Toll Free 1-877-813-2828, or e-mail Lynn@Familyess.org.



ENTRY PAGE - VOICE OF CHILDREN

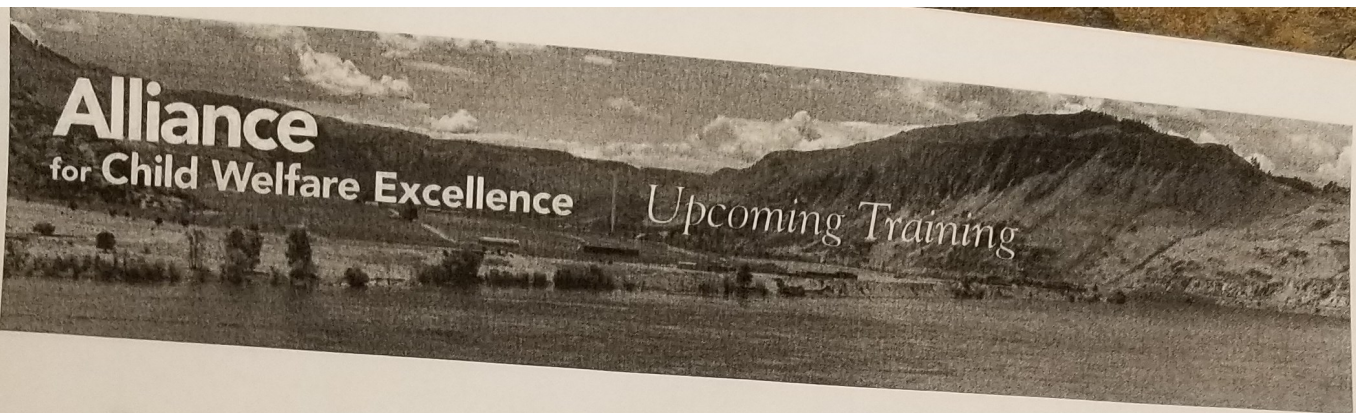
Child's Full Name: _____ Age: _____

Adult/Caregiver Name: _____ Relationship to Child: _____

Mailing address: _____

Email: _____ Phone #: (_____) _____ - _____

Privacy note: The information above is for awards committee members to contact you and will not be shared with any third parties.
Winning entries will be published with the child's first name only and their age. No other personal information will be given out.



Alliance
for Child Welfare Excellence

Upcoming Training

Verbal De-Escalation Parenting Behaviorally Challenged Children

Presented by Rick Pribbernow, B.A., M.R.E., C.P.E.

The goals of this workshop include:

- ✦ Developing skills to manage children with behavioral challenges in a non-violent crisis intervention manner
- ✦ Skill building for empathetic listening
- ✦ Identifying children's needs and creative strategies to help children manage their emotions in difficult situations

Registration is required. Some classes may have prerequisites.

To register, go to allianceforchildwelfare.org, select **Our Courses**, and search for your class.

If you have questions, contact Shelly Myers at mysh300@uw.edu or 206 221-0308.

For registration support contact 1-866-577-1915 or email help@acwe.on.spiceworks.com

Saturday, April 21, 2017

9:00 a.m. – 4:00 p.m.

Salem Lutheran Church
1428 West Broadway Avenue
Spokane WA 99201

For a complete listing of our statewide training opportunities, go to
allianceforchildwelfare.org



Kinship Navigator/Kinship Caregiver Programs

5901 North Lidgerwood, Suite 115

Spokane WA 99208

The Kinship Program is sponsored by:



Are you somebody's hero?

Are you providing primary care for a relative child whose own parents are unable to care for them?

Kinship Navigator/Kinship Caregiver Programs are here to support you!

509-458-7450, option 4

**The Kinship Office
Has a NEW LOCATION**

We are now located at:

**North Spokane Professional
Building**

**5901 North Lidgerwood
Suite 115**

Spokane, WA 99208

**Our phone number is still the same
509 458-7450, option 4**