

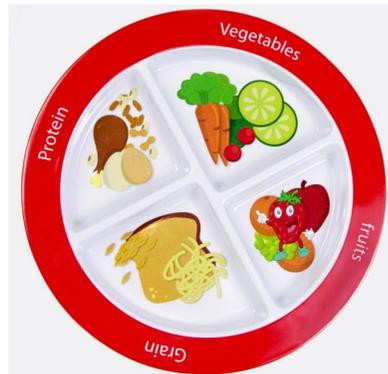
Links between nutrition and your kid's behavior

Foster parents have a great opportunity to improve a child's overall health AND behavior just by changing their diets! Ohio State University researchers have found that gut microbiota affect a toddler's temperament. They found that children with the most genetically diverse types of gut bacteria more frequently exhibited behaviors related with positive mood, curiosity, sociability and impulsivity. It is certainly possible that the types or quantities of food that children with different temperaments choose to eat affect their microbiome.

You can help your child eat well by offering probiotic foods and a variety of different foods. A balanced diet of fruits, veggies, protein and fiber is very important. You can also offer yogurt, with the "Live and Active Cultures" label to make sure you're getting a probiotic yogurt. The plate below shows an example of a balanced meal with great nutrition.

Four strategies to encourage smart eating habits:

1. Have regular family meals.
2. Serve a variety of healthy foods and snacks.
3. Be a role model by eating healthy yourself.
4. Involve kids in the process.



Foster Parent PRIDE Training:

PRIDE series training in August and September will be held at:

Lutheran Social Services
1545 Keystone Ave
Lansing, MI 48911

RSVP to your licensing worker if you are interested in attending. The dates and times for the trainings are as follows:

PRIDE 1-4: Friday, August 28 from 8:30am-5:30 pm. Breakfast will be provided; please bring a bagged lunch.

PRIDE 5-7: Friday, September 11 from 8:30am-5:30 pm. Breakfast will be provided; please bring a bagged lunch.

New Foster Parent Orientation:

Do you know someone who might be interested in learning more about becoming a foster parent? Orientations are held every other Monday from 6:00-8:00pm at CFC. The next dates of orientation are **August 24th** and **September 14th**. Contact Linda Rathbun at 517-882-4000 ext. 140 to RSVP.

The Foster Family Summer Picnic

is scheduled for Thursday, August 27th from 4-6pm at **Hawk Island Park.**

Food will be provided by King of the Grill. Look for your invitation in the mail!



FOSTER FAMILY PICNIC | AUGUST 27

Photo credit: Guilherme Jofili



Have you taken your kids to see Inside Out? This new Pixar movie dives right in to emotional intelligence. In the movie, Riley's parents try to guide their daughter through a difficult, life-changing event. However, the stress of the move brings Sadness to the forefront. When Joy and Sadness are inadvertently swept into the far reaches of Riley's mind, the only emotions left in Headquarters are Anger, Fear and Disgust.

As one Child Therapist said: "I'm a child and adolescent therapist and got to see a preview of this film. It is one of the best movies I've ever seen. The way they explained brain functioning, stress, and emotions was right on, and left me in tears of appreciation for the child I was and in awe of the youths I work with. I can't recommend this film enough. The other clinicians in my agency and I have been talking about it nonstop for a week and a half!"

Child and Family Charities proudly announces our new **Executive Director, Julie Thomasma, Ph.D.** Dr. Thomasma graduated from Illinois Institute of Technology with a doctorate degree in Clinical Psychology. She previously was the Chief Clinical Officer at Helping Hand Center. Julie and her husband, Dave, are Michigan natives and look forward to returning to their home state along with their two children!

Reactive Attachment Disorder Support Group

The Reactive Attachment Disorder (RAD) Support Group has been meeting for over 13 years. New families are always welcome to join— both foster and adoptive families can attend. The group typically meets on the 4th Monday of each month at the agency from 6:30-8:30 p.m.

Dinner is served potluck style, and if families register ahead of time, childcare may be provided. The next meeting will be held on August 24th.

Please RSVP to Korey Wheeler at 517-882-4000 Ext. 133 or koreywheeler@childandfamily.org

