



# Family



# Ties

Adoptive and Foster Families of Maine, Inc.

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Newsletter

April & May 2015

## April is Child Abuse Prevention Month!

### Positive Parenting Tips

- Spend time with your child. Talk about friends, accomplishments, and what challenges they will face.
- Be involved with your child's school. Go to school events; meet your child's teachers.
- Encourage your child to join school and community groups, such as a sports team, or to be a volunteer for a charity.
- Help your child develop his own sense of right and wrong. Talk about risky things friends might pressure them to do, like smoking or dangerous physical dares.
- Help your child develop a sense of responsibility—involve your child in household tasks like cleaning and cooking. Talk with your child about saving and spending money wisely.
- Meet the families of your child's friends.
- Talk with your child about respecting others. Encourage them to help people in need. Talk about what to do when others are not kind or are disrespectful.
- Help your child set their own goals. Encourage them to think about skills and abilities they would like to have and about how to develop them.
- Make clear rules and stick to them. Talk with your child about what you expect when no adults are present. If you provide reasons for rules, it will help to know what to do in most situations.
- Use discipline to guide and protect your child, instead of punishment to make them feel badly about themselves.
- When using praise, help your child think about their own accomplishments. Saying "you must be proud of yourself" rather than simply "I'm proud of you" can encourage your child to make good choices when nobody is around to praise them.
- Talk with your child about the normal physical and emotional changes of puberty.
- Encourage your child to read every day. Talk with them about their homework. Be affectionate and honest with your child, and do things together as a family.

National Child Traumatic Stress Network.. (n.d.). *Positive Parenting Tips for Healthy Child Development*. Retrieved March 2015, from <http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html>

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# May is Foster Care Awareness Month!

## To my Future Foster Child-

Today my thoughts have been turning towards you. Towards where you are today, tonight at this very moment. No matter where you are, I am sure life seems big and scary. And out of control. I just want you to know that there are people who are ready to love you. Me, for one.

On my end, I am getting a place ready for you. A safe place. A quiet, loud, musical, fun place. A place with walls, and warmth in the winter and coolness in the summer. A place with toys and clothes and most of all, love. I am studying and praying and staying up late thinking about you.

I am thinking about how having you in my life will change me, and it will change you. I will become a mother. You will have another adult in your life to "come home to". I will make new "mommy" friends. You will get new cousins. I will be starting something big and new. You will be ending something, and starting something new, that is also big and maybe scary.

What a journey we are on together, already...

Someday soon we will meet and I will learn your name, your favorite activities, your favorite and not so favorite foods. Someday soon, we will talk together, probably cry together, fight together and love together. I will meet your mom and dad, you will meet my mom and dad. Our lives will become intertwined, for a season or for a lifetime. Who can predict where we will end up?

Post from [www.http://attemptingagape.blogspot.com/](http://attemptingagape.blogspot.com/)

*Interested in learning more about foster care and becoming a foster parent? Give a AFFM a call 1-800-833-9786 or email [info@affm.net](mailto:info@affm.net) for more information!*

## Celebrate Foster Care Awareness Month @ Fort Knox!

### "Foster Family Day at the Fort"!

This is a wonderful opportunity for AFFM to honor all who provide care to Maine's children in out of home placements during Foster Care Month. This includes Resource parents (Foster, adoptive and kin) as well as DHHS staff and private agencies that provide for the safety and well-being of Maine's children. This event offers time for caregivers to meet as a group while kids are busy with supervised activities. This is part of AFFM's commitment to providing an enhanced network of support.

**May 16, 2015 11:00am-2:30pm**

**Fort Knox**

**Prospect, Maine**

**Come and enjoy a cookout, games, prizes, giveaways, entertainment, and much more! This a FREE event for all!**

**Call AFFM at 1-800-833-9786 to sign up or email**

**[info@affm.net](mailto:info@affm.net).**

**Rain or Shine!!**

**We look forward to seeing you again this year!**



# Summer Camp Tips for Parents

## How to Pick an ADHD/LD Camp for Your Child

*From the editors of ADDitude*

**There are hundreds of special-needs camps in the U.S. How do you find the right one for your child? Start by looking at [additudemag.com/directory.asp](http://additudemag.com/directory.asp) and [campparents.org/spclneeds.php](http://campparents.org/spclneeds.php). Once you've narrowed your list—based on location, cost, and focus (social skills, academic reinforcement, travel and adventure)—pose these questions to the director of each camp. The answers you get will help you make your final selection.**

### ***1. Is the camp accredited?***

The American Camp Association (**[campparents.org](http://campparents.org)**) is the authority in camp accreditation. It sets the standards (including those for counselor qualifications and for dispensing medication) for both mainstream and special-needs camps.

### ***2. What is the ratio of counselors to campers?***

Mainstream camps usually have one counselor for every six to 10 campers; the ratio at special-needs camps is often closer to 1:3. The higher the ratio, the more opportunities counselors have to work with kids on an individual basis.

### ***3. Does the staff have special training?***

Senior staff should include psychologists, social workers, and teachers, and all should have expertise outside the program working with ADHD and LD kids. Junior staff members should have shown an interest in special needs (for example, by studying psychology or social work). The camp should train counselors in working with ADHD/LD kids, including how to handle social or behavioral problems that may arise.

### ***4. How are meds supervised?***

Each accredited camp has its own system for managing and dispensing meds. In general, camps should have at least one registered nurse on staff, in addition to an auxiliary medical staff composed of nursing assistants, local doctors, psychologists, and so on.

### ***5. What does a typical day look like?***

ADHD/LD camps mix traditional camp activities, such as hiking, archery, and crafts, with social skills training. A typical day might also include some academic instruction, to make sure kids hold on to the gains they made over the last school year. Camps should be able to provide a detailed sample schedule, which you can review with your child.

### ***6. How do you handle homesickness?***

Some camps make phones or e-mail available to campers. Others have found that a no-communication policy helps kids adjust better to being away from home. Find out what procedure will be followed if your child runs into a problem.

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## ***What is a Family Share Meeting?***

One of the responsibilities of a resource parent is to develop a meaningful and constructive relationship with the child's birth family. This relationship will help establish the best ways to meet the needs of that child. A Family Share meeting creates the opportunity for the resource parent to gain information from the child's birth parents that will help in parenting the child and allow the child's birth parents to know the person who is taking care of their child. The brief meeting should take place within 5 days of placement. The DHHS social worker schedules and facilitates the meeting. Some questions asked may be about the child's likes and dislikes, morning and bedtime routines, strengths and challenges, medical issues, allergies, and special comforting techniques and tools such as special toys, blanket, or song. This meeting is an important first step in developing and building the working relationship between the resource family and the birth family.

Family Share meetings are equally valuable when the child is placed in the care of a kin family, as even though the kin family has a significant relationship with the child, the kin family may not have full awareness of those daily routines which comfort the child. Kin families may also not know a child's medication regimen, medical needs or known allergies. Family Share meetings ensure this key information about the child is shared with the caregiver.



## ***Announcements***



Have you heard of the adoption tax credit? Visit <http://www.nacac.org/taxcredit/taxcredit2015.html> before filing your taxes and see if you are eligible. If you have additional questions on the adoption tax credit, contact the North American Council on Adoptable Children at 651-644-3036 or [taxcredit@nacac.org](mailto:taxcredit@nacac.org).

*Have you recently legalized an adoption? Want to share the exciting news with others? AFFM would love to celebrate your news and create an adoption announcement in our Family Ties newsletter. Send a write up and photo (if you wish) to [meagan@affm.net](mailto:meagan@affm.net) or call the office at 827-2331. AFFM looks forward to hearing from you!*

There's still time to sign up for AFFM's Annual Spring Conference, ***"Seasons of Change; A Cohesive Approach to Transitions"*** **April 24th-25th** at Seasons Event and Conference center in Portland. Register online at [www.affm.net](http://www.affm.net) or check out AFFM's Facebook page, [www.facebook.com/pages/Adoptive-and-Foster-Families-of-Maine-Inc/](https://www.facebook.com/pages/Adoptive-and-Foster-Families-of-Maine-Inc/) or follow us on twitter at [#affmconference](https://twitter.com/affmconference)





## ***3rd Annual Mackworth Island Gathering!***

Explore the fairy house village, enjoy the beautiful beaches and scenery, give aways and much more!! Activities will be scheduled throughout the day, treats and beverages will be provided. Bring a picnic, blanket or folding chairs. This event is open to all resource parents, DHHS staff, private agencies and all advocates for Maine's youth in care! This event offers time for caregivers to meet as a group while kids are busy with supervised activities. This is part of AFFM's commitment to providing an enhanced network of support.



**Sign up today!**

**Saturday June 20th, 2015**

**This is a FREE event hosted by AFFM**

**Mackworth Island**

**Falmouth, Maine**

**12PM-3PM**

**RSVP to:** Meagan Sprague by emailing [meagan@affm.net](mailto:meagan@affm.net)  
or call 207-827-2331



# **Kinship Corner**

***Check out This Great Resource for Kinship Families:***

***The Kinship Parenting Toolbox***

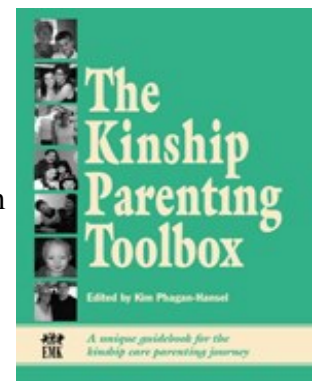
***A unique guidebook for the kinship care parenting journey***

Edited by Kim Phagan Hansel

With 7.1 million grandchildren living with their grandparents and 4.7 million children living with "other relatives," according to the 2010 census, almost 12 million children in America today are being raised in kinship care. Of course, this group of kinship providers comes with unique needs and challenges that they face. And the outcome for millions of children depend on the resources and support these families can access. This book helps build resources for these families, in the hopes that children's lives will be profoundly, positively impacted.

Containing articles from more than 70 contributors touched in a variety of ways by kinship care – grandparents raising grandchildren, children raised by relatives, social workers, therapists, kinship support organizations and others, this book will be a much need resource for those working with and parenting relative's children.

**Guidebook can be purchased at:** <http://www.emkpress.com/kinshiptoolbox.html> or visit the Facebook page: [www.facebook.com/TheKinshipParentingToolbox](http://www.facebook.com/TheKinshipParentingToolbox)





## **& The Kinship Program**

### **State-Wide Resource Family Support Groups**

At times meetings are cancelled due to weather and other unforeseen circumstances, cancellation notices are sent out via the AFFM email list serve. Families are urged to call or email [info@affm.net](mailto:info@affm.net) to be added to this service. The email list serve also provides information about available donated goods, social family activities, training events, DHHS and legislative updates, and more.

**Augusta** – Kinship only: Meets on the 3rd Wednesday of every month from 6:00 - 8:00 pm, The Buker Community Center, 22 Armory Drive, Augusta. Free on-site childcare available. For more information, please call Jan Partridge at 207-495-3864

**Augusta--** Foster/Adoptive/Kinship. Meets on the 1st Wednesday of every month from 6:00PM-7:30PM at Magic Years Center (25 Industrial Drive). Onsite childcare is available with advanced notice. Please call 1-800-833-9786 or email: Jim ([jim@affm.net](mailto:jim@affm.net)) to RSVP. (3-4 days in advance).

**Bangor**– Kinship only: 1st and 3rd Tuesday of the month from 6:00 - 8:00 pm, Families And Children Together, 304 Hancock Street, Suite 2B. Free on-site childcare available. For more information, please call Maine Kids-Kin at 207-941- 2347 or 1-866-298-0896.

**Belfast**- Foster/Adoptive/Kinship. A faith based support group that meets on the 3rd Friday of every month at the Calvary Chapel Church in Belfast 147 Waldo Ave. in the rear entrance of the Wentworth Building. Contact: [BraveFamilies@gmail.com](mailto:BraveFamilies@gmail.com) to RSVP and visit [www.facebook.com/bravefamilies](http://www.facebook.com/bravefamilies) for more information. 10:00 AM prayer & Devotion (optional), 10:30 AM coffee/social, 10:45-12 PM support group. Sorry child care is not available at this time.

**Biddeford**- Kinship. Meets on the 3rd Tuesday of every month from 10:00AM-11:30AM at the J Richard Martin Community Center, 189 Alfred Street Biddeford. Onsite child care is available with advanced notice. Please contact Diane Loranger at 423-2543 or call 1-800-833-9786 or email Meagan ( [meagan@affm.net](mailto:meagan@affm.net)) to RSVP. Please RSVP before you come.

**Bridgton**- Foster/Adoptive/Kinship. Meets every 3rd Monday of the month at 6:30PM-8:00PM at the Community Center (Behind Reny's), 15 Depot Street Bridgton. Childcare is not provided at this time. Please RSVP to Vanessa at 647-2317 or AFFM at 1-800-833-9786 before you come.

**Brunswick**- Foster/Adoptive/Kinship. Meets on the 4th Tuesday of every month at 5:30PM-7:00PM at St. Paul's Episcopal Church (25 Pleasant Street, Brunswick). Onsite child care is available with advanced notice. Please contact AFFM at 1- 800-833-9786 or email Meagan ([meagan@affm.net](mailto:meagan@affm.net)) to RSVP.

**Caribou**- Foster/Adoptive/Kinship parent support. Meets on the 1st Thursday of every month at 5:30PM at Caribou Adult Education Building on Bennett Drive in between Caribou Rec and the gas station. Child care is not provided at this time. Please contact AFFM at 1-800-833-9786 or email: Jim ( [jim@affm.net](mailto:jim@affm.net)) to RSVP.

**Dover-Foxcroft**- Foster/Adoptive/Kinship. Meets on the 2nd Tuesday of every month from 6PM-7:30PM at Mayo Regional Hospital, Borestone and Sebec conference room. Onsite child care available with advanced notice. Please contact AFFM at 1-800-833-9786 or email: Sheila ([sheila@affm.net](mailto:sheila@affm.net)) to RSVP. Please call before you come.

**Ellsworth-** Foster/Adoptive/Kinship. Meets on the 3rd Tuesday of every month from 5:30pm-7:30pm at Ellsworth Elementary/Middle School 20 Forest Ave. in Ellsworth. Onsite Child care available with advanced notice. Please contact Mindy Kane, Community Health and Counseling Services (CHCS), at 263-2014 or 461-8878 or email [MKane@chcs-me.org](mailto:MKane@chcs-me.org) to reserve a spot for child-care. Thanks to a local grant awarded to CHCS, AFFM is able to provide mileage reimbursement for families traveling more than 30 miles from home.

**Farmington-** Foster/Adoptive/Kinship. Meets on the 3rd Wednesday of every month from 6:00pm – 7:30pm at the Roberts Learning Center (Rooms 201 & 205), University of Maine at Farmington. Onsite childcare is available with advanced notice. Please call 1-800-833-9786, or email: Sheila ([sheila@affm.net](mailto:sheila@affm.net)), to RSVP. Please RSVP 3-4 days in advance.

**Houlton-** Foster/Adoptive/Kinship support. Meets on the 2nd Thursday of every month from 5:30pm-7:30pm at Houlton CHCS 2 Water Street. Onsite Child care available with advanced notice. Please contact AFFM at 1-800-833- 9786 or email: Jim ([jim@affm.net](mailto:jim@affm.net)) to RSVP. Please call before you come.

**Lewiston-** The Tri-County Adoptive Foster & Kinship Assoc. meets on the 4th Tuesday of every month 6pm-8pm at CMHC (12 High St. entrance). The group offers training, as well as local support & resources. On- site childcare is provided with advanced notice. Call Denise Gove at 782-1138 or email her at [drgove@aol.com](mailto:drgove@aol.com) to RSVP.

**Machias-** Foster/Adoptive/Kinship. Meets on the 1st Friday of every month 5:30PM-7:30PM at Rose M. Gaffney Elementary School 15 Rose Gaffney Road, Machias. Onsite Child care available with advanced notice. Please contact Mindy Kane, Community Health and Counseling Services, at 263-2014 or 461-8878 or email [MKane@chcs-me.org](mailto:MKane@chcs-me.org) to RSVP. Thanks to a local grant awarded to CHCS, AFFM is able to provide mileage reimbursement for families traveling more than 30 miles from home.

**Old Town-** Foster/Adoptive/Kinship. Meets from 6:00-8:00 PM on the 3rd Monday of every month at 294 Center Street, Old Town. Onsite Child care available with advanced notice. Please contact AFFM at 1-800-833-9786 or email: Bette ( [bette@affm.net](mailto:bette@affm.net)) to RSVP. Please call before you come.

**Presque Isle-** Foster/Adoptive/Kinship. Meets on the 3rd Tuesday of every month from 6:30pm-7:30pm at the Wesleyan Church 387 Centerline Rd. Presque Isle, ME. Onsite child care available with advanced notice. RSVP by contacting AFFM at 1-800-833-9786 or email: Jim Hatch ([jim@affm.net](mailto:jim@affm.net))

**Sherman-** Adoptive/Kinship support. Meets on the 1st Monday of every month at 7 Cow Team Road in Sherman. Please contact Debbie Irish at 365-7133 for more information. This group does not meet during the summer.

**South Paris-** Foster/Adoptive/Kinship support. Meets on the 1st Thursday of every month from 6:00PM-7:30PM at the Paris Public Library, 37 Market Square, South Paris. Sorry, no childcare available at this time. Please call 1-800-833-9786 or email: Meagan ([meagan@affm.net](mailto:meagan@affm.net)) to RSVP. (3-4 days in advance).

**South Portland-** Foster/Adoptive/Kinship support. Meets 5:30PM-7:30PM. This group will meet every 2nd Tuesday of the month. Please contact Meagan at [meagan@affm.net](mailto:meagan@affm.net) or call 1-800-833-9786 to RSVP and for location information. Please call before you come.

**Waterboro-** Massabesic area foster and adoptive support group. Meets on the 4th Thursday of every month on 6:30pm at Waterboro Town Hall. 24 Townhouse Road, East Waterboro. Please contact Brigid at [Brigid.MAAFFSG@gmail.com](mailto:Brigid.MAAFFSG@gmail.com).

**Wiscasset-** Foster/Adoptive/Kinship. Meets on the 4th Monday of every month from 6:00pm – 7:30pm at St. Philip's Episcopal Church, 12 Hodge Street. No childcare available at this time. Please call 1-800-833-9786 or email: Sheila ([sheila@affm.net](mailto:sheila@affm.net)), to RSVP. Please RSVP 3-4 days in advance.

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COMMENTS TO: EDITOR, FAMILY TIES, AT THE ADDRESS ABOVE.

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*New Resource Families Welcome! You are now receiving the Family Ties newsletter as part of your complimentary membership to AFFM! Learn more about AFFM and services offered by calling 1-800-833-9786 or visit [www.affm.net](http://www.affm.net)*

**Locations:** 294 Center Street, Suite 1 Old Town, Maine  
& 333 Lincoln Street, Saco. Maine

**Phone:** 1-800-833-9786

**Email:** [info@affm.net](mailto:info@affm.net)

**After Hour Emergency Support:** 207-745-4159

**Website:** [www.affm.net](http://www.affm.net)

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