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- Anger & Lying
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Sound Off!

The Connections staff wants to hear from you. What do you like about this monthly newsletter? What would you like to see more of? Are the articles helpful?

Please email ideas to: press@northwestmedia.com

Thank you.

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Foster Children and Cruelty to Animals, Part 2
By Charley Joyce, LICSW

Part 1 was published in the June Connections and explored why children are cruel to animals.

What can be done to help foster children who are cruel to animals?

Intentional childhood cruelty to animals can be linked to a lack of development of a conscience. It is essential that youth who display intentional cruelty to animals receive psychological assessment and treatment.

A comprehensive treatment model should include:

- Establishing clear boundaries for the child’s contact with animals. Adult supervision is recommended whenever the child has contact with animals. In extreme cases, animals may need to be removed to a setting where the child does not have access to them.
- Within the limits of confidentiality, providing information to authorities in other settings where the child might have contact with animals, such as day care, relatives’ homes, schools, etc.
- Reinforcing appropriate contact with animals.
- Providing therapy if the child is a victim of abuse and/or neglect.
- Teaching skills for effective anger recognition and expression. Therapy that focuses on developing empathy.
- The child’s parents must be involved in the child’s therapy.

In closing, I want to return to the scenario of the girl I mentioned earlier who was sexual with dogs. That youth experienced a comprehensive treatment approach such as the one described above. She responded well to treatment and responded extremely well to the foster family’s care and structure. When I discontinued my involvement, her sexualized behavior with dogs was behind her and her foster family was considering adopting her.

Charley Joyce, LICSW, has been a social worker for 35 years. He is the co-author of the book “Behavior with a Purpose” and a contributing author of the book “Assessing Youth Behavior.” He is a supervisor for PATH, ND Inc. and teaches part-time in the MSW program at the University of North Dakota.

Charley Joyce, LICSW, is on the faculty of FosterParentCollege.com® and collaborated on “Working With Birth Families 1: Visitation” and “Grief & Loss in the Care System.” For more about Mr. Joyce, visit: www.charleyjoyce.com.

Find additional resources for foster care and adoption at www.FosterParentCollege.com®
Staying Safe on Hot Days

Overheating is dangerous, even deadly, and by the time an overheated person experiences symptoms he may be in trouble. Kids are at special risk because they can get so caught up in playing they don’t take time to drink, seek shade, or slow down when the temperature climbs.

To keep yourself and your family safe, follow these precautions:

1. For active kids, make a game of staying hydrated by setting a kitchen timer for every 20 minutes and teaching the kids, “When the timer DINGS, DROP everything and DRINK.”
2. Drink even if you do not feel thirsty. Avoid caffeine or alcohol. Eat small frequent meals.
3. Wear loose-fitting, lightweight, pale clothing. Dark colors absorb the sun’s rays and raise body temperature.
4. Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day. Postpone outdoor games and activities.
5. Take frequent breaks if you must work outdoors. Use a buddy system when working in the heat.
6. Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone, or who are more likely to be affected by the heat.
7. Never leave children or pets alone in vehicles. Check on your animals frequently to ensure that they are not suffering from the heat.

If someone does get overheated, deal with it immediately.

Muscle pains and spasms, called Heat Cramps, are the first sign a body is overheated and in trouble. Immediately move the person to a cool place, loosen clothing, fan him/her, give small amounts of cool water and instruct him to drink slowly. If she refuses water, vomits, or loses consciousness, call 9-1-1.

The next level of heat illness is Heat Exhaustion, which typically happens during heavy exercise or work in hot weather. Signs include cool, moist, pale or flushed skin; headache; nausea; dizziness; weakness, and exhaustion. Follow the care guidelines for heat cramps.

Heat Stroke is a life-threatening condition in which the body’s temperature control system stops working and the body cannot cool itself. Symptoms are hot, red skin that may be dry or moist; changes in consciousness; vomiting; and high body temperature. Call 9-1-1 immediately.

While you are waiting for help, apply cold compresses to the underarms, groin, and neck to quickly cool the person. If she is conscious, give small sips of water.

The special danger of cars on hot days cannot be overlooked. In 2010, 49 US children died from being left or trapped inside a hot car. This year, the first car-related death by hyperthermia (overheating) occurred in March.

Two simple habits can help prevent these needless deaths:

1. Have a designated Teddy bear that goes in an infant or booster seat when it is empty. When you put a child in the infant/booster seat, put the Teddy bear next to the driver. The bear will remind the driver there is a child in the back seat. Move the bear back to the infant/booster seat when you take the child out.
2. Always lock your car. A three-year-old boy died in mid-June when he slipped out of the house and climbed into an unlocked car to play. He did not know how to open the door from the inside and was trapped. By the time his parents found him, it was too late to save him. Locked car doors keep out curious tots.

Sources: The Websites SafeKids USA, Red Cross, KidsHealth, American Academy of Pediatrics
Welcome Hoosiers!

FosterParentCollege.com® is the sole provider of online training for resource parents in the state of Indiana as of July 1.

This contract is the result of a Request For Proposal and extends for two years. Welcome to FosterParentCollege.com, Indiana!

Champions for Children – Argusta Upshaw

Argusta Upshaw found herself at a crossroads back in 1993. Pontiac was shutting down part of the plant where she worked putting bolts in flywheels so she took early retirement, but she wanted to stay busy.

“I wanted to do some work and I was talking to other people, you know, and they said you know they have classes up at Ennis if you want to be bothered with kids. So I went up there and start takin’ those classes,” said Argusta. She became a licensed foster mother.

“I think God gives all of us something, something to do, you know. Somebody got to have a mind to care for the kids.”

In those 18 years she has fostered more than 50 children, in addition to raising her own six children plus three adopted children. All as a single mother and grandmother.

Argusta fills her home with love and with cooking. She teaches the youngsters in her home how to cook and is famous in her Pontiac, MI community for baking 7UP cakes for people at Christmas time. She’ll make dozens of the lemony Bundt cakes to give to friends and members of her church, Franklin Road Church of Christ in Pontiac. One year, she and her daughters made 18 cakes in a single night.

Even though she is more than a decade past typical retirement age, 76-year-old Argusta sees no reason to give up foster care. “As long as God give me my health and my strength, I will keep on.”

Argusta is certified through Ennis Center for Children, Inc. a Michigan-based private non-profit agency serving 2,500 Michigan children and families.

We applaud Argusta Upshaw for her commitment to improving children’s lives. In gratitude, she will receive a certificate of appreciation and one free book written by Dr. Richard Delaney.

Find additional resources for foster care and adoption at www.FosterParentCollege.com
Opportunities

Advanced Parenting Workshops on Anger and Lying begin July 5. Completing a workshop yields 6 training hours and a certificate of completion. There will be no August workshops. Enroll today by visiting www.FosterParentCollege.com.

There’s still time to register for the Foster Family-based Treatment Association’s 25th Annual Conference on Treatment Foster Care. The conference will be held July 24-27 in Lake Buena Vista, FL. To learn more, visit http://www.ffta.org/conference/.

Yes, you CAN reprint articles from this newsletter. Please notify us of your plans, and on the article state the story is “Reprinted with permission from FosterParentCollege.com® Connections.” Email Lisa at press@northwestmedia.com.

Submit your nominations for Champions for Children. This regular column spotlights foster parents, advocates, social workers, foster care alumni, etc. Please email a sentence or two about your nominees, along with their contact information, to Lisa at press@northwestmedia.com. Thank you.

Carefree Cooking – 7UP® Cake

This classic Bundt cake became popular in the 1950s. Its light, lemony flavor makes it a welcome contribution to summer potlucks.

The July Champion for Children, Argusta Upshaw, makes 7UP® cakes to give away to friends and members of her church during the Christmas season.

Ingredients:

1. 1 ½ cups butter
2. 3 cups white sugar
3. 5 eggs
4. 3 cups all-purpose flour
5. 2 teaspoons lemon extract
6. 1 teaspoon vanilla extract
7. ¼ cup 7UP®

Directions:

1. Cream together the butter and sugar for 20 minutes. Shorter mixing time will result in a heavier cake.
2. Add eggs, one at a time, beat after each addition.
3. Add flour and lemon extract
4. Fold in the 7UP® soft drink.
5. Pour into a well-greased 12-cup Bundt pan. Bake at 325 degrees for 60-75 minutes.
6. Cool, remove from pan, and lightly dust with powdered sugar.
July Word Find Fun — Hang this page on your fridge for your children’s enjoyment.

The United States celebrates Independence Day on July 4. These words all have something to do with USA history. If you aren’t sure what, ask an adult or look it up in an encyclopedia.

| L | S | T | Z | K | F | I | R | E | W | O | R | K | S | O | X | L | R | Y |
| H | A | C | P | F | E | C | P | R | E | E | L | T | K | G | I | I | I | C |
| F | F | V | T | D | H | Y | L | M | L | D | L | I | Ù | Z | Ù | B | O | X |
| L | W | A | S | H | I | N | G | T | O | N | I | S | V | O | T | E | Y | M |
| A | P | Ü | Ü | N | C | D | E | M | O | C | R | A | C | Y | A | R | Y | M |
| G | X | C | K | L | I | Y | B | P | Ü | P | Q | W | L | V | T | W | Ü |
| L | I | N | C | O | L | N | F | R | E | E | D | O | M | I | W | Y | A | S |
| Ú | N | I | C | O | N | S | T | I | T | U | T | I | O | N | F | X | Z | Y |
| J | Q | T | P | Y | R | I | G | H | T | S | C | C | P | A | K | A | L | R |

Word Key:
- Constitution
- Flag
- Freedom
- Rights
- Vote
- Democracy
- Washington
- Lincoln
- Liberty
- Fireworks

Kids Krafts — Cool Shades

Have fun and protect your eyes, all in one easy craft! Start with a pair of basic sunglasses, jazz them up, and prepare to hear people say “Cool shades!” wherever you go.

What You Will Need:
- Assorted small decorations, like sequins, small seashells, feathers, buttons, google eyes, etc.
- Sunglasses with plastic frames
- Hot glue gun or craft glue

How you make them:
1. Put an old piece of newspaper on the table to protect it and make cleanup easy.
2. Wash the sunglasses in a little dish soap and water and rinse. Dry them completely.
3. Figure out what you want to glue on your glasses and where you want to glue it.
4. Glue decorations onto the sunglasses. If you are using a hot glue gun, ask an adult to help you.
5. Allow the glue to dry. Put sunglasses on your face and look in the mirror and say, “Cool shades!”

Find additional resources for foster care and adoption at www.FosterParentCollege.com